

# Better Homes & Gardens®

*Chill Out*

WARM WEATHER IS COMING.  
117 WAYS TO GET READY



**THE FLAVOR GUIDE**  
SOMETHING FOR EVERY TASTE  
*p. 98*



**EASY ICE CREAM RECIPES YOU CAN'T RESIST**  
*p. 134*



**Celebrate Mom!**

BRUNCH IDEAS AND PRETTY HANDMADE GIFTS

NEW

L'ORÉAL  
HAIR EXPERT / PARIS

EVER  
PURE

SULFATE/FREE  
COLOR CARE SYSTEM

[ROSEMARY]

MOISTURE  
SHAMPOO

OUR PUREST, GENTLEST RESPECT FOR YOUR COLOR...EVER.

\* System of shampoo & conditioner vs. non-conditioning shampoo.  
\*\* No animal-derived ingredients or byproducts. Formulas not tested on animals.  
† Made in a facility that also processes gluten.  
©2017 L'Oréal USA, Inc.

## FULL OF WHAT HAIR WANTS:

### KEEPS COLOR PURE FOR UP TO 4 WEEKS

- Quenches dryness with 2X more moisture\*
- Infused with Rosemary flower botanicals

## NOT WHAT IT DOESN'T:

- **SULFATE-FREE** • Paraben-free
- Dye-free • Vegan\*\* • No gluten ingredients† • No harsh salts

100%

Visit [SulfateFreeShampoo.com](http://SulfateFreeShampoo.com)



PURE RESPECT FOR YOUR HAIR

# L'ORÉAL PARIS

# CONTENTS

MAY 2017 | VOLUME 95 | NUMBER 5



## LIFE IN COLOR

### 122 **MOTHERS' DAY**

A relaxed brunch honors moms.

### 128 **THE BUILD & THE BLOG**

The Faux Martha blogger dishes real finds on food and decor.

### 134 **SCOOPED!**

Hot takes on ice cream.

### 136 **THE PRODUCERS**

Public TV's gardening and cooking gurus share decades of knowledge.

## HOME

### 24 **COLOR**

30 **DECORATING**  
Balancing glam and family.

39 **HANDS-ON**  
Make Mom paper posies.

46 **GATHERINGS**  
Celebrating family.

54 **OUTDOORS**  
Prep your porch for summer.

### 60 **PUNCH LIST**

66 **BEFORE & AFTER**  
A facelift gives an off-center Houston home charm.

### 72 **I DID IT**

78 **FIRSTS**  
Marking milestones.

80 **FLORAL DESIGN**  
Arrangements as mini gardens.

### 94 **THE DIRT**

## FOOD

98 **A MATTER OF TASTE**  
Salty, sour, sweet, spicy—what's new in the world of flavor.

118 **KITCHEN EQUIPMENT**  
Our top picks for citrus juicers.

### 120 **EAT THIS NOW**

## BETTER

159 **TRAVEL**  
Feed your travel bug at these foodie destinations.

164 **HEALTH**  
Build strong bones.

### 176 **LIVE FIT**

### ON THE COVER

PHOTO  
**ANDY LYONS**  
FOOD STYLING  
**GREG LUNA**

*Recipes on page 154.*

## FRESH

- 10 **OBSESSED**
- 14 **SHOPKEEPER**
- 18 **BEAUTY SOLUTIONS**
- 22 **IN PERSON**

## IN EVERY ISSUE

- 4 **EDITOR'S LETTER**
- 8 **BHG.COM**
- 142 **THE KITCHEN COOKBOOK**
- 178 **THROWBACK**

Double Milk



Double Dark

Stressful day?  
Make it a double.



Now available in Double Milk and Double Dark Chocolate.  
Save Something for Yourself™

# EDITOR'S LETTER



## FLAVOR QUEST

organ meats, and I still pick whole anchovies off my Caesar salad.) But most everything else I either already love or I'm willing to try.

With my more expansive love of new foods and flavors, I've probably become a bit annoying about food prejudices to some of my friends and coworkers. Of course, many food issues are determined by health restrictions, like celiac disease or allergies. But many stories I hear are rooted in childhood fears and phobias. I try not to be a zealot, but what my sister calls the Orr Sharing Gene is strong. I find myself urging people to at least try the ingredient they've always found offensive. If they can't verbalize why they don't like, say olives, then it's really hard for me not to want to whip up a delicious tapenade to try to sway them. Sometimes I succeed, and other times they dig their culinary heels in deeper.

I've noticed that travel and exposure to different cultures and cuisines is a common thread in expanding our palates. Sharing new recipes and interesting ingredients is a big part of what we do at *BH&G*. We want you to experience the world's wide spectrum of edible items. And this, our flavor-themed food issue, is based on the notion that in our dynamic mix of cultures, there's always something new to try and ultimately love. PS: I still love macaroni and cheese.

For the first half of my life, I just might have been the pickiest eater in the world. I wouldn't eat tomatoes because the seeds are encased in a little packet of slime. I wouldn't eat any sort of fish (even fish sticks) because they might taste fishy. I wouldn't eat dark meat chicken because it had too much flavor ... yes, I said too much flavor. Add these to a long list of banned items that included beets, oatmeal, guacamole, sushi, onions, mushrooms, broccoli, lima beans, cooked fruit, and orange juice with any discernible pulp, and you have a picture of a West Texas boy who managed to survive primarily on macaroni and cheese.

I've come a long way. Now I can hardly name menu items I don't appreciate. (OK, I'm not big on offal or

## BHG FIRSTS

We are proud to launch a new social media program that invites you to share milestones with us and the world. Maybe it's the first bread you've baked, the first tomato you've grown, or even the first dinner party that came off without the fire alarm going off. We are excited to announce that we will donate \$1 to our charitable partner Habitat for Humanity for every post tagged #BHGFirsts on Instagram. Don't be afraid to brag!

