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"Oh, I'm not a gardener," people say to me. "My black thumb kills any plant I come in contact with." When I hear that statement I just smile, because I know they're mistaken. In my experience, everyone has a clever little gardener in them waiting for the right circumstances to come out. Gardening—like any interest or hobby—comes down to a matter



of interest and time. I understand when people tell me there's no room in their lives for planting flowers, staking dahlias, or weeding. But, I would counter, there will come a time when the kids are grown, the elderly parents don't need as much assistance, or a random gap opens in

your day and you look out the back window and think, I'd really like to grow tomatoes this summer. That's where Better Homes & Gardens® magazine comes in. We've devoted our March gardening issue to enticing all potential gardeners to get outside in the fresh air and sun, and dig in the dirt.

Paying attention to plants as they grow slows time and emphasizes the passing seasons, the weather, and the idiosyncrasies of nature. You never know when it will throw you a curve. That's why some of the biggest control freaks I know (and I say that with love) are really into gardening. I think they value a good tussle with Mother Nature because deep down they respect that they'll never control her.



Gardening also pulls me away from the tensions of modern life. E-mails and texts demand instantaneous responses. Social media drags us this way and that with opinions and news leapfrogging the globe. We all need a break. I recommend giving yourself a digital sabbatical at least once a week. Leave your phone inside on Sunday afternoon and work in the yard. The only outside opinion you are likely to encounter is a nosy chickadee in a tree. The only distraction might be the sound of a distant lawn mower. But the rewards are subtly life changing when you pick a bouquet of homegrown tulips or snip herbs from a window

box to flavor your morning eggs. Whenever you are ready to be a gardener (even if you can't quite yet imagine it), we are here to help and inspire you.

STEPHEN ORR, Editor in Chief instagram @steporr twitter @orrsteporr

PHOTO: DANA GALLAGHER







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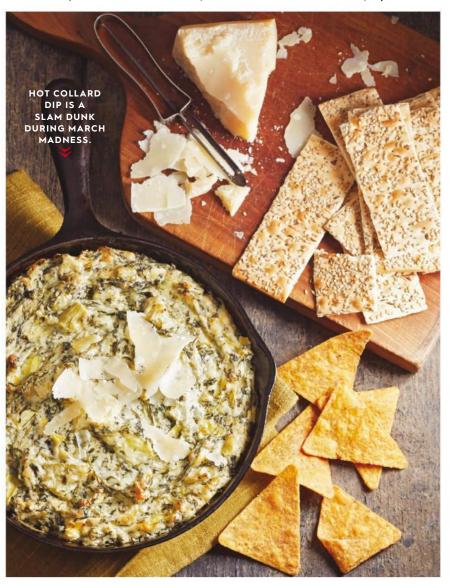
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Twenty-three clever fixes for your home's hard-to-style spaces.

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START NOW, PLANT LATER
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[BLOGGER OF THE MONTH] CHELSEA MCDONNOUGH



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From nursery dressers to plant nurseries, Chelsea McDonnough's realistic tips help her fans (celebrities including Martha Stewart, Lauren Conrad, and Katherine Heigl have pinned her ideas) make their homes and gardens prettier without spending a lot of time, effort, or money. For rustic-chic perfection, the peony-growing master suggests bundling a bunch of pink blooms to display in blue Mason jar vases.

EXCLUSIVE OFFER



AT LAST ROSE A robust, disease-resistant addition to the garden, this easy-care, reblooming floribunda rose produces clusters of fragrant flowers over a long season. Each cupped double bloom is crowded with apricot-color petals tinged yellow at the center. The flowers arrive in flushes on vigorous dark green plants that reach 3 feet tall.

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Requires assembly. *The total price includes cabinets, fronts, drawers, door dampers, interior shelving, hinges, toe kicks, legs, and cover panels. Your choice of countertops, sinks, faucets, knobs and handles, appliances, and lighting sold separately. See IKEA store for limited warranty, country of origin and $10'\times10'$ details. Valid in US stores only.

fresh



Clockwise: FRIDFULL (pot on chair) \$5.99; ikea.com = CARSON SIDE CHAIR \$558; serenaandlily.com = RUSH GRASS AND MAIZE RUG (rolled) \$12; orientalfurniture.com = WATER HYACINTH AND BANANA LEAF BASKET SET \$158.99 for two; allmodern.com = CARSON NATURAL WICKER ROUND BASKET (bottom of stack) \$89.95; pierl.com = LIDO ISLE BASKET (small) \$38; serenaandlily.com = HIDA BRAIDED BORDER ABACA RUG \$699; cb2.com = HYACINTH TWIST OVAL BASKET SET (BH&G Collection®) \$19.97; walmart.com



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THE NITTY-GRITTY

ABACA

With a history rooted in industry (it was used to make marine rope during the 19th century), this banana relative combines both strength and sheen. Sometimes called Manila hemp, it's commonly braided into chunky weaves.

JUTE

Jute's stalklike fibers are green, soft, and silky. It tends to be affordable due to its abundance.

RUSH

Also known as apple matting, rush has long been associated with English country homes. Made from the bulrush plant native to Europe, it's prized for its width (greater than many other natural fibers) and smoothness.

SEAGRASS

As its name implies, this durable fiber grows in fields submerged with seawater. Water and stain resistant, it can't be dyed, so the color palette is limited.

WATER HYACINTH

The dried, braided stem of this widespread flowering aquatic water plant has a variety of uses, including as handbags, decorative accessories, and furniture.

Win! Go to BHG.com/WinWoven March 1–7 for a chance to win woven home decor items! Entry details on page 133.



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a new *season*

Half of the team behind television powerhouse *Fixer Upper*, **Joanna Gaines** finds inspiration in the simple pleasure of a new garden.









Life's busy for Joanna Gaines and her husband, Chip. They've wrapped four seasons of their show, created lines of paint and home furnishings, written a book, and launched a quarterly lifestyle magazine. (The second issue, focused on simplicity, just hit newsstands.) And that's not to mention their steadily growing Waco, Texas-based Magnolia Market at the Silos. The modern-farmhouse shopping center now includes a bustling garden outlet, the Seed + Supply. Beds of spring hyacinth, tulips, and daffodils lead the way to a greenhouse of seedlings growing into this summer's eggplant and chard. In a sensory garden, visitors can taste and smell herbs. It's all about inspiration and, Joanna says, "finding a good dose of confidence to tune into and trust your instincts."



CLARA CARVING POTS

"Each has unique wood grain and personality," Joanna says. "I love the natural tone with a fresh plant." \$16–\$34



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the secret to GLOWY SKIN

With the latest at-home facial peels and a few key makeup moves, you'll flash your best and brightest complexion.

ou probably don't often think about cell turnover, but that behind-thescenes process determines the luminosity of your skin. "The reason skin looks so bright in your teens is that it doesn't have mounds of dead cells on its surface," says Neal Schultz, M.D., a New York City dermatologist. "At that age, dead skin cells fall off every 28 days. But by adulthood, some cells hold on for 40, 50, 60 days." Not only does skin look duller from those old cells but slower cell turnover also triggers less collagen production, which results in a loss of firmness and more wrinkles. Luckily, there's an easy way to turn up your turnover and get your glow back: an at-home chemical peel.

HOW PEELS WORK

In the few minutes that a peel is on your face, it unglues the bonds connecting dead cells to the surface of your skin so that they can fall away. "When these cells come off, your skin senses that it has lost some of its volume and starts to make new skin cells," Schultz explains. The loss also sends a signal to fibroblast cells deep in your skin to increase the skin's level of hyaluronic acid and begin collagen production, which makes skin thicker and less crepey. "The key is to do peels regularly," says Dennis Gross, M.D., a New York City dermatologist. "We now know that to see a real change in your skin, it's ideal to use a mild peel every day." Work your way up to daily use to avoid initial irritation; try a peel every two to three days, and increase frequency from there. "The progressive nature is key," Schultz says. "You don't walk into the gym and immediately start with a 50-pound weight. You start with 10 and work your way up."

A BETTER BREED

The new, more refined formulas on the market are mild enough for frequent use. They pack in a blend of alpha hydroxy acids, including



Peels are minimal effort, maximum results: Put the solution on after cleansing at night, then rinse it off after a few minutes. (Some peels don't even have to be removed.) Apply serum and/or moisturizer, and you're done.

lactic (which comes from milk), glycolic (from sugar cane), citric (from citrus fruit), malic (from apples), and mandelic (from bitter almonds). Peels might also contain salicylic acid, which is a beta hydroxy found in willow bark, and retinol, a vitamin A derivative. The magic is in the mix. "If you put one of these ingredients at full strength on your skin, you'll damage it. But in combination and kept at low concentrations, the blend is strong enough to be effective yet gentle enough that there are no side effects," Gross explains. The exception is glycolic acid. "Formulated correctly, it gives you bright, smooth skin on its own," Schultz says. "Now that the patent on it has expired, it has become a great go-to."



LET LIFE IN to your hair and your head



Insta natural. GLYCOLIC PEEL PROJESSONAL GADE MALERE ECO MALER

InstaNatural Glycolic Peel

has added vitamin C, a super antioxidant that protects skin from harmful free radicals. \$19; amazon.com



Textured pads provide gentle physical exfoliation along with glycolic acid. **L'Oréal Revitalift Bright Reveal Brightening Peel Pads**, \$19.99; drugstores

[EDITOR'S PICKS]

PEEL AND SHINE

Add one of these new home peel products to your nighttime routine and get your glow back.

Smooth on a thin layer of Garnier
SkinActive Clearly
Brighter Overnight
Leave-On Peel,
and the gentle dose
of glycolic acid works
all night long.
\$17; drugstores

SKINACTIVE

Clearly

Brighter

Overnight eave-on Peel

Peeling Nuit Täches Brunes



over six weeks.

Beauty Rx The

Progressive Peel,
\$69.95;
beautyrx.com

glycolic exfoliation

Dr Dennis Gross Skincare Ferulic + Retinol Wrinkle Recovery Peel speeds cell turnover with retinol

and lactic acid. \$88; sephora.com





GLOW GETTERS

New primers and highlighters contain ultrafine light-reflecting particles to create or enhance a natural-looking glow. "It means that you're never left with an obvious streak of shimmer," says Avon makeup artist Lauren Andersen. Go for full glow with a primer, or use a highlighter (in stick or powder form) to make individual features stand out.



PRIMER

For an all-over radiant effect. Lorac Light Source Illuminating 3-in-1 Primer, \$35; loraccosmetics.com



POWDER

Blend along cheekbones, brow bones, or down the center of your nose. Catrice Highlighting Powder in Stardust, \$5.99; ulta.com



STICK

Fat crayons make it easy to highlight, contour, and add glowing color. Mally Shimmer Shape & Go trio, \$36; qvc.com ■



getting ready with DR.KIM NICHOLS

When it comes to skin care and anti-aging, this Connecticut dermatologist and busy mom of three sticks to what works.

MORNING ROUTINE

Gentle Foaming Cleanser with Cottonseed (\$25; clarinsusa.com). Then I use an antioxidant serum, which is really important for your skin's defense out in the world. I like that SkinCeuticals C E Ferulic Combination **Antioxidant Treatment** (\$163; skinceuticals .com) isn't too heavy because I get a little oily in the T-zone. Same with the NeoCutis Lumière Bio-Restorative Eye Cream (neocutis .com), which traps in moisture. Sunscreen is critical, and it's great that now there are a lot of effective sheer formulations.

P.M. SKIN CARE

I use the same cleanser at night, but two or three times a week (especially if I've had on heavier makeup), I'll use it with Avon's Anew Clean Cleansing Brush.
I'm a busy mom, so
I love an all-in-one
anti-aging product
like SkinMedica's TNS
Essential Serum (\$281;
skinmedica.com).
And for amazing
hydration, I use Avon
Anew Ultimate
Multi-Performance
Night Cream (\$38;
avon.com).

BEAUTY SLEEP

I wish more patients would ask me about what they can do for their skin in terms of lifestyle. Getting enough sleep is a big one. My trick is just going to bed earlier—by 9:30. I'm tempted to stay up and do a

lot of other things, but I'm so much better off if I get to bed early.

Kim's low-tech

makeup every

night and wear

that sunscreen!

advice: Take off

ANTI-AGING TRICK

Everything I apply to my face I also apply to my neck and decolletage—they're all of a piece. Hands also show age, so I rub any extra face product left on my fingers into the backs of my hands.



AVON ANEW

J.CREW JEWELRY
"I love colorful

costume jewelry for

both work and going

out." Beaded Tassel

earrings, \$65, and

Lucite necklace, \$68; icrew.com

> BOSCIA GREEN TEA BLOTTING LINENS "I get shiny, so

"I get shiny, so
I keep these in my bag
for touch-ups." \$10;
sephora.com









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UNIQUE IN EVERY WAVE



"YELLOWY GREENS ARE STRONG AND VIBRANT, and they give a space such a sense of joy," Michigan designer Kathryn Chaplow says. "In nature we are surrounded by foliage, so we're comfortable with green as a background color." But to balance bold, clear walls like those in this bedroom, above, you need simple shades—plenty of white, organic browns like the wicker table, and a bit of black—all of which give the eye spots to rest. An equally cool, equally saturated accent color, like the sky blue of the bed, is as sunny as the walls.

GREEN SCHEMES



GARDEN-INSPIRED

"To mimic nature, you need more than one green," Kathryn says. She added blue-green in the bedding, above. Red (green's opposite on the color wheel) pops as accents. Top to bottom: WALL Stem Green 2029-40 (Benjamin Moore) ACCENTS Cool Jazz 490A-2 (Behr), Potpourri Green 2029-50 (Benjamin Moore), Red Rose Bouquet GLR04 (Glidden)



ORGANIC NEUTRALS

SHAM

Linen Green Ruffled Sham, \$98;

annieselke.com

NAPKINS

If you prefer a palette of grays and camels, green fits in naturally, like leaves on a tree. "Green adds life to a neutral space without making it feel full of color," Kathryn says. *Top to bottom:* WALL Greenella 17-13 (Pratt & Lambert) ACCENTS Vapor Trails 1556 (Benjamin Moore), Caramel Apple 1042 (Benjamin Moore), Falcon's Plume 6002-2C (Valspar) ■



Molly Burke



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 $into \ the \ \textit{light}$ This builder-basic master suite was trapped in the '90s until a breezy makeover helped it erase the beige and embrace the bright side.

SUITE SPOT A wall of horizontal pine planks lends some much-needed architectural character to this once-bland bedroom and directs eyes toward its tall ceiling. White brightens walls and shifts attention to blue accessories.











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t turns out, the bed-and-bath suite of Karen Swope's dreams was right there in her Decatur, Georgia, home all along. But first, she and designer Lisa Gabrielson had a few functional hiccups to remedy: The hall to the bathroom was a jumble of swing-out doors that clogged traffic flow, and a rarely used tub gobbled up space. They solved the traffic jam by installing a pocket door in the bathroom and sliding barn doors on the closets. Removing the space-hogging tub meant they could enlarge the shower. To make the room look larger, they tiled to the ceiling in glossy white subway tile and applied light-color and shiny finishes. Happily, the beige box of a bedroom needed only cosmetic changes to become the restful retreat Karen always wanted. They ditched the wall-to-wall carpet in favor of a sleek gray linoleum floor, added a paneled accent wall, and layered on shades of blue-from indigo to aqua to a barely there smoky gray. "I love how tranquil and relaxing it is," Karen says.

BEIGE BREAKAWAY

BEFORE

A heather-gray quilt, aqua chenille throw, and pillows with embroidered motifs provide subtle color shifts and layers of texture that energize the bed without overwhelming it.

TINY TWEAKS

A new gray desk and plush chair update the look of Karen's makeup vanity.
Trading artwork for a mirror and adding a pair of skinny lamps make the spot work harder.





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STATEMENT MAKER

The new vanity looks custom, but it's not. Gabrielson found it in the perfect sky blue at Home Decorators then dressed it up with polished-nickel faucets and hardware.



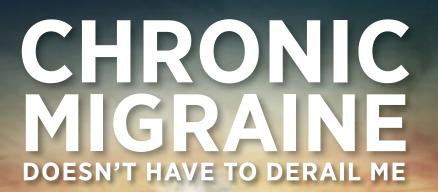
SLEEK UNDERFOOT

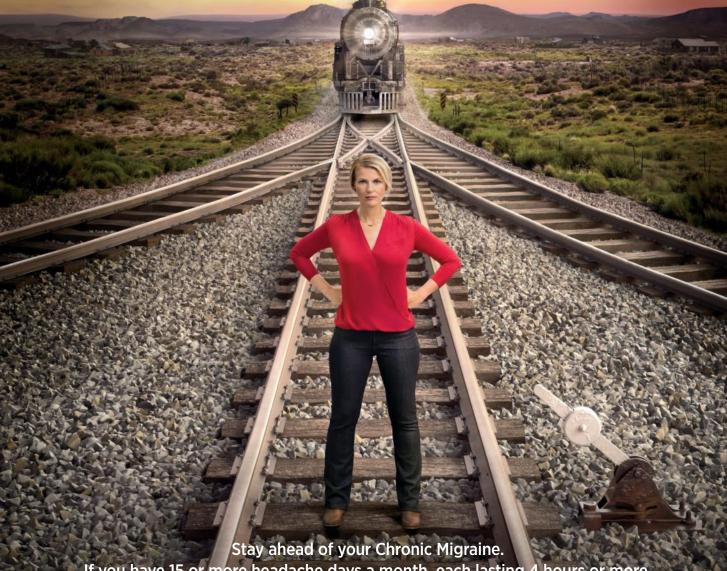
New linoleum flooring in the hall, above, looks like wood for a fraction of the cost and is easier to maintain. "Karen fosters dogs, so she needed something that would stand up to the pups but look gorgeous at the same time," Gabrielson says.

OPEN FEEL

Removing the tub turned the oversize window, right, into a focal point. A glass shower enclosure reveals a wall of shiny subway tile enhanced by limestone and marble tiles in a chevron mosaic on the floor and niche.



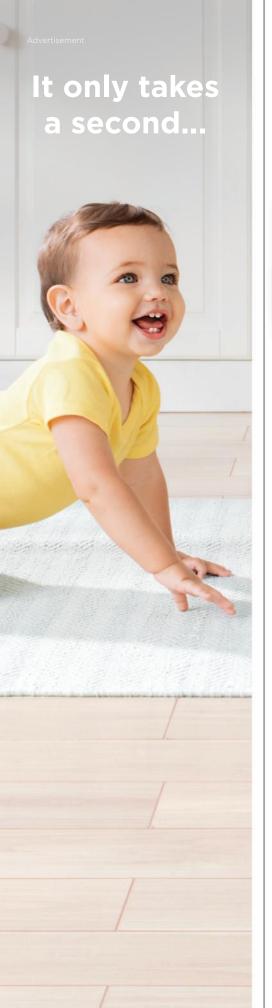




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[GET THE LOOK]

COTTAGE COOL

Reach for accessories in calming blues, crisp whites, gleaming finishes, and soft textures to capture this master suite's calming cottage style in your home.



Get floors in on the pattern play. Lighthouse Denim/White Indoor/

Outdoor Rug, \$43-\$1,308;

dashandalbert.annieselke.com ■

36 BH&G | March 2017

1700s, this motif adds a touch

of old-world elegance. Chenille Floral Blue Pillow,

\$39.95; pier1.com



The choice is yours, and it's simple.

Why enjoy just a slice of an apple when you can have the whole thing?

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thrift like a *pro*

Lace up your walking shoes and grab your giant tote, flea market season is fast approaching. Follow our tips for scoring the best finds.









DO A QUICK WALK-THROUGH

Arrive early, but before you start digging into any one booth, quickly scan the entire market to get an overall sense of the offerings. This is the time to snatch up any unusual items or unbelievable deals that will sell before you circle back.

LOVE IT (AS IS) OR LEAVE IT

When shopping fleas, imperfections are to be expected, but you still need to look critically at the condition and craftsmanship. If you don't love a piece the way it is or can't easily fix it (missing veneer, really wobbly legs), move on.

DON'T BE SHY

If you're searching for something specific or love a vendor's style and wonder what else they might have, don't be afraid to ask. Establish relationships, and sellers might be willing to hunt for you. If another flea-goer is carrying something you love, ask where they purchased it.

GO OFF THE BEATEN PATH

Hit small markets, antiques fairs, and thrift shops that might be less wellknown or publicized. Don't pass on a place just because it looks rundown-lower overhead costs for vendors could mean better bargains for you. ■



READ IT

Our new Flea Market Style book is packed with ideas. \$21.99; available where quality books are sold.



Everyday items can become dangerous in little hands

Keep laundry pacs away from children



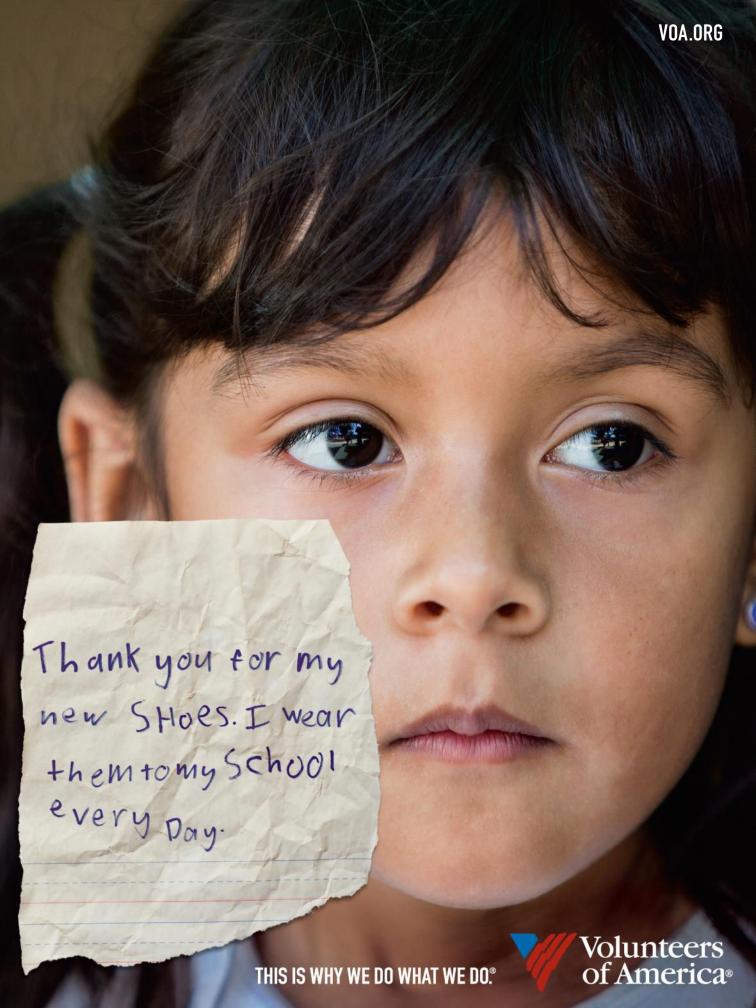
KEEP THEM



KEEP THEM CLOSED



KEEP THEM



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Find easy updates for every space, style, and budget at hayneedle.com. With outdoor designs fit for a patio revival plus indoor furniture, décor, and more, Hayneedle has just the right pieces to help you spring into a stylish refresh.

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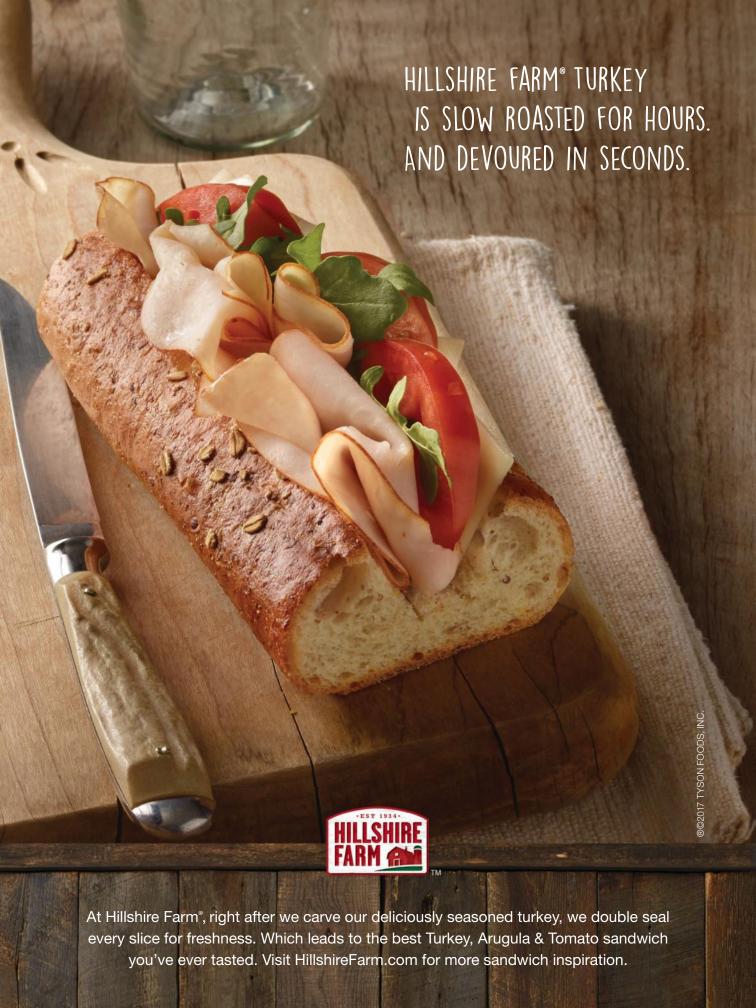
Time for a getaway? Order the free Travel Illinois magazine and discover the best spring and summer escapes around the state. Now that you're inspired, start planning your trip today. Illinois. Are you up for Amazing?

enjoyillinois.com

coat *check*

Drop and dash no more! To pack her high-traffic mudroom with personality, designer Gretchen Bond doubled down on color, pattern, and clever ideas.





WORKS HARD, LOOKS GREAT

Choosing the right materials and picking bold colors for everyday items results in a pretty and practical room.









TRY THIS! Cheddar Broccoli QUESO DIP

Prep Time: 10 minutes Cook Time: 20 minutes Servings: 8

Ingredients

- 1 pkg. Bear Creek® Cheddar Broccoli soup mix
- 2 cups milk
- 1 cup mayonnaise
- 1 cup sour cream
- 1 jar (16 oz.) Ortega® salsa, drained
- 2 cups shredded cheddar cheese

Instructions

- Preheat oven to 350°F
- Thoroughly combine soup mix, milk, mayonnaise and sour cream
- Stir in salsa and cheese
- Pour mixture into 2-quart baking dish
- Bake at 350°F for 20 minutes or until heated through

For a spicy dip, stir in diced jalapeños or hot sauce to taste.

going green

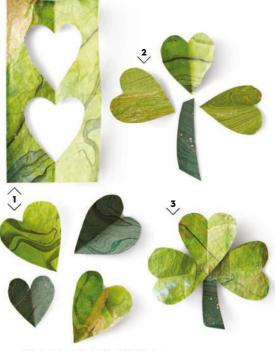
Pinch us: A St. Patrick's Day table covered with greenery and springy shamrocks sets off linens and golden accents lovely enough to use year-round.



DINNER PLATE Aki Green Glaze by Blue Pheasant, \$128 for four; irwinribera.com = CAKE PLATE Let Them Eat Cake-Plate in Lucky Clover/Green, \$27.60; houseofrym.com = FLATWARE Gold five-piece set, \$39; westelm.com = GLASSES Metallic Banded Double Old Fashioned Glass, \$12; westelm.com = NAPKINS Margot in Ivory by Blue Pheasant, \$80 for four; irwinribera.com = GOLD BRUSHED BOWL \$68; shopterrain.com ■ SMALL PLANTER Braza Mini Wide by Roost, \$61 for three; modishstore.com

MARBLED PAPER

Elevate your feast with a few tabletop crafts. These are simple enough for folks of all ages to create but, thanks to textured and marbled paper, plenty sophisticated for the adult table.



PAPER CLOVER

1 Fold paper in half; cut out three 2-inch-long half-hearts. 2 Cut a 2½-inch-long stem that tapers toward the top. 3 Use a dot of glue to attach each leaf to the stem. Tip: Make a few different sizes and some four-leaf clovers for luck!





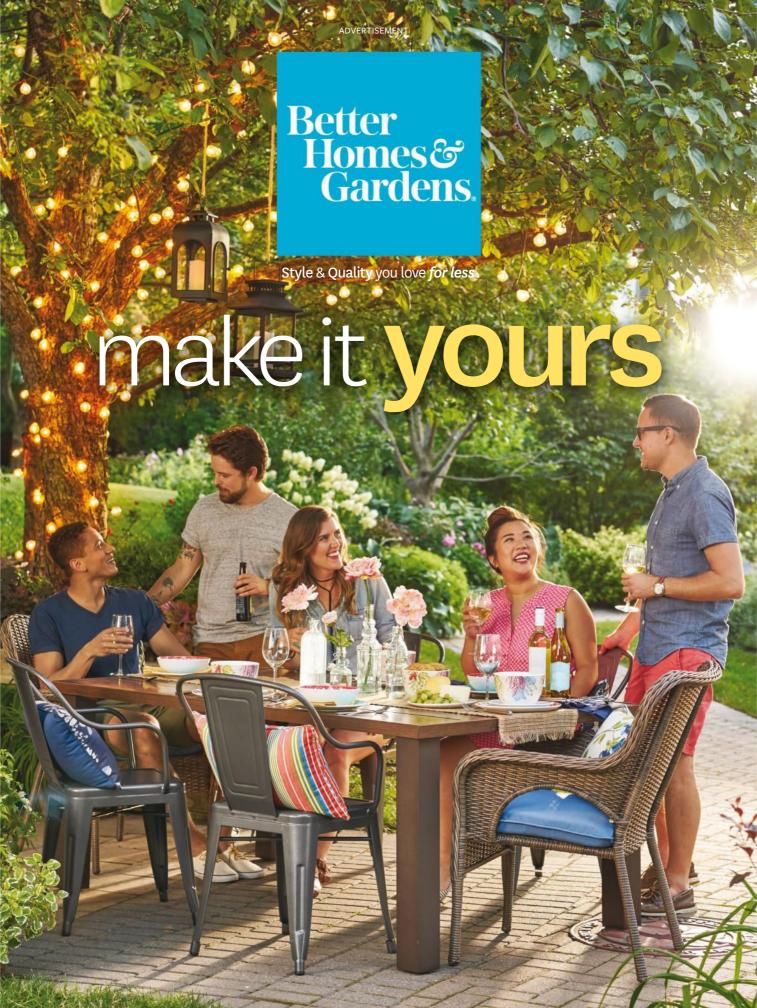
TOUCH OF GOLD NAPKIN RING

1 Cut strips of 1½×7-inch marble paper and a 7-inch strip of gold foil lace tape or gold textured ribbon. 2 Secure tape or ribbon to center of paper strip with dots of glue. 3 Wrap paper around folded napkin, and secure with hot glue. ■

WOVEN CLOVER

1 Cut six 41/4×5-inch strips of paper. Cut a 1-inch circle and tapered 2½-inch stem. 2 Glue the ends of two strips to form a right angle. Curl the opposite ends inward, attaching on each side of the right angle. 3 Repeat Step 2 with remaining strips to make three leaves. 4 Glue circle to the stem top and leaves to the circle. Hotglue to velvet ribbon for a napkin ring. Tip: For a sturdier clover, start by using spray glue to layer two sheets together.