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



**BE RADIANT™**



**Colgate®**

**OPTIC  
WHITE.**

**WHITENS TEETH  
INSIDE AND OUT**

©2017 Colgate-Palmolive Company

[colgateopticwhite.com](http://colgateopticwhite.com)

# WHY I ♥ TEXAS



#TEXASTODO

Texas has something to offer anyone—from the panhandle to the Gulf Coast, you'll never stop discovering Texas. Each town, each road, and each stop will add something delightful to your trip. The people and the places will continually amaze you.

—BETH, Tacoma, WA

## DISCOVER MY TEXAS

*Beth's Trip Highlights:*

Camping in Childress—  
amazing star gazing!

Roadside diner—Eating the best  
peach ice cream she's ever had

Touring historic homes  
in Fort Worth

Drinking local beer and  
listening to music in Austin

Authentic Texas—  
Food Truck BBQ

Texas...It's like a whole other country  
that's miles away from ordinary.  
Explore like a local with our  
#TexasToDo Films and #TexasToDo  
Gallery at [TravelTexas.com](http://TravelTexas.com).



It's like a  
WHOLE OTHER COUNTRY

# Better Homes & Gardens.

STEPHEN ORR

Vice President, Editor in Chief

Creative Director JENNIFER D. MADARA  
Executive Editor OMA BLAISE FORD  
Managing Editor GREGORY H. KAYKO

### HOME DESIGN

Deputy Editor  
AMY PANOS  
Senior Style Editor  
EUGENIA  
SANTIESTEBAN SOTO  
Senior Editors  
KATY KIICK CONDON,  
MONIKA EYERS,  
KIT SELZER  
Associate Editor,  
Digital  
ALLISON MAZE  
Editorial Assistant  
LAUREN HEDRICK

### FOOD & ENTERTAINING

Senior Deputy Editor  
NANCY WALL HOPKINS  
Senior Editor  
MAGGIE GLISAN  
Associate Editor  
MARIA XERAKIA  
Editorial Assistant  
RENEE IREY

### LIFESTYLE

Features Editor  
DIANA DICKINSON  
Health & Features  
Director  
AMY BRIGHTFIELD  
Beauty & Fashion  
Director  
ERICA METZGER

### ART

Style & Design Director  
JESSICA THOMAS  
Managing  
Design Director  
SHELLEY CALDWELL  
Deputy Art Directors  
JARRET EINCK,  
MARY-BETH ROUSE  
Senior Associate  
Art Director  
CHRISTY BROKENS  
Assistant Art Director  
BRIANA WENGERT  
Photography  
Coordinator  
HOLLY PRUETT

### ADMINISTRATION & PRODUCTION

Copy Chief  
MARIA DURYEE  
Copy Editors  
MARTHA COLOFF  
LONG, SHEILA MAUCK  
Production Editor  
CINDY MURPHY  
Office Manager  
GINGER BASSETT  
Executive Assistant  
LINDA NEWSOM  
Color Quality Manager  
TONY HUNT  
Associate Director,  
Premedia RICK JOHN  
Premedia Specialist  
BRIAN FRANK  
Product Quality Director  
JOE KOHLER

### BETTER HOMES & GARDENS BRAND

Editorial Director,  
Digital Content  
and Products  
JILL WAAGE  
Editorial Director,  
Special Interest  
Publications  
JENNIFER DARLING  
Better Homes &  
& Gardens®  
Test Kitchen Director  
LYNN BLANCHARD  
Better Homes &  
& Gardens Test  
Garden® Manager  
SANDRA J. GERDES  
Photo Studio Director  
REESE M. STRICKLAND

### DIGITAL

General Manager  
LORY STEWART  
Editorial Manager  
MELISSA INMAN  
Food Editor  
SHEENA CHIHAK, R.D.  
Associate Food Editor  
KARLA WALSH  
Social Media Manager  
KAIT MCKINNEY  
Editor, Holidays &  
Entertaining  
SARAH MARTENS  
Home Design Staff  
Writer CAITLIN SOLE  
ShopBHG Editor  
CARRIE HORN

### FIELD EDITORS

Northwest  
Loralee Wegner  
Midwest  
Megan Kaplan,  
Kelly Ryan Kegans,  
Heidi Pearson,  
Christi Zimmeth  
Northeast  
Stacy Kunstel,  
Karin Lidbeck-Brent,  
Anna Molvik,  
Tovah Martin  
California  
Sara Alba,  
Laura Hull,  
Char Hatch Langos,  
Karen Reinecke,  
Nan Sterman  
Southwest  
Susan Fox,  
Jenny O'Connor,  
Lauren Ramirez,  
Donna Talley  
Southeast  
Andrea Caughey,  
Paige Porter Fischer,  
Sandra Mohlmann,  
Liso Mowry

STEPHEN BOHLINGER

Vice President, Group Publisher

Associate Publisher  
DEIRDRE FINNEGAN  
Associate Publisher, Marketing  
JODI MARCHISOTTA

### ADVERTISING SALES

NEW YORK  
Account Executives  
MARY ELLEN MADDALONE,  
MARC REBUCCI,  
BROOKE VLADYKA,  
JOE WINES  
Assistant HALEY COCCO  
CHICAGO  
Account Executives  
EMILY BABY,  
VICKIE SANDBERG-MCNEY,  
SARAH WITTOSCH  
Assistant CHRISTINE CHU  
DETROIT  
Manager KAREN BARNHART  
Assistant KIM KITCHEN  
LOS ANGELES  
Assistant SARAH BLAKE  
SAN FRANCISCO  
Manager JANET DAVY  
Assistant