NEW mix and match solutions in stores and online at walmart.com

STEP 1: Choose your Table



STEP 2: Choose your Chairs



STEP 3: Then add Cushions + Pillows



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- A. Camrose Farmhouse White Hexagon Mosaic Table, \$67.00
- B. Camrose Farmhouse Metal Slat Round Table, \$74.00
- C. Camrose Farmhouse Metal Slat Rectangle Table, \$117.00

Better Homes & Gardens®

- D. Camrose Farmhouse Metal Slat Chair, \$27.00
- E. Camrose Farmhouse Industrial Chair, \$37.00
- F. Camrose Farmhouse Wicker Chair, \$48.00

Better Homes & Gardens®

- G. Universal Seat Cushions, assorted colors, \$8.88 each
- H. Decorative Pillows. Shown in Red Lace Medallion, Bright Stripe, Coral Bird in Branch, and Bright Medallion, \$8.88 each



PUNCHLIST

This month's home fixes: a quick-and-easy way to dress up a plain wall, an on-the-spot carpet cleaner, and an electrical outlet mystery solved.



LIFE ON DISPLAY

Great for small plants and pint-size treasures, these perches bring style without claiming much wall space.

1

A modern take
on a shadowbox, the
Gallery Solutions
Hexagallery frames
what you're
displaying. \$18.97 for a
set of three sizes,
smallest (7 inch)
shown; amazon.com

2

The **Turned Wood Demi Round shelf**is made of solid
mango wood. \$99;
westelm.com

3

Trigg concrete-resin vessels in copper-wire frames update the hanging planter.
Large \$30, small \$25 for two; *umbra.com*

4

Inside the **Cubist Floating** shelf's
beechwood cup is a
plastic liner for
worry-free planting.
\$40; allmodern.com

Objects on the ultrathin Copper Portal shelf seem to float. Also comes in gold. \$29.95; cb2.com

6

Acacia **3-D Pyramid Ledges** play off the timeless popularity of geometric styling.
Small \$34, large \$39; urbanoutfitters.com



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RETIREMENT

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I panicked -

MY HAIR WAS THINNING!

ately my hair started to look dull and it was shedding like crazy. It was frustrating because thick and beautiful hair makes me feel good about my looks and I didn't want to lose that.

NUTRIENTS FOR YOUR HAIR

My friend told me about Hair Volume™ tablets. I searched online and found all the positive reviews and also learned that temporary hair loss due to lack of nutrients is common. I wanted to do something good for my hair so I decided to give Hair Volume a try – what did I have to lose?

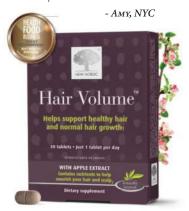


- · Supports healthy hair
- · Contains apple extract with procyanidin B2
- · Contains high amounts of biotin and millet
- · Easy to use just one tablet a day

For more info or to buy directly, please call 1-877-696-6734 or visit newnordicusa.com

3 MONTHS LATER

A few days later I started taking Hair Volume, and now it has been almost 3 months. I feel so much more confident and happy that I am caring for my hair. My husband recently commented on my looks, which made me feel great. I strongly recommend this product to anyone who wants to promote healthy and beautiful hair."



Hair Volume[™] is a Swedish best selling hair supplement which contains apple extract with an ingredient called procyanidin B2. One tablet a day is all you need as part of your daily beauty routine.

CVS/pharmacy amazon.com meijer drugstore-

SHOPPERS



DUANETeade





These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use. Results may vary.

EASY CLEANING

ON THE SPOT

A stain remover you see working right away makes a spot on the carpet easier to take. With the OxiClean Splot, you spray the carpet with stain remover, fill one tank with clean water, and put it over the stain. Pump the handle, and watch the now-dirty water fill the other tank. Magic! \$29.99; casabella.com



BEFORE YOU CALL A PRO

"THE ELECTRICAL OUTLET IN MY **BATHROOM ISN'T WORKING."**

If the outlet has a reset button, press it. If it doesn't, try the reset button on an outlet in your garage, basement, or even outdoors. All are ground fault circuit interrupter-protected because of the potential that they will come in contact with moisture, so their wiring may be connected. If resetting one of those outlets doesn't do the trick, check your panel box to see if a breaker has tripped. Still no luck? Call an electrician.

TOOL OF THE MONTH

NO-GRAVITY PAINT TRAY

Hold the Paint2it paint tray at any angle—even upside down—and you won't spill a drop. The bristle-fiber fabric liner holds up to 12 ounces of water-base paint, eliminating the mess of drips and spills common with a bucket. Slide your hand under the strap on the back of the 12-inch disk, and you can climb a ladder and paint just about anywhere without worry. \$19.99; paint2it.com





HOT KITCHEN HUES

Take a classic gray kitchen a different direction with an unexpected island color. Try these picks from designers Andréa Dixon and Jen Ziemer of Fiddlehead Design Group in Minneapolis.



WATERBURY GREEN

HC-136 **Benjamin Moore**

"We love this blue-green with gray for a beachy look."



DARK NIGHT SW6237 Sherwin-Williams

"The high contrast of this almost-black color packs a punch, yet is still neutral."



CHURLISH GREEN 251 Farrow & Ball

"More sophisticated and subdued than lime, this pairs nicely with any gray tone."

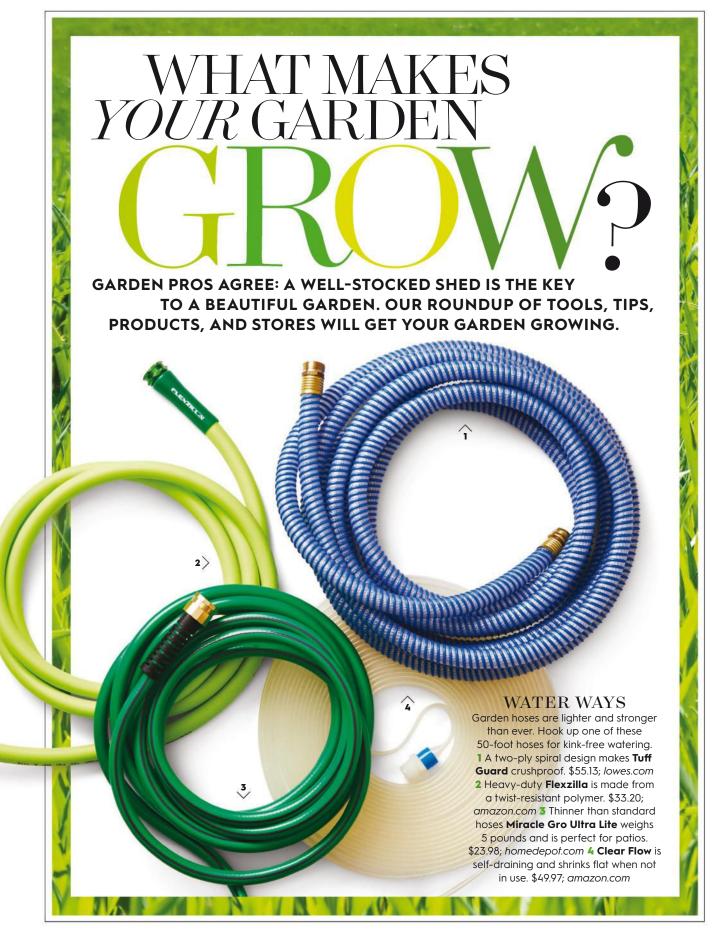


LIP GLOSS CSP-1160 Benjamin Moore

"This warm, lively tone is not for the faint of heart. But gray tones it down a bit." ■

March 2017 | BH&G 59







FINAL

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66Gardening is largely a question of mixing one sort of plant with another sort of plant. If you see that they don't marry happily, then you must 'hoick' one of them out and be quite ruthless about it.



VITA SACKVILLE-WEST, THE GODMOTHER OF ENGLISH GARDENING AND AUTHOR OF THE **GARDEN** (1946)



SMART GARDEN Pop in the capsules, add water, plug it in, and in 60 days you'll be snipping fresh herbs. \$59.95; clickandgrow.com

TOOL SETS

Thanks to their rust-resistant stainless steel, bamboo, and ergonomic design, these hand tools seldom see the inside of a shed. Collections come in a pine crate that doubles as a planter. \$45-\$115; barebonesliving.com



SALVE-ATION

Herbalist Deb Soule's handcrafted salve (made with organic herbs and olive oil) heals cuts and scrapes. Heal-All Salve, 2 oz. for \$20.23; avenabotanicals.com



COMFORT OVER

TOVAH MARTIN, HORTICULTURIST AND AUTHOR Hate the hassle of gas mowers? If your yard is small (½ acre or less), try one of these eco-friendly cutters.

EGO POWER+

Lightweight and super quiet, this mower cuts for 80 minutes on a single charge. There's even a LED light for evening mowing. Ego Power+ mower, battery, and charger, \$649; egopowerplus.com

STAYSHARP MAX REEL

An 18-inch-wide cutting reel and thick blades work together for bursts of cutting power for thick grass and twigs. \$249; fiskars.com

HAPPY FEET

Toss out those old sneakers-turned-garden shoes, and treat your feet to durable, breathable, hose-able clogs. Crocbands, available in 15 colors, \$39.99; crocs.com



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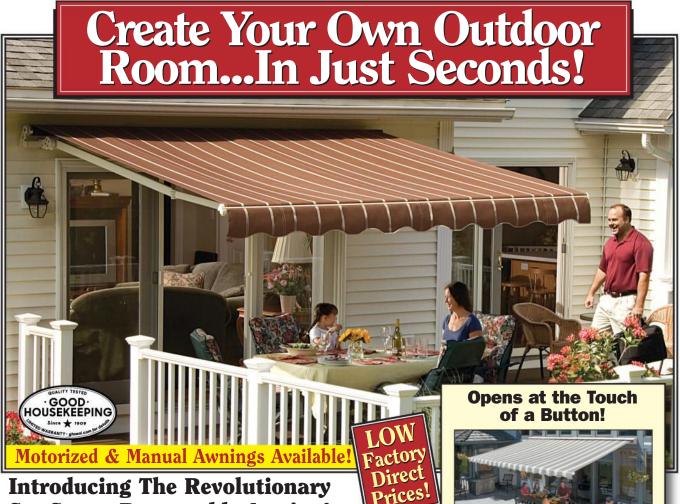
We provide families with free, science-based resources to help them deal with teen substance abuse, information about the ever-changing drug landscape, programs that help parents engage with their teens, guidance for counseling or treatment if they are in trouble, and support from families that have already faced this problem.

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HIGH and DRY

With many parts of the country under drought restrictions, this flowery garden leads by example and shows how low water can still produce high color.

In its best year, David Salman's Santa Fe garden gets about 12 inches of precipitation, but the high desert is currently experiencing the driest decade in recent history. Yet David's garden has never looked better. His secrets benefit all gardeners: Save water, and grow native plants. He funnels rooftop runoff underground so no water is lost to evaporation. This allows him to grow a bigger garden without spending much on watering. He also digs deep to find the right plants. As the chief horticulturist of High Country Gardens nursery (highcountrygardens .com), he breeds and develops colorful, textural beauties that thrive in poor soil and drought. "Just because a garden isn't watered a lot doesn't mean it needs to be barren," he says.

DIRECT THE WATER David uses a dry stream bed (a path of small and medium smooth stones) to direct rainfall where it is most needed.





PLANT FOR COLOR

David plans for color throughout the season and uses only a few annuals. He mixes woody plants, perennials, culinary herbs, grasses, and cacti for texture. Groundcovers between flagstone pavers, *left*, cover the clay soil and add to the lush feel.

BRING IN ROCKS
David uses rocks of all sizes throughout the garden to add height, build berms, and define spaces, below. Without them, his yard would be flat. "I love them for the topography they create. They are my own mini mountains," he says.

ATTRACT NATURE flowers welcome birds and bees. Among the plants David picks to make his yard more appetizing for pollinators are prickly cacti like claret cup, right, which puts out a dozen or more scarlet saucers the hummingbirds love. "They need an oasis to maintain their population," he says. His garden has certainly become one: David watches about 24 hummingbirds feed and fight.





66IN GARDEN DESIGNS, I TRY NOT TO BE TOO TIGHTLY WOUND. THINGS DON'T HAVE TO BE JUST SO.99 DAVID SALMAN







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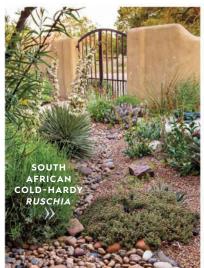


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661 LIKE PLANTS THAT NATURALIZE AND FIND THEIR PLACE. I LET PLANTS GROW WHERE THEY WANT TO GO.99 david salman









SHOP SMALL Visit local nurseries to find lesser-known plants for your garden. "Mass retailers sell a limited plant palette," David says. "To find unique plants, shop nursery catalogs, websites, and growers in your Zone."

PLANT PIONEER
David's masterful mix of native plants is punctuated with a few global growers that have similar needs and tolerances.
South African coldhardy Ruschia, for example, is one he added to his front garden, top left, and

nursery offerings.

THINK ABOUT SHAPE Sculptural plants, such as the tree yucca, above right, add height, shape, and texture to the garden even in snowy winter months.

LET IT BEE Bold desert purple sage, above left, attracts native bees and honeybees. "I love to share the bounty of my yard with pollinators. But rabbits and deer are on their own," he says.

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the no-stress, annuals-only CUTTING GARDEN

Growing backyard bouquets is fast, inexpensive, and much easier than you might think. **Floret Farm's** Erin Benzakein shows us the way.



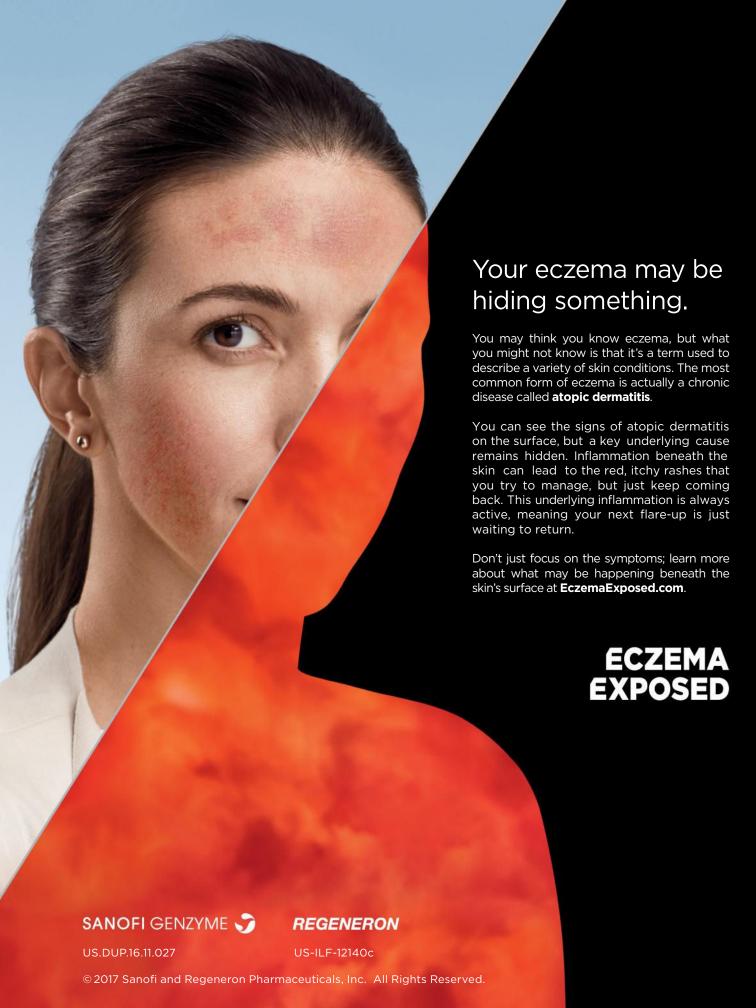
o matter what size yard you have, filling your home with fresh flowers all summer long can be more than something you just think about. Erin Benzakein, owner of Floret Farm, says you can grow bushels of blooms to harvest for months simply by planting easy-to-grow annuals. She should know: The farmerflorist raises hundreds of thousands of flowers each year on her small farm in Washington's Skagit Valley. She reveals

Erin Benzakein, above, spends her days surrounded by flowers. In addition to growing and harvesting on her family's farm, she teaches workshops, cultivates seeds and dahlia tubers for sale, and maintains the wildly popular Instagram feed @floretflower.

the secrets to floral success in her new book, Floret Farm's Cut Flower Garden: Grow, Harvest, & Arrange Stunning Seasonal Blooms. Annuals are perfect for beginners, Erin says, because they need little care and produce abundantly from late spring through the first frost. "As long as they get sun, water, fertilizer, and decent soil, you're good to go," Erin says. "Even if you don't have a green thumb, growing annuals will make you feel like a winner." And, in addition to creating all-annual bouquets, you can combine them with any seasonal stars (peonies, roses, dahlias), evergreen foliage, and herbs growing in your yard.

GROWING FOR THE VASE

When choosing which annuals to grow, consider the bouquet colors and textures you'd like to see in your home, and build from there. Also focus on varieties that peak at roughly the same time so you'll have various different flowers to arrange together. (Look for "days to maturity" on seed packets.) Erin highly recommends starting plants from seed. It's quite inexpensive (roughly \$4 per packet), gives you a longer bloom window (if you start seeds ahead indoors), and means you can grow less common varieties, like those shown on these pages, which she sells in her online shop (floretflowers.com). If you'd rather start seedlings, look for similar plants at your local nursery or at Annie's Annuals & Perennials (anniesannuals.com), one of Erin's favorite online sources.



PICK YOUR PALETTE

Erin shares three favorite bouquet palettes. Each contains six different kinds of plants, which produce plentiful flowers in the peak summer months and look as good growing in your garden as they do in cut bouquets.



INDIAN SUMMER

Texture and sunny color celebrate the carefree feeling of long summer days.



Amaranth 'Hot Biscuits' (1) and 'Opopeo' Celosia Pampas Plume mix (2) Black-eyed Susan 'Chim Chiminee' (3) Zinnia Persian Carpet Mix (4) Sunflower 'Starburst Panache' 'Frosted Explosion' grass

BY THE NUMBERS

A typical market bouquet costs about



for 10 stems. A 4×8-foot bed fits 54 plants, which will yield about

FLOWERS

per week during peak season. Those would cost \$400 at the market but cost just

if grown from seed (six \$4 packets).



THE BOOK Floret Farm's Cut Flower Garden is 300-plus pages of easy-to-follow, seriously useful information on growing and arranging flowers. \$29.95; chronicle books.com

ROSY GLOW

Rich pinks, plum, and chocolate are perfect for anyone who loves saturated shades.



Zinnia 'Queen Red Lime' (1) and Sunbow Mix Chocolate Queen Anne's lace (2) Globe amaranth 'QIS Purple' (3) Basil 'Aromato' (4) or other purple type - Cosmos Double Click Mix

SUNSET SHADES

Rare warm-hue flowers provide antique tones of apricot, bronze, and caramel



Zinnia 'Oklahoma Salmon' (1) Pincushion flower 'Fata Morgana' (2) Amaranth 'Coral Fountain' Phlox 'Cherry Caramel' (3) Apricot strawflower (4) Black-eyed Susan 'Sahara'



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MULTI-CAT

START FROM SEEDS

Erin recommends starting seeds indoors because you'll get stronger plants and a much longer bloom window. Learn some of the basics from Erin's book:

START EARLY

Ideally, plant seeds indoors six to eight weeks before your Zone's last spring frost. (Check online or with your local garden center to find this date.) Transplant outside after any danger of frost has passed. Although many varieties can be sown directly outdoors after weather warms up, starting seeds inside is worth it to protect tender seedlings from pests and harsh weather. It also gives you a jump start on the season for an earlier harvest. If you get seedlings in the ground by mid- to late spring, blooms will be most

abundant from mid- to late summer. If you live in the warmest parts of the country, you'll enjoy an even longer flowering season.

ALLOT SPACE

For reference, a 4×8-foot bed accommodates 54 plants, or nine each of six varieties, such as those in the three palettes on page 80. They will produce more than enough flowers for your own weekly bouquets, as well as plenty for sharing with friends and family, through the height of the season. If you don't have a separate annual garden bed, tuck them in bare spots in the landscape.



GIVE THEM LIGHT

Grow in a spot that gets at least six hours of direct sun a day.

FEED YOUR SOIL

A few weeks before planting seedlings, till a 2- to 4-inch layer of well-rotted compost and a dose of organic fertilizer into planting areas.



WATER WELL Consistent moisture is one of the biggest keys to happy flowers, so water often

enough that soil stays evenly moist but not soggy. Drip irrigation and soaker hoses are fantastic ways to get water right where you need it—at the root zone.

CUT & CARE GUIDE

You've grown great flowers, now tap these trade secrets to keep them looking their best in your arrangements.



CLEAN AND SANITIZE **BUCKETS AND VASES BEFORE USE** This is one of the most important things to do to extend the vase life of your cut flowers. A good rule of thumb is that vessels should be clean enough to drink from.

HARVEST REGULARLY

Erin's plant palette suggestions include cut-and-come-again varieties, meaning the more you cut, the more they'll produce. So it's key to harvest flowers at least once a week to keep them setting new flowers. Also be sure to clip any flowers you missed on the last pass and are past their prime. Cut before flowers completely open and in the cool of the morning or evening.

STRIP AND PLACE STEMS IN COOL, CLEAN

WATER Carry a water-filled bucket. As you harvest remove leaves from the lower half of the stems and place immediately into the water. This will minimize wilting because there is less foliage to rehydrate.

LET STEMS REST

Place buckets of freshly picked stems in a cool spot, out of direct sunlight, to rest for a few hours before arranging. This gives the flowers and foliage a chance to fully rehydrate.

ADD FLORAL

PRESERVATIVE Erin highly recommends mixing flower food with your vase water as it can double the life of your cut stems. Her favorite, Floralife Crystal Clear, is available online.

66 Pick every flower. You can be as greedy as you want because the more you pick, the more they flower. 99 ERIN BENZAKEIN



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grow a GARDEN RUG

Tough, low-growing plants create a welcoming, living rug design.



hen retired textile designer
Becky Overman wants to look
back on her 50-year career,
she glances out the window of
her Massachusetts home. The
9×8-foot living rug she designed brings to
life the patterns she loved creating during
her 73 trips to India to work with weavers.
Friend and garden designer Jennifer Chase
translated Becky's rug design into plant
materials, choosing a variety of low-growing
perennials that tolerate moderate foot traffic.
It took 864 plants in 14 varieties and Becky's
discerning eye. "This look-alike rug makes
me happy. It's uplifting," she says.

Garden designer
Jennifer Chase, right,
and homeowner Becky
Overman, far right, were
so pleased with the
living rug design that
the two have planned
other theme gardens.









BORDER PATROL

Low-growing plants are good for more than garden rugs. Tuck them in borders and around steppingstones, or plant them as a groundcover.

THE RUG DOCTOR

Chase maintains the garden's good looks with hedge trimmers and scissors, but her most valuable tool is a bread knife. She plunges it into the earth and cuts between plants to keep the roots and runners from spreading to maintain the design.

STEPPING OUT

Meet some of the low-growing plants that don't mind a little foot traffic.







'BLACK SCALLOP'
AJUGA
With its glossy,
scalloped leaves,
this plant stays
compact.



IRISH MOSS
This mounding plant forms a carpet of shamrock green. Tiny white flowers bloom in late spring.



'SUGAR PLUM' AJUGANew growth blushes pink and plum, complementing the gray-green foliage.



VARIEGATED LEMON THYME Lemony-tasting gold-green leaves brighten the garden and meals.



CREEPER
Little white flowers
polka-dot the ground.
Bonus: Birds love the
seedpods.



WOOLLY THYME
The soft appearance
comes from
fuzzy gray foliage
that happily grows in
tight spaces.



SPEEDWELL
'SUNSHINE'
The chartreuse
foliage pops against
darker greens.



BRASS BUTTONS
(LEPTINELLA
SQUALIDA)
Itty-bitty fern-like
fronds tinted purple
and black. ■



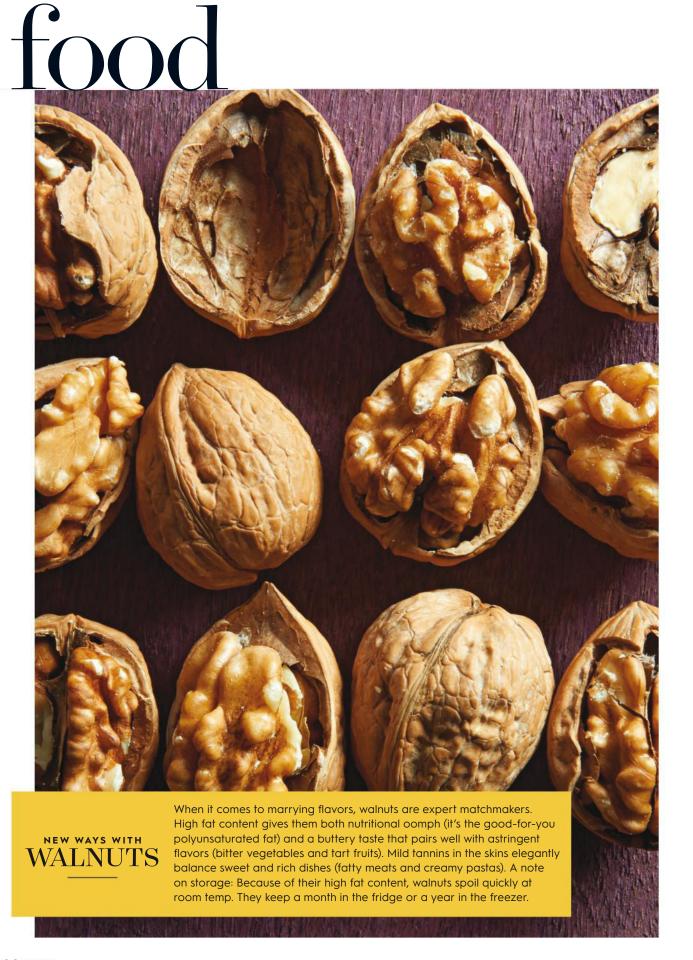
WHAT MAKES YOUR BREED MAGNIFICENT MAKES IT UNIQUE.

Your German Shepherd is known for his incredible strength and sensitive stomach. These details are the reason we tailormade a diet enriched with highly digestible proteins and a special blend of fibers to support GI health. When you feed your dog ROYAL CANIN® GERMAN SHEPHERD formula, you'll see him become his magnificent best.

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GINGER PORK CHOPS WITH CURRIED WALNUTS

In a large skillet heat 1 Tbsp. vegetable oil over medium heat. Add 1 cup walnuts, ½ tsp. curry powder, and a pinch of cayenne. Cook and stir 5 minutes; remove from skillet. Add 1 Tbsp. oil to skillet. Add four ½-inch-thick boneless pork chops and one red onion, cut into wedges. Cook 7 minutes or until pork is done (145°F), turning once. In a small bowl stir together zest and juice of 1 orange, ¼ cup soy sauce, 1 Tbsp. honey, and 1 Tbsp. grated fresh ginger. Add to skillet along with 2 cups steamed butternut squash. Bring to boiling; heat through. Top with the walnuts. Makes 4 servings.

WALNUT LENTIL PATTIES

In an extra-large skillet heat 1 Tbsp. olive oil over medium heat. Add 6 oz. finely chopped mushrooms. Cook and stir 6 minutes or until tender and liquid has evaporated. Transfer to a food processor. Add 1 cup cooked lentils, ½ cup walnut pieces, 1 tsp. herbes de Provence, and ½ tsp. each salt and black pepper. Pulse until nearly smooth. In a large bowl combine ½ cup bread crumbs and 1 egg. Stir in lentil mixture. Stir in additional 1 cup cooked lentils. Shape into four ½-inch-thick patties. Press ½ cup walnut pieces into patties. In the same skillet heat 2 Tbsp. olive oil over medium heat. Add patties; cook 3 minutes per side or until heated through. Makes 4 servings.

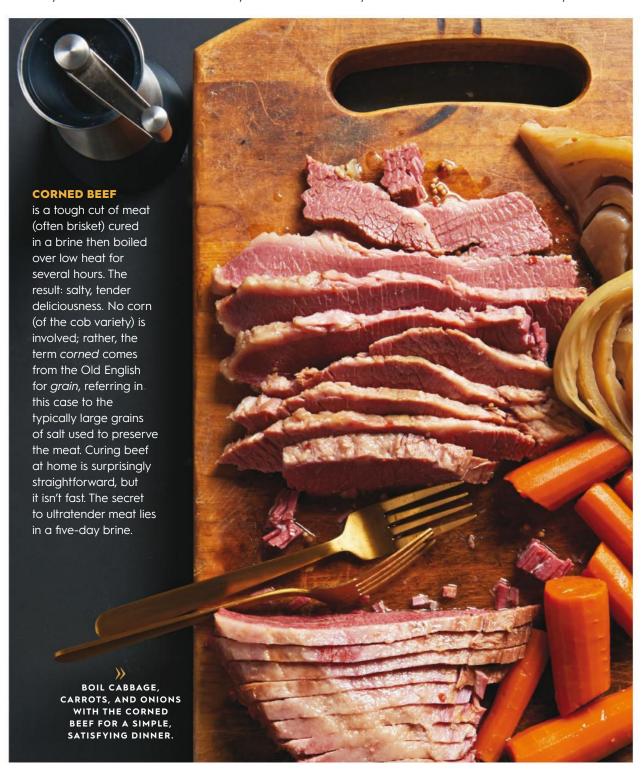
CREAMY WALNUT PASTA

For sauce: In a blender combine $1\frac{1}{2}$ cups half-and-half, $\frac{3}{4}$ cup walnut pieces, 6 cloves garlic, and $\frac{1}{2}$ tsp. each salt and black pepper. Blend until smooth. Pour into a saucepan. Warm over low heat. Meanwhile, cook one 9-oz. package refrigerated fettuccine according to package directions. Drain. In a large skillet cook 4 slices bacon until crisp; drain on paper towels and crumble. Add $\frac{1}{2}$ cup **walnut pieces** to bacon grease in skillet. Cook and stir 1 minute. Drain on paper towels. Toss pasta with sauce. Sprinkle with the crumbled bacon, walnuts, and parsley. Serve with fried eggs. Season to taste. Makes 4 servings. ■



how to cook CORNED BEEF

You've had your fair share on St. Paddy's and never met a Reuben you didn't like. But have you ever cured your own? It's easier than you think.

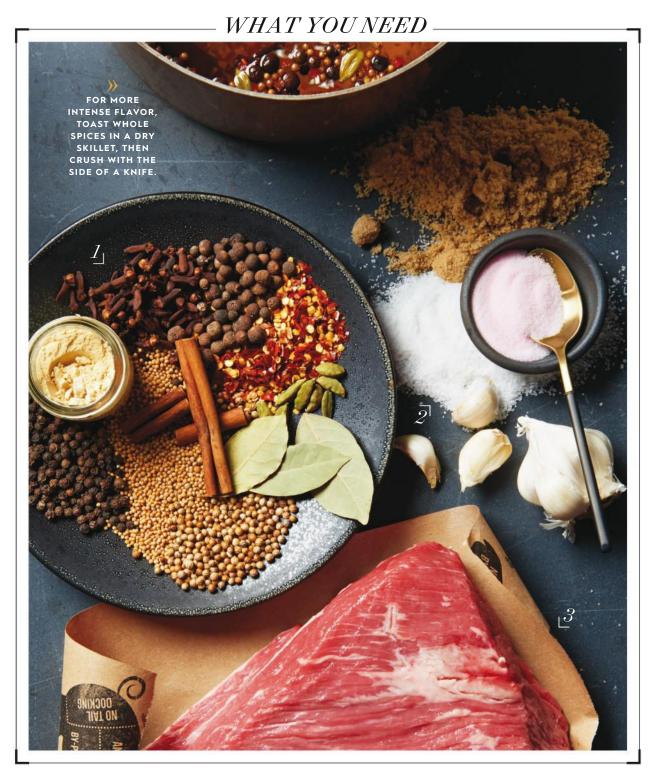




Don't be afraid of these dinosaurs. They're made with 100% white meat chicken.

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PICKLING SPICE
Great corned beef starts with a great pickling spice. Our blend is a robust riff on a classic combination of spices, but you can play around as you would with a BBQ rub, tweaking amounts or adding heat to suit your taste.

BRINE Pink curing salt (sodium nitrite) is the one uncommon ingredient worth seeking out for the way it tenderizes the meat and gives it that bright pink color. Look for brands like DQ Curing Salt and Prague Mix No. 1 at your local butcher or online.

BRISKET Brisket is an inexpensive cut from the pectoral muscles often sold as flat or point cuts. For corned beef, we opt for the flat, which is less fatty than the point, making it easier to slice.



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ULTIMATE MELT

Epic Reuben sandwiches might be the reason you make corned beef. And we say that's more than reason enough. Let this killer melt be your jumping-off place to using corned beef leftovers, knowing that hash, pizza, and pasta are yet to be had.

- MAKE THE PICKLED ONIONS In a saucepan combine 1 cup leftover corned beef cooking liquid, ¼ cup cider vinegar, and 1 Tbsp. sugar. Bring to boiling. Place a thinly sliced red onion in a medium heatproof bowl, and pour the vinegar mixture over the onion. Let stand at least 1 hour; drain before using.
- ASSEMBLE Spread the bread slices with Dijonstyle mustard and Thousand Island dressing.

 Layer with slices of corned beef, shredded Fontina cheese, and the pickled onions.
- GRILL SANDWICHES Spread butter on the outside of the bread slices. Cook in a skillet over medium heat until toasted, turning once.

CORNED BEEF

HANDS-ON TIME 45 min.
TOTAL TIME 3 hr. 45 min., plus brine time

PICKLING SPICE

- 2 Tbsp. mustard seeds
- 2 Tbsp. coriander seeds
- 1 Tbsp. black peppercorns
- 1 Tbsp. whole allspice
- Tbsp. whole cloves
- 8 whole cardamom pods
- 2 cinnamon sticks, broken into pieces
- 4 bay leaves, crumbled
- 1 tsp. ground ginger
- 1 tsp. crushed red pepper (optional)

BRINE

- 1 gallon water
- 2 cups kosher salt
- 1 Tbsp. pink curing salt
- 4 cloves garlic, minced
- 1/2 cup packed brown sugar
- 1 recipe Pickling Spice, above

CORNED BEEF

- $3\frac{1}{2}$ to 4-lb. flat cut beef brisket
- medium head cabbage, cut into wedges
- 1 onion, coarsely chopped
- 4 carrots, cut into 2-inch pieces
- **1.** For Pickling Spice: In a small bowl combine all ingredients. Set aside.
- **2.** For Brine: In a large pot combine the water, kosher and pink salts, garlic, brown sugar, and ½ cup Pickling Spice. Bring to a simmer, stirring until sugar is dissolved. Remove from heat. Let stand until room temperature. Transfer to a 2-gal. resealable plastic bag set in a large shallow pan.
- **3.** For Corned Beef: Place brisket in bag; seal. Chill 5 days, turning occasionally.
- 4. Remove brisket from brine; rinse thoroughly. Transfer to an 8- to 10-qt. pot. Cover with fresh water. Place remaining Pickling Spice on a double-thick 8-inch square of 100% cotton cheesecloth. Bring up corners; tie with 100% cotton string. Add to pot with beef. Bring to boiling; reduce heat to low. Simmer, covered, 3 hours or until brisket is fork tender, adding cabbage, onion, and carrots the last 15 minutes. Remove spice bag; discard. Thinly slice corned beef. Serve with cabbage, onion, and carrots. Makes 6 servinas plus leftovers. EACH SERVING 198 cal, 8 g fat, 55 mg chol, 1,064 mg sodium, 14 g carb, 5 g fiber, 19 g pro. **■**



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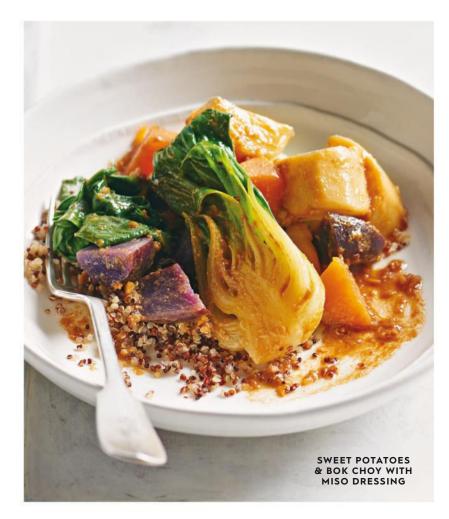


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Silk Unsweetened Almond Milk has 0 grams of sugar per serving. Which means it has nothing but taste.







GRILLED SALMON & LEEKS WITH ROSEMARY-MUSTARD BUTTER

Washing leeks requires extra attention because the leaves hold on to grit. Wash thoroughly by shaking and separating the leaves while they are submerged in cold water.

TOTAL TIME 30 min.

11/2 lb. leeks

- 2 Tbsp. olive oil
- sprig rosemary
- 4- to 6-oz. skin-on salmon fillets, 3/4- to 1-inch thick
- 1/4 cup unsalted butter, softened
- tsp. Dijon-style mustard

1. Trim dark green tops and root ends from leeks, leaving ends intact. Cut leeks in half lengthwise; peel off tough outer leaves. Wash leeks; pat dry. (Keep some water on leeks to prevent burning on

the grill.) Brush with 1 Tbsp. oil; season with ¼ tsp. each salt and black pepper.

- 2. On a grill or grill pan over mediumhigh heat, grill rosemary sprig 1 to 2 minutes or until lightly charred; remove. Grill the leeks 5 to 7 minutes or until tender, turning occasionally. Remove; cover to keep warm.
- **3.** Season salmon with 1/4 tsp. each salt and black pepper; brush with remaining olive oil. Grill fish, skin-side up, 4 minutes; turn. Grill 2 minutes or until fish flakes easily with a fork. Remove from heat.
- 4. Strip rosemary leaves from stem; chop leaves. In a small bowl stir together butter, mustard, and 1 tsp. chopped leaves. Spread butter on top of fish and leeks; sprinkle with remaining chopped rosemary. Makes 4 servings. EACH SERVING 369 cal, 26 g fat, 93 mg chol, 415 mg sodium, 11 g carb, 1 g fiber, 24 g pro.

Pin it! BHG.com/GrilledSalmon

JUST ADD MISO

This Japanese fermented soybean paste is the one-ingredient secret to adding salty richness and depth to steamed vegetables and quinoa.

SWEET POTATOES & BOK CHOY WITH MISO DRESSING

Miso comes in red, white, or yellow varieties, red being the most pungent. Look for it on the shelves of your health food store or international section of your supermarket. Miso can last up to one year refrigerated. HANDS-ON TIME 15 min. TOTAL TIME 30 min.

- 11/2 lb. assorted colored sweet potatoes, peeled and cut into 1-inch chunks
- heads baby bok choy, halved lengthwise
- cup minced fresh ginger
- Tbsp. red or brown miso paste
- 2 Tbsp. lime juice
- 2 Tbsp. cider vinegar
- 2 tsp. maple syrup
- cloves garlic, minced
- Tbsp. canola oil Cooked red or white quinoa
- 1. Place a steamer basket in a large skillet or pot. Add water to just below the basket. Bring to boiling; reduce heat. Add sweet potatoes to basket; cover. Steam 10 minutes. Add bok choy; cover. Steam 5 minutes more or until tender.
- 2. Meanwhile, for Miso Dressing, in a small bowl whisk together the ginger, miso, lime juice, cider vinegar, maple syrup, and garlic. Gradually whisk in canola oil until combined.
- 3. Serve veggies over quinoa; drizzle with Miso Dressing. Garnish with sesame seeds, if desired. Makes 4 servings. **EACH SERVING** 492 cal, 23 g fat, 515 mg sodium, 64 g carb, 10 g fiber, 10 g pro.

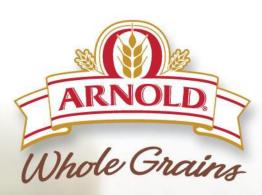
Pin it! BHG.com/Miso

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 Corn Syrup
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- ✓ No Artificial Flavors







120 4 194 4



SKILLET SAUCE

This quick pasta gets its creaminess from a simple pan sauce that builds on the trio of sautéed garlic, grated cheese, and pasta water.

MOROCCAN CHICKEN AND PEPPERS

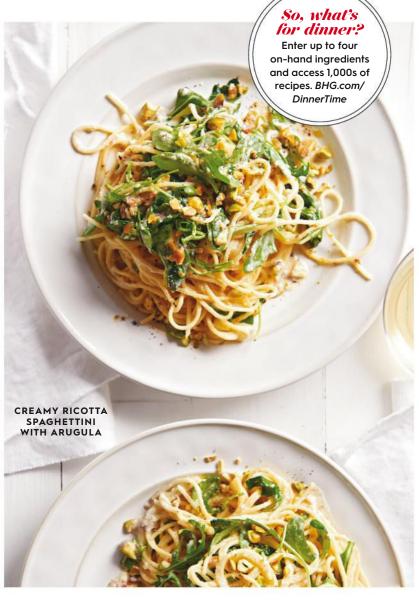
No ingredient is more emblematic of Moroccan cuisine than harissa, a North African chile paste. It provides depth of heat to staples like chicken and couscous.

HANDS-ON TIME 30 min. TOTAL TIME 45 min.

- 1 tsp. coriander seeds
- 1 tsp. cumin seeds
- 1 to 2 small dried red chiles (like chile de árbol), torn into pieces
- 1/4 tsp. ground cinnamon
- 8 skinless, boneless chicken thighs
- 2 Tbsp. olive oil
- 6 cups coarsely chopped sweet peppers (red, orange, or yellow)
- Meyer or regular lemon, sliced Harissa paste
- **1.** In a spice grinder or with a mortar and pestle, grind coriander, cumin, and chiles; stir in cinnamon and ½ tsp. *salt*. Sprinkle mixture over chicken.
- 2. In a 12-inch skillet heat olive oil over medium-high heat 1 to 2 minutes. Cook chicken 15 to 17 minutes or until done (170°F). Remove to a platter; cover to keep warm. Add peppers and lemon slices to skillet. Cook 6 to 8 minutes or until peppers and lemon slices are tender and lightly browned, stirring occasionally. Add to platter with chicken. Serve with harissa paste. Makes 4 servings.

EACH SERVING 443 cal, 19 g fat, 266 mg chol, 569 mg sodium, 7 g carb, 3 g fiber, 57 g pro.

Pin it! BHG.com/ChickenPeppers



CREAMY RICOTTA SPAGHETTINI WITH ARUGULA

Peppery arugula wilts slightly when tossed with the warm pasta. Other tender greens like baby spinach or kale would be equally delicious.

TOTAL TIME 20 min.

- 8 oz. dried spaghettini
- 2 Tbsp. olive oil
- 3/4 cup roasted, salted, shelled pistachios, chopped
- 1 clove garlic, minced
- 1 cup ricotta cheese
- 1/2 cup grated Parmesan cheese
- 5 oz. arugula

- 1. In a pot cook pasta according to package directions. Drain, reserving 1 cup pasta water. Return pasta to pot.
- 2. Meanwhile, in a large skillet heat oil 2 minutes over medium-high heat. Add pistachios and garlic; cook 2 minutes or until lightly toasted. Stir ricotta, ¼ tsp. salt, and ½ cup pasta water into skillet until smooth and heated through. Transfer sauce to pot; stir in Parmesan. Add remaining pasta water; toss pasta until sauce is creamy. Gently toss in arugula. Top with black pepper and additional pistachios. Makes 4 servings. EACH SERVING 562 cal, 30 g fat, 40 mg chol, 489 mg sodium, 53 g carb, 5 g fiber, 23 g pro. ■

Pin it! BHG.com/ArugulaPasta





sprig of spring to a

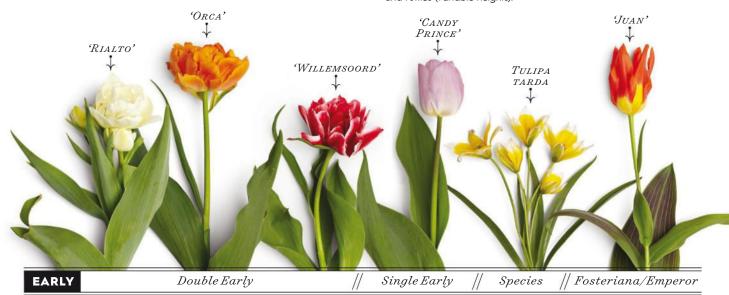
Memorial Day.



KNOW YOUR TULIPS, EXTEND YOUR BLOOM

Native to Central Asia, tulips have been beloved and bred for centuries. Over many years, thousands of species and varieties have been hybridized to get the dazzling array we enjoy today. Select a combination of several varieties from the following groups to ensure your garden has blooms for up to eight weeks.

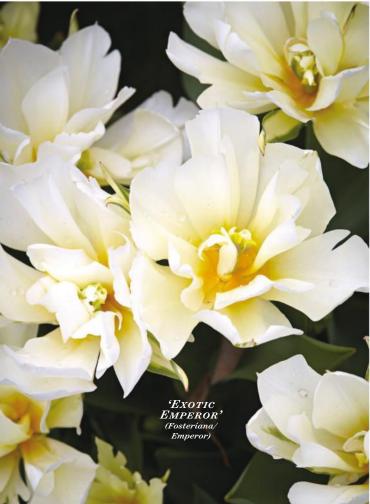
- ♦ SINGLE EARLY & DOUBLE EARLY TULIPS weather storms with sturdy stems and come in vibrant colors (8"-20" tall).
- ♦ SPECIES & WILD TULIPS tend to be shorter and earlier blooming than hybridized tulips (2"-12" tall).
- ♦ FOSTERIANA/EMPEROR grow flared vaselike flowers above broad, sometimes patterned leaves (10"-20" tall).
- ◆ KAUFMANNIANA are short with striped leaves and flowers that open wide and almost flat (4"-12" tall).
- ♦ GREIGII make up for their small stature with oversize starshape flowers (6"-16" tall).
- ◆ **DARWIN** grow to be among the tallest tulips with some of the largest flowers (up to 30" tall).
- ♦ TRIUMPH is the largest and most varied class of the hybrids. Most have a classic tulip form (up to 24" tall).
- ♦ SINGLE LATE & DOUBLE LATE/PEONY-FLOWERED all have tall stems. Ruffled petals mark peony types (up to 32" tall).
- ♦ PARROT are mutations valued for their dramatic streaks and ruffles (variable heights).
- ♦ LILY-FLOWERED set gracefully reflexed petals on tall, erect stems (up to 28" tall).
- ♦ FRINGED are distinguished by a lip of soft spikes on the upper edge of long-lasting petals (up to 26" tall).
- ♦ VIRIDIFLORA flaunt a streak of green on each petal and graphically striped leaves (variable heights).



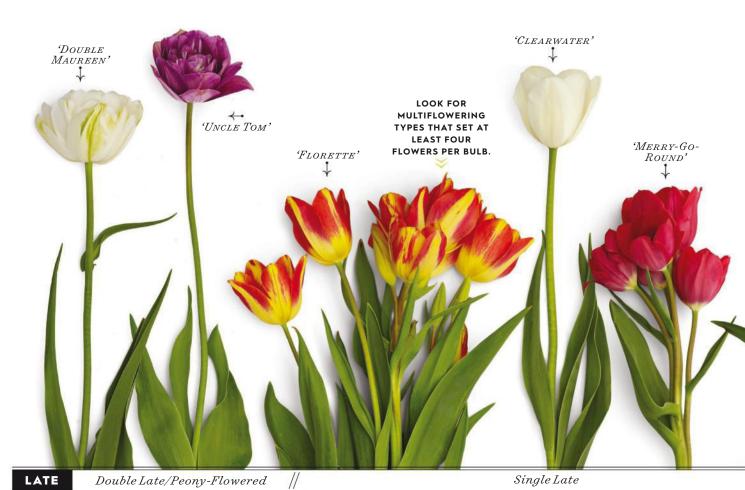
GARDENPARTYDONNA MARIT Bella'NEGRITA' 'RED RIDING HoodPRINSES IreneTULIPABATALINII $^{\circ}BRONZE$ CHARMMID Greigii Darwin Species Triumph

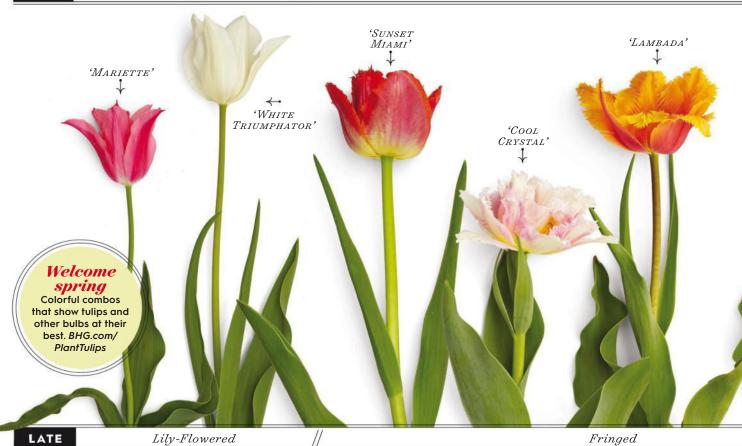




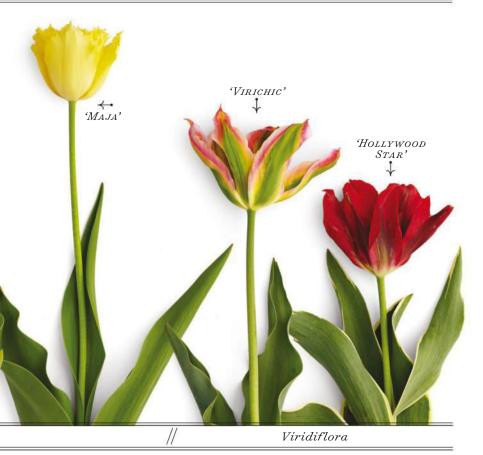














HOW TO GROW

Even if you're a novice gardener, tulips are really foolproof. Your bulbs will arrive ready to plant in fall.

PLANTING

In autumn, about a month before the ground freezes, plant large bulbs 8–10 inches deep and 5–6 inches apart in well-drained soil and full sun; place small bulbs 5–6 inches deep and 2–3 inches apart. Unless you are going for a formal look, arrange the bulbs in loose groups instead of lining them up like soldiers. If you don't want to dig dozens of individual holes with a trowel, dig a few holes with a shovel and plant the bulbs in groups.

WATER AND FERTILIZER

Tulips thrive with little added water during the winter and summer dormant season, but benefit from irrigation once they leaf out and bloom. Apply organic bulb fertilizer at the recommended rates in the fall and spring.

AFTERCARE

Because many hybrids decline in bloom and vigor year after year, many gardeners discard or compost the plants after they bloom. Species tulips can be encouraged to rebloom by allowing the foliage to yellow on the plants after bloom and keeping the tulip beds dry during much of the summer.

SOURCES

Brent and Becky's Bulbs brentandbeckysbulbs.com

John Scheepers johnscheepers.com

Longfield Gardens *longfield-gardens.com*

Old House Gardens
oldhousegardens.com ■







ope Colling is no stranger to mixing things up. Eleven years ago she quit her finance job, left New York City for the West Coast, and turned her life savings into her life's dream: owning a boutique.

West Coast, and turned her life savings into her life's dream: owning a boutique. Marmalade, her popular clothing shop in San Francisco, showcases Hope's love of all things global. "I like a relaxed but carefully curated look in my store and in my own wardrobe," she says. "And that's how my husband, Pete, and I feel about our home, too. We want it to have layers of pattern and personality, and plenty of conversation pieces."

Their home is a midcentury modern beauty designed by famed real estate developer Joseph Eichler, known for his open floor plans and indoor-outdoor connections. "You walk through the front door, and you're immediately outside again," Hope says of the atrium that serves as the foyer. "It's amazing that you truly can't tell where the inside stops and the outside starts because every room has floor-to-ceiling glass walls and doors that blur all the lines."

Hope and Pete honored the architecture with midcentury furniture while adding what Hope calls a boholuxe layer of personality with global textiles and art. Another constant: sculptural large plants. "Some live inside, many live outside, and they help connect all the spaces," Hope says. There's a verdant container garden in the atrium and a rotating collection of palms and succulents that move around the house. "Plants relax a space and add life to a room, which is what we were after—bringing all these rooms to life."

THINK *GREEN*

Hope Colling's tips for decorating with houseplants.

Add potted plants to bookshelves to break up the monotony of book jackets. "It's a nice way to showcase pretty, sculptural pots."

Use them to tell a personal story. "We created a succulent planter in a teacup from Pete's grandmother's china. It's a way to display items we normally wouldn't."

Consider size and shape.
"I love snake plants
because they grow straight
up and look modern."



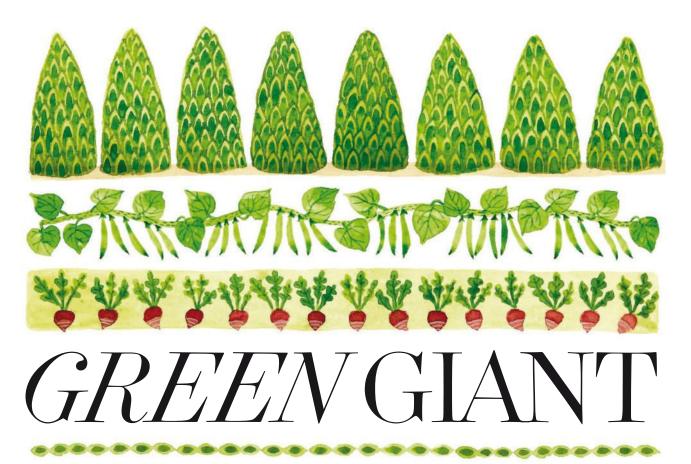


SO, WHO'S EICHLER?

Real estate developer
Joseph Eichler (1900–1974) is best known for building the modern tract homes (11,000–plus of them) that transformed California's suburbs in the late '40s. The typical Eichler home was a single story with an open floor plan, glass walls, and post-and-beam construction. He often focused on creating a clean transition from indoors to out with skylights and floor-to-ceiling windows.







Kitchen garden expert Ellen Ecker Ogden's vegetable plots are renowned for their fresh flavors and even fresher designs. She tells us how her garden grows.







When I planted my first vegetable garden, I was fresh out of art school and thought it would be a good way to feed myself. It was constant trial and error, but the thrill of dashing to the garden to clip a few leaves of frilly Lolla Rossa lettuce and crimson Bull's Blood beet greens kept me at it. My kitchen garden has evolved into more than a place to grow food, and my long, straight rows have given way to fancy arcs and geometric triangles. I found inspiration from European kitchen gardeners and formal design. Today, I grow a compact four-square potager design in my southern Vermont backyard. Every year I start with a plan on paper and the blank canvas of rich organic soil. Then I start to decorate with plants, adding bamboo structures that provide drama and height. My garden includes plenty of quick-growing lettuces and ornamental flowers, along with fruits, herbs, and other heirloom vegetables; I blend color and variety in every bed. Seeds and plants are my paintbrush.







In Ellen's Kitchen Garden

My 25×25-foot garden yields produce for two with extra for sharing, pickling, and freezing. My favorites include:

FRUITS

CUCUMBER

'Boston Pickling'

EGGPLANT

'Rosa Bianca'

SWEET PEPPER

'Corno di Toro'

TOMATOES

'Brandywine',
'Big Rainbow', and
'Green Zebra'

CAPE GOOSEBERRY

'Aunt Molly's Ground Cherry'

ROOTS

CARROTS

'Touchon' and 'Chantenay'

GARLIC

'German Red'

ONIONS

'Red Torpedo', 'Walla Walla Sweet', and 'Summer Bunching'

POTATO

'French Fingerling'

TURNIP'Gilfeather'

LEAFY GREENS

KALE

'Lacinato'

SWISS CHARD

'Five Color Silverbeet'

COLLARD 'Champion'

MESCLUN

Cutting lettuce, arugula, mustard, cress, and chervil

ENDIVE

'Maraichere Tres Fine'

VEGETABLES

ARTICHOKE

'Imperial Star'

BROCCOLIS

'Romanesco',
'Rapini', and 'Early
Purple Sprouting'

PEAS

'Green Arrow' and sugar snap

POLE BEAN
'Trionfo Violetto'



MEET THE GARDENER

ELLEN OGDEN

Author of The Complete Kitchen Garden (\$24.95; ellenogden.com)

I GET INSPIRED BY

Talking to other gardeners and seeing other gardens.

MY 80:20 PLAN

Grow 80 percent tried and true plants and 20 percent new-to-me, heirloom vegetables.

RULE WORTH BREAKING

Forget straight rows. Plant in color blocks or swirls, staggering heights for interest.

FAVORITE TOOL

A garden dibber helps with spacing, marking rows, and making holes for planting.

PLANNING AHEAD

Saving seeds for vegetables—peas, beans, salad greens—means you are always ready for spring.

Edibles don't have to be planted in rows. Grow with whimsy, and work becomes play.





ART THE TART

ONE VERSATILE, NO-FAIL CRUST SERVES AS A SAVORY CANVAS FOR CAPTURING THE FLAVORS OF EVERY SEASON.



SPRING CARROT TART

On the sweeter side of savory, this tart pairs silky-rich mascarpone or cream cheese with tender early-season carrots that get roasted first to intensify their natural sugars. A drizzle of honey further plays up the sweetness, and fresh thyme—baked into the crust and scattered on top—balances it a bit.



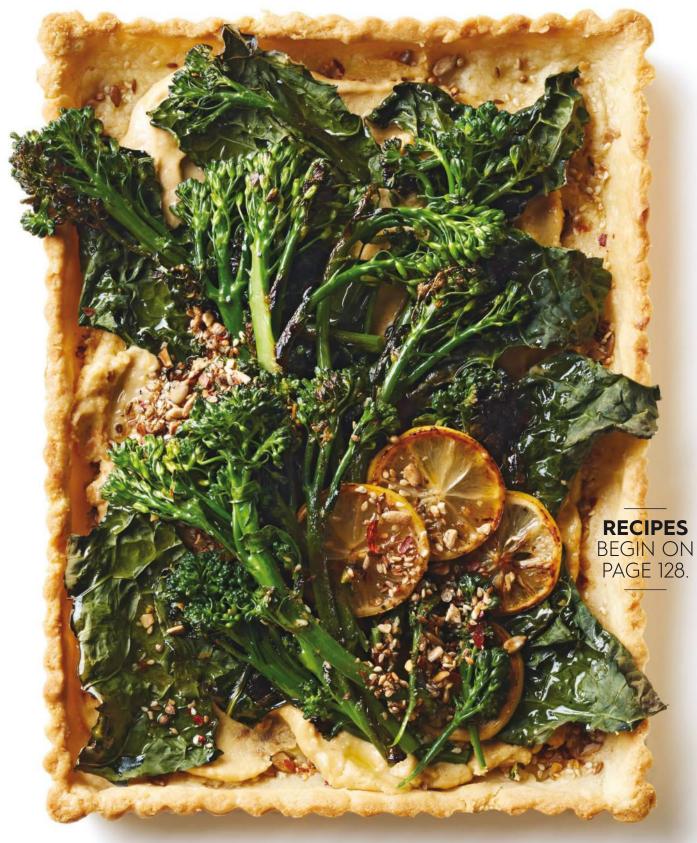
SUMMER CHERRY TOMATO AND OLIVE TART

Biting into a buttery pine nut-topped crust filled with sun-ripened tomatoes, dollops of goat cheese, and fresh oregano makes us feel like we're sitting under the olive trees in wine country. The easy assembly puts us in an even more relaxed frame of mind.



AUTUMN SWEET POTATO AND BUTTERNUT TART

Naturally sweet vegetables play off salty bits of fried pancetta and chili-spiked butter in this hearty entrée framed in a white cheddar-accented crust. Arrange slices of sweet potatoes and cubes of squash in an artful pattern for texture and visual appeal.



WINTER GREENS AND BROCCOLINI TART

Cure your cabin fever with earthy greens and thin slices of lemon bolstered by a bed of ready-made hummus. Add a hit of Middle Eastern flavor by pressing a freshly ground blend of toasted cumin, coriander, and sesame seeds into the dough before baking.

THE KITCHEN = cookbook =

– recipes from pages 136-139 – $ART\,OF\,THE\,TART$

NO-FAIL TART CRUST

This crust is fast, forgiving, and versatile for sweet or savory fillings. We loved it as a rectangle, but it also makes one 11-inch round tart or four 4-inch individual tarts. Pat or roll the dough as desired.

HANDS-ON TIME 10 min.
TOTAL TIME 30 min.

- 1¾ cups all-purpose flour
- ½ cup butter (1 stick), cubed
- ½ tsp. salt
- 2 egg yolks
- Tbsp. ice water
- **1.** Preheat oven to 450°F. (For nonstick pans preheat oven according to instructions on package.) In a food processor pulse flour, butter, and salt

10 to 20 seconds or until mixture looks like fine crumbs. Do not overprocess.

- 2. In a small bowl whisk together yolks and the water. With processor running, add yolk mixture. Stop as soon as dough just starts to come together, about 5 seconds.
- **3.** Crumble to distribute evenly in an 11×8-inch rectangular tart pan or 11-inch round pan with removable bottom; press into pan. (Or gather dough into a ball; flatten. Roll out dough between two pieces of parchment paper into a 12×9-inch rectangle. Transfer dough to pan. Press into corners; trim excess.)
- **4.** Using a fork, prick dough all over. Line pastry with a double thickness of foil. Bake 12 minutes. Reduce temperature to 350°F. Remove foil. Bake 8 minutes more or until pastry is golden. Let cool completely. Use baked crust to prepare seasonal tarts (beginning on page 130).









Q&A ON PASTRY

Working with pastry dough may seem intimidating, but our Test Kitchen's easy recipe has been perfected with the beginner cook in mind. The easy-to-work-with dough results in a good-looking, great-tasting tart. Here are answers to common questions about pastry dough.

WHEN IS MY DOUGH READY?

Your dough will come together sooner than you think. It will still look crumbly. Using the food processor on pulse ensures you don't overprocess. Be sure to use cold butter and ice water; this results in a fine crumblike texture. Test dough by squeezing a small portion between your forefinger and thumb. The dough will hold together easily.



CAN I USE STORE-BOUGHT DOUGH?

In a pinch, store-bought piecrust makes a solid substitution. It will require rolling out (not patting) to fit your pan's dimensions. Follow the baking directions on the package.

HOW WILL YOU DESCRIBE YOUR FIRST BITE?





BECOME A FIRST-TIME TASTER.

Bite into all this sausage, egg and cheese sandwiched between a buttery croissant, then tell us: How would you describe the taste?

JIMMYDEAN.COM



SPRING CARROT TART HANDS-ON TIME 15 min. TOTAL TIME 35 min.

- 1 recipe No-Fail Tart Crust
- 2 Tbsp. chopped fresh thyme leaves
- Ib. assorted colors baby carrots, trimmed, peeled, and halved lengthwise
- 1 Tbsp. olive oil
- 2/3 cup mascarpone or cream cheese Fresh thyme leaves Honey
- **1.** Prepare No-Fail Tart Crust (page 128) as directed, except at the end of Step 3 sprinkle dough with 2 Tbsp. chopped thyme leaves; press into crust.
- **2.** Increase oven temperature to 450° F. In a shallow baking pan toss carrots with olive oil and $\frac{1}{2}$ tsp. salt. Roast 15 minutes or until crisp-tender and caramelized, stirring once. Remove from oven; set aside. Stir mascarpone to soften; spread over crust. Top with roasted carrots. Bake 5 minutes or until heated through. Cool slightly. Sprinkle with thyme leaves; drizzle with honey. Makes 6 servings.

EACH SERVING 456 cal, 30 g fat, 138 mg chol, 474 mg sodium, 38 g carb, 3 g fiber, 6 g pro.

SUMMER CHERRY TOMATO AND OLIVE TART

HANDS-ON TIME 30 min.
TOTAL TIME 55 min.

- 1 recipe No-Fail Tart Crust
- 1/4 cup pine nuts
- 1½ lb. assorted cherry tomatoes, halved if large
- 1 Tbsp. olive oil
- 2 Tbsp. chopped fresh oregano
- 2 oz. goat cheese, crumbled
- ½ cup pitted green olives (such as Castelvetrano) Fresh oregano leaves
- **1.** Prepare No-Fail Tart Crust (page 128) as directed, except at the end of Step 3 sprinkle dough with pine nuts; press into crust.
- **2.** Increase oven temperature to 400°F. In a large bowl toss tomatoes with olive

oil, oregano, ½ tsp. salt, and ¼ tsp. freshly ground black pepper. Transfer to baked crust. Bake 15 minutes. Top with goat cheese and olives. Bake 10 minutes. Sprinkle with oregano. Makes 6 servings. EACH SERVING 419 cal, 28 g fat, 110 mg chol, 648 mg sodium, 34 g carb, 3 g fiber, 9 g pro.

AUTUMN SWEET POTATO AND BUTTERNUT TART

HANDS-ON TIME 45 min. TOTAL TIME 1 hr. 30 min.

- I recipe No-Fail Tart Crust
- 1½ cups white cheddar cheese, shredded (6 oz.)
- Ib. sweet potatoes, peeled, halved lengthwise, and sliced ⅓ inch thick
- 2 Tbsp. olive oil
- 1 lb. small butternut squash, peeled, seeded, and cut into ³/₄-inch cubes
- 2 oz. pancetta or bacon, chopped
- 2 Tbsp. butter, melted
- 1 tsp. hot chili powder
- ½ tsp. packed brown sugar Fresh sage leaves
- as directed, except in Step 1 process 1 cup white cheddar with flour and salt for two to three pulses, then add butter.

 2. Keep oven temperature at 350°F. On a foil-lined baking pan toss sweet potatoes with half the olive oil, ¼ tsp. salt, and ½ tsp. black pepper. Repeat with squash on a second foil-lined

1. Prepare No-Fail Tart Crust (page 128)

- baking pan. Roast 20 minutes or until tender, rotating pans once halfway through. Let cool 5 minutes. Sprinkle remaining ½ cup white cheddar over bottom of the baked crust. Arrange sweet potatoes and squash in rows over cheese. Bake 10 minutes; cool 20 minutes.
- **3.** Meanwhile, in a large skillet cook pancetta over medium-high heat until browned and crisp; set aside. In small bowl stir together the butter, chili powder, and brown sugar. Just before serving, brush butter mixture over tart. Sprinkle with pancetta and sage leaves. Serve warm. Makes 6 servings.

EACH SERVING 608 cal, 39 g fat, 149 mg chol, 901 mg sodium, 53 g carb, 5 g fiber, 15 g pro.

WINTER GREENS AND BROCCOLINI TART

HANDS-ON TIME 30 min.
TOTAL TIME 1 hr.

- 1 recipe No-Fail Tart Crust
- 3 to 4 Tbsp. Sesame Spice Mixture (see recipe below)
- 3/4 cup purchased hummus
- 1/4 cup olive oil
- 1 lemon, sliced and seeded
- 8 oz. Broccolini or broccoli florets, trimmed and stems split lengthwise
- 3 oz. Lacinato (aka Tuscan) kale leaves, stems removed (about half a bunch)
- **1.** Prepare No-Fail Tart Crust (page 128) as directed, except at the end of Step 3 sprinkle dough with 2 Tbsp. of the Sesame Spice Mixture; press into crust.
- 2. Increase oven temperature to 450°F. Spread hummus over baked crust. Drizzle 1 Tbsp. of olive oil over hummus. In a 12-inch skillet heat 1 Tbsp. of olive oil over medium-high heat. Add lemon slices. Cook 2 minutes on each side or until browned. Remove; set aside. Add Broccolini and ½ cup water to skillet. Cook 5 to 7 minutes or until Broccolini is almost tender, stirring occasionally. Place kale leaves over Broccolini the last 2 minutes of cooking to slightly steam. Remove Broccolini and kale from skillet; toss with 1 Tbsp. of olive oil. Sprinkle with 1/2 tsp. salt. Arrange Broccolini, kale, and lemon slices on tart. Bake 5 minutes. Drizzle with remaining 1 Tbsp. olive oil; sprinkle with 1 to 2 Tbsp. of the Sesame Spice Mixture. Makes 6 servings. EACH SERVING 464 cal, 31 g fat, 102 mg

EACH SERVING 464 cal, 31 g fat, 102 mg chol, 520 mg sodium, 41 g carb, 5 g fiber, 9 g pro.

SESAME SPICE MIXTURE Heat a small skillet over medium heat. Add 2 Tbsp. sesame seeds, 1 Tbsp. coriander seeds, and 1 Tbsp. cumin seeds. Cook and stir until lightly toasted, 2 to 3 minutes. Using a spice grinder or mortar and pestle, grind or crush the toasted seeds. Add ½ cup roasted, salted sunflower kernels to grinder or mortar; pulse/grind once. Stir in ½ tsp. crushed red pepper. Store in a cool, dark place up to 1 month.



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\$10.50; williams-sonoma.com



WILTON EXCELLE ELITE 11-INCH ROUND TART PAN

This nonstick pan is easy to clean, dishwasher safe, and guarantees quick release. It also has a 10-year warranty. \$13.99; wilton.com ■

RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

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YOUR GUIDE TO A HAPPY, HEALTHY LIFE



PERCENT OF PEOPLE **USE EMOJIS IN MESSAGES** TO COWORKERS.

BUT NEARLY 4 IN 10 MANAGERS GIVE THEM A THUMBS-DOWN TAKE YOUR CUE FROM THE BOSS: WAIT UNTIL SHF USES THEM FIRST.

Daylight Saving Time starts Sunday, March 12, when we spring forward and lose an hour of sleep. Make that morning easier.

of Americans hit snooze at least once; that just makes them groggy. Set the alarm for your exact wake-up time; put it where you must get up to shut it off.

MILLION

of us skip breakfast every day. If you do, too, at least have a glass of milk (dairy or non). The carbs give you energy; the protein staves off hunger.

of Americans transition by going to bed 15 minutes earlier each

PERCENT are sleepy the day after DST starts. Ease the night the week leading up to it.

CHOPPED

has loads of vitamin C and the cancerfighting compound sulforaphane-even more reason to whip up corned beef and cabbage for your St. Patrick's Day dinner.

You'll exercise

more often if you

make it a competition.

New research shows a challenge ramps up your motivation.

NI NIOL

Sign up for a fitness contest at your office or gym. Or download an app: On Fitocracy (free; fitocracy.com), set up group or one-on-one challenges with other users. Stridekick (free; stridekick.com) svncs data from different fitness trackers, so you and your friends see who logs the most steps.

MAKE A BET

Whoever works out the most often in a month gets a cash pool or gift certificate.

TIMES MORE ABSORBED

IN THE EGG HELP YOUR **BODY PROCESS THE** VITAMINS AND MINERALS FROM THE VEGETABLES IN THE SALAD.

78 PERCENT OF AMERICANS MISTAKENLY THINK THAT

IF IT'S PAID OFF, IT ACTUALLY EXPANDS YOUR CREDIT LINE.



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 on the knees. Jollys'
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 the hard ground. \$36.95;
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 tool. Fiskars
 PowerGear2,
 \$24.99, Hedge
 Shears, \$41.99; fiskars.com
- 4 TROWEL A gel insert in the wrist-friendly grip means extra comfort. Ergo Gel Grip Hand Trowel, \$8; Home Depot
- 5 HOSE NOZZLE A flip of the thumb turns it on; a twist of the wrist adjusts flow. Dramm Revolution 9-Pattern Spray Gun, \$14.99; amazon.com
- 6 WATERING CAN Get more control from a no-slip, soft grip. Turn the spout backward to stow. Outdoor Pour & Store Watering Can, \$24.99; oxo.com

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You're more likely to get your five plus a day of fruits and vegetables if you garden. And kids who garden tend to eat more veggies—even in college. Try these six, which anyone can grow.

HOMEGROWN HEALTHY



GREEN BEANS They're loaded with heart-protecting ntioxidants even more than their cousins in the pea and bean family.

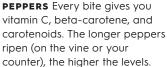
CUCUMBERS Make your

own probiotics: Brine picklingsize cucumbers in water and salt (vinegar kills the healthy bacteria). You'll also get a good dose of vitamin K.



LEAFY GREENS Most are nutrition standouts, but based on a ranking of nutrients per calories, watercress and spinach are in the top five, beating out kale.

TOMATOES Packed with vitamins A and C, plus cancer-fighting lycopene, tomatoes are even better for you after being cooked. Heat increases the antioxidant



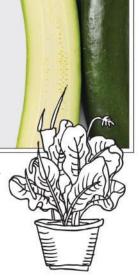
ZUCCHINI

Stop and eat the flowers! They have vitamin C. The squash itself has potassium and fiber (much of which is in the skin).

FAMILIES WHO GARDEN

GROW \$677 WORTH OF FRUITS AND VEGETABLES A YEAR.

The No. 1 vegetable people grow in their gardens: tomatoes, with 86 percent of American households planting them.



DELICIOUS ARTIFICIAL FLAVORS.





It burns calories, it works your muscles, and research shows that gardeners dedicate more time to their sport than walkers or bikers. To avoid aches and pains, condition the muscles you'll call on and use good form.

GET PRIMED FOR PLANTING

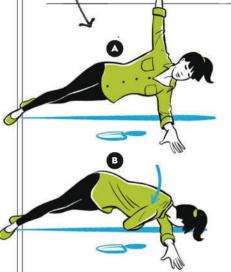
It's great to dig in the dirt, but the aftereffects (tired legs, sore back) can be a pain. "A stronger core and flexible hips can carry you through the long gardening days," says Galina Denzel, coauthor of Eat Well, Move Well, Live Well. Try these moves to power you through planting.

> Place a mat or towel under you to cushion your elbows and feet.



ONE-ARM FARMERS CARRY

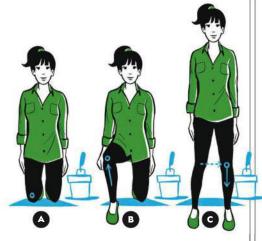
(Strengthens lower back and core)
Grab a gallon of water or dirt in one hand, holding it down at your side. (An 8- to 10-lb. dumbbell works, too.) Stand straight, engage your core, and walk slowly in a straight line for one minute. Switch hands, turn, and walk back. Repeat four times.



SIDE PLANK WITH ROTATION

(Develops flexibility for pulling, turning, and twisting)

A Lie on left side with your elbow directly under shoulder, forearm perpendicular to the body. Place your right foot on the floor just in front of your left foot, and lift your torso a few inches. Extend right arm straight up from shoulder. B Bring right arm under body, keeping lower body still. Return to start. Do eight reps on each side.



KNEELING LUNGE

(Strengthens core, hips, and legs)

A Kneel on floor (or a mat) with
your torso tall, hands at sides. B Bring
right leg in front of you, bending
knee at a 90-degree angle. C Pushing
through front heel, stand up. Return
to starting position by kneeling on
left knee with right leg forward. Finish
on both knees with torso tall. Repeat
starting with opposite leg. Do five to
eight reps per side.



POSTURE PERFECT

Position yourself correctly to use the right muscles.

PLANTING AND WEEDING

Keep your back straight (not hunched) to minimize back strain and take breaks every 15 minutes or so to protect your knees and back.

PICKING UP BAGS OF SOIL

To lift any heavy item, bend at your knees—not your waist—to engage your leg muscles. This decreases stress on your neck, shoulders, and back.

PRUNING

Always pull branches to your level (or use a reacher). Avoid twisting or reaching overhead.

SOURCE American Occupational Therapy Association



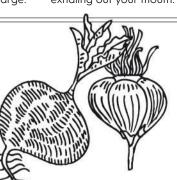
Gardening is a proven tension tamer and boosts your overall mental and physical well-being

READY, SET, RELAX

Gardening is powerful stress relief. In on study, people who took a frustrating test then gardened for 30 minutes enjoyed an uptick in their mood and a lowering of the stress hormone cortisol. Make the most of your time in the green.

UNPLUG Leave the electronics (your phone, iPad, and laptop) inside. Focusing on the greenery without distractions helps you truly disconnect, soak in the moment, and fully recharge.

BREATHE Up the relaxation factor by paying attention to your breathing as you work. Breathe slowly, inhaling through your nose and exhaling out your mouth.



SELF-ESTEEM Even a single

session helps you feel productive and purposeful.

MORE REASONS TO DIG

IMPROVED FOCUS

Doing a single task like weeding or digging is meditative, which can give your brain practice in focusing.

STRONGER IMMUNITY More and more research shows that children who garden (and play in dirt) develop healthier immune systems. **Experts suspect** grown-ups get an

immune boost, too.

AND...DID YOUKNOW? When you pick vegetables from the backyard or

community garden, you help society on these two fronts:

REDUCED PACKAGING Plastic wrap and materials frequently used to package produce pose an environmental challenge: Only 28% gets collected for reuse, 40% goes into landfills, 32% ends up as litter on land or in water.

LESS WASTE If you grow it, you will eat it (can it, freeze it, give it to lucky friends) before it spoils. Supermarkets, on the other hand, often end up with piles of unsold produce, costing an estimated \$15 billion every year.



JEO CALORIES BURNES **30 MINUTES**

Take the benefits of gardening beyond your health. We've joined forces with Partnership for a **Healthier America** (PHA) to help solve the childhood obesity crisis and encourage families to be more active. Join the three month Move to Improve campaign by downloading the Charity Miles app (free; charitymiles .org/movetoImprove) and select PHA as your charity. You'll earn money for the cause with every step. ■



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FLORIDA (FOR ALL, CIRCLE A009)

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- 3 Stuart & Martin County-Where you can be as active as you wish, or as quiet and relaxed as desired.

GEORGIA

4 Jekyll Island Authority-From our sprawling beaches to our historic ruins, Jekyll Island is a beautiful blend of serenity and discovery.

NORTH CAROLINA

5 North Carolina's Brunswick Islands-Here you'll find 45 miles of sand and unlimited sun. Plus fishing, lighthouses, seafood and more. Request your Vacation Guide!

SOUTH CAROLINA (FOR ALL, CIRCLE A040)

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 history, meticulously preserved
 antebellum architecture, coastal
 landscapes, celebrated restaurants
 and mannerly people, Charleston is
 a "must visit" destination.
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the health nut

Our intrepid health director, **Amy Brightfield**, checks in with a nutritionist to find out if she really has to rein in her sweet tooth.

ugar. It's the devil du jour. Before you vow to never eat a morsel containing the sweet stuff again, hear me out: The "bad" sugar is added sugar.

That's what we Americans eat too much of—and not just from cookies and candy. Added sugar—any sweetener not naturally occurring in foods, including agave nectar; rice, corn, or maple syrups; molasses; and honey—is also in everyday staples like whole grain bread, tomato sauce, and salad dressing.

I'd been willfully ignoring the tide against sugar—a girl's gotta have one indulgence—so when I visited Willow Jarosh, M.S., R.D., food journal in hand, I was ready to be chastised for my daily dark chocolate truffle and frozen yogurt. But the sugar bomb was actually my yogurt parfait with granola and fruit. The fruit was OK, but the vanilla yogurt and granola put me at 7.74 tsp. of added sugar. The daily limit is 6 tsp. (at 4 g per teaspoon that equals 24 g) for women and 9 tsp. for men. (The next day I stayed under 6 tsp., which Willow said evened out my intake.)

Happily, the dark chocolate truffle had only 1 tsp. sugar, and my ½ cup frozen yogurt had 3. Not bad, says Willow, especially if it keeps me from inhaling a pint of frozen yogurt.

After my visit, I set out to track my added sugar intake by looking at food labels. For nonpackaged foods like bakery muffins, I check comparable recipes. Willow's advice: Ask, Is it sugar-worthy? "It's not that you can never eat foods that have added sugar," she says. "Just figure it into your day's total."

The next morning, waiting in line to order coffee, my favorite marbled muffin is staring at me. Is it sugar-worthy? NO! I'll save those grams for a friend's birthday cake. I go for the whole wheat bagel (4 g) and an egg. The splash of milk in my coffee doesn't count. But sweeteners like agave and honey do. Whew! I always skip them.

At lunch, I use oil and vinegar on my salad (2 g); a whole grain roll is 2 g. My usual snack is an apple or a fruit salad, and I know fruit gets a bad rap. But Willow says the added sugar for whole fruit (not juice) is 0 g. The same goes for vegetables.

By dinner, I'm at 10 g, which leaves wiggle room for dessert. Realistically, you can't go through life counting every gram of added sugar, but after a few days I have a working knowledge and am able to make better choices—and eat my chocolate and cake, too.

FINDING SUGAR

By July 2018, added sugar will be specified on labels. For now, count any grams listed as added, with the exception of dairy. One cup of milk has 13 g, plain yogurt 17 g. Subtract that from the sugar in flavored versions (and ice cream) to figure the added sugar content.



CUT THE SUGAR
For 100-plus easy
recipes that trim
sugar, check out
this issue. On
newsstands 2/28.

Kashi do Chew something awesome.

Your new favorite snack isn't just delicious; it helps increase organic farmland.

Introducing new Kashi Chewy Nut Butter Bars made with creamy almond butter and chocolate chunks. But that's not all — they're also Certified Transitional. That means they are made with ingredients from farms in the process of transitioning to organic — no easy task. In fact, less than 1% of farmland in the U.S. is certified organic.

So let's do something about it. Every time you enjoy a product with the Certified Transitional seal, you're not only supporting farmers in transition, you're also helping to increase that 1%.







happy teeth

Brush up on the right way to take care of your pearly whites and sidestep a few common mistakes.

WHAT ABOUT MOUTHWASH?

It's less crucial than brushing or flossing, but a good addition to your regime, especially if you're cavity-prone, says Gulia Omene, D.M.D. a member of the American Dental Association. Mouthwashes with alcohol reduce bacteria and freshen

bacteria and freshen breath; those with fluoride strengthen enamel. Your dentist can advise you on the right one.



HOW DO I CHOOSE A TOOTHPASTE?

Beyond looking for the American Dental Association seal of approval, which confirms that the toothpaste does what the label claims, it's personal preference. "Fluoride helps strengthen enamel," Omene says. "But it's the brushing motion that does most of the work cleaning your teeth."

WILL SELTZER HURT MY TEETH?

While seltzer and carbonated waters have more acid than plain H2O, they're much less acidic than juice or soda. A can a day is fine. "But I wouldn't chug it all day long," Omene says.

DO I REALLY NEED TO FLOSS? YES! Even though the government cut flossing from its quidelines, the ADA strongly stands behind it "If you were on a desert island."

cut flossing from its guidelines, the ADA strongly stands behind it. "If you were on a desert island, I'd rather you have floss than a toothbrush," Omene says. Floss once a day *before* you brush.



SOFT-BRISTLE BRUSH

Get the softest bristles you can find. They clean just as well as hard bristles, but without the risk of harming your gum tissue.

TOOLS OF THE TRADE

GUM SOFT-PICKS

Call it über-flossing: The soft bristles dislodge food bits and easily get around crowns and dental work while massaging gums. Use along with floss.



GUMCHUCKS FLOSSER

The two-handle grip and the disposable tips connected by a piece of floss gives you better navigation (and no fingers in your mouth).

BRUSHING NO-NO'S

DON'T BRUSH RIGHT AFTER EATING

Acids in most foods can temporarily weaken enamel, so brushing too soon after eating can wear it down. "Wait 30 to 60 minutes," says Gulia Omene, D.M.D., "to give the proteins and enzymes in your saliva a chance to wash over your teeth and strengthen the enamel again."

DON'T SCRUB

"You think the harder you brush, the cleaner your teeth will be, but that's not true," says Carla P. Orland, a D.D.S. with the Chicago Dental Society. "Brushing too zealously can damage your teeth and gums." If your bristles start to splay out within a few weeks, lighten up.

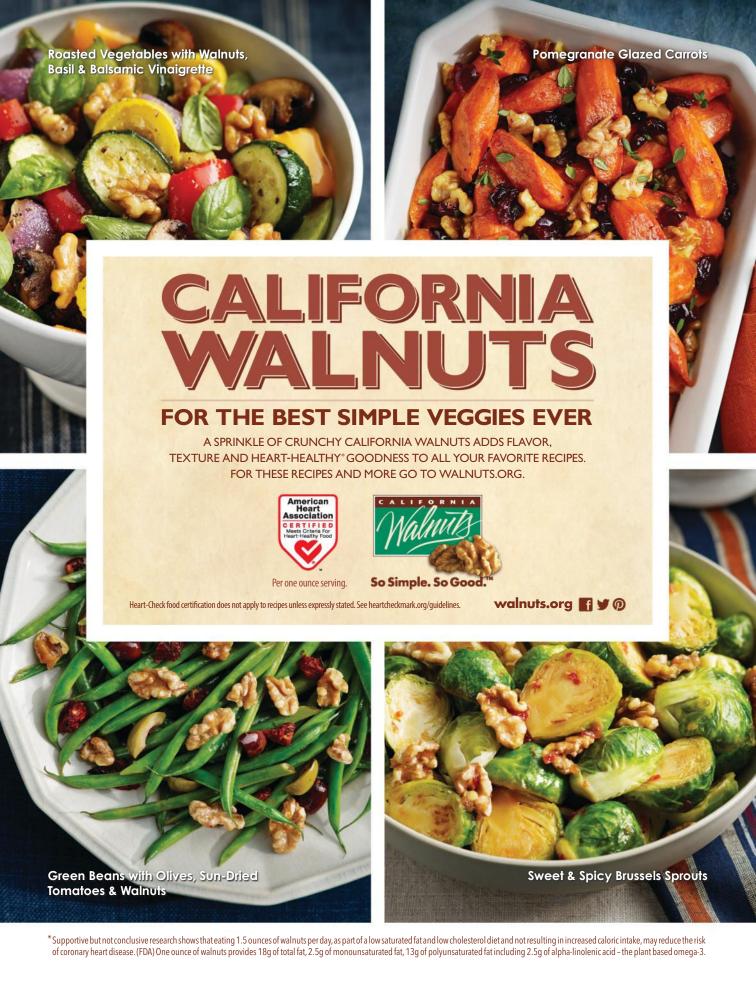
DON'T OPEN EXTRA

YOUR MOLARS

If you do, the back of your jawbone can get in the way of reaching the back teeth. Open just wide enough for the toothbrush to fit in.

DON'T WHITEN

This can cause gum and tooth sensitivity. Use whitening toothpaste a few times a week, at-home strips every six months, or professional whitening once a year.



GROWING GARDENERS

Annie Novak's mission: Connecting people to food, plants, and the Earth.







ANNIE NOVAK was meant to be a storyteller. It was during her junior year abroad in Ghana when her calling took root. "A friend took me on a tour of his father's chocolate farm. Three hours in, hot and tired, I asked: 'When are we going to see the chocolate?' The farmer pointed at the trees and said, 'This is the chocolate,' and that's when I knew I had to understand more about where our food comes from," Annie says. That moment, and a post-college internship at the New York Botanical Garden (NYBG), launched Annie's mission: to tell the story of everything involved with growing food—from the soil to the harvest, even bird migration (she's writing a book on that now).

Annie does that through many programs, including the food education nonprofit she founded, Growing Chefs, and as the full-time manager of the Edible Academy, the NYBG's education program and facility for schools, families, visitors, and the community. There,

alongside director Toby Adams and a dedicated staff, Annie shares her passion with thousands of kids. "It's more than creating healthy eating habits," she says. "We inspire kids to learn and appreciate the growing process." And even more people will benefit with the Edible Academy's expanded 3-acre complex planned to open in 2018, with the Ruth Rea Howell Family Garden still as the centerpiece.

Turning her passion into her life's work (and play!) has also given Annie a distinct sense of independence. A big part of that is her role as co-founder and head farmer at the nation's first commercial green-roof organic vegetable farm: the Eagle Street Rooftop Farm in Brooklyn. "Growing food is an important part of self-sufficiency," Annie says. "It's also about taking care of others. Agriculture is a field where I've found strong mentors. We share information, we share food. Everyone is a giver."



GARDEN IN THE SKY

Inspired by her work at the Eagle Street Rooftop Farm, Annie wanted to make gardening accessible to everyone, everywhere. Her book, The Rooftop Growing Guide (\$15.63; amazon.com), gives step-by-step advice on turning a roof into a vegetable garden. A few of her tips on getting children involved:

GIVE KIDS CONTROL

Assign them a seed to plant and care for. Also set up a spot for soil exploration. "Kids can connect to gardening through the fun of discovering decomposers like earthworms."

LET KIDS USE ADULT TOOLS "They're more comfortable and better made." ■

"LOOK, NO HANDS!" (REALLY, I HAVE NO HANDS...)



CRUNCHY WHEAT, FROSTED SWEET.
FEED YOUR INNER KID





These juicy hues make for a lively step into spring. Orange you glad orange is still hot?

THE ORIGINAL In this living room, a bright orange wall hanging and pillows energize an autumnal palette of harvest gold, rust, and chocolate brown—a few of the earthy hues that were hallmarks of late-sixties and early-seventies design.

THE UPDATE Count on it to add instant vitality to neutral spaces. But shades ranging from pale Creamsicle to bold blood orange mean it's more versatile than ever. Pair your pick with a texture that suits your style: Slick, shiny surfaces feel mod, heavy knits and rough or patterned surfaces more organic

5

Warm colors made this room from our 1968 Decorating Book feel "bright, alive, and exciting. 1 ART Framed Painting Print on

Canvas in Orange (22×18 inches), \$105.95; jossandmain.com

2 WASHABLE PAPER BAG

Use it as a planter or for everyday storage. Oversize Arancio, \$59; uashmama.com.au

- **3** CHAIR Give your dining room a breath of fresh air. Spindle Side Chair by Modway in orange, \$84.99; wayfair.com
- 4 THROW Herringbone Orange Throw Blanket, \$62; laylagrace.com
- 5 VASES Lino in Peachy Sunset hues, set of two, \$38; notneutral .com

6 TABLE

Rocco Modern Orange End Table, \$79.99; lampsplus.com

7 POUF Knitted

Blood Orange Pouf, \$79.95; cb2.com ■

SUPER CHUNKY KNIT AMPS UP TEXTURE AND FEELS COZY. GO AHEAD, KICK UP YOUR FEET.

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OVERSIZE

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1

BY LAUREN HEDRICK



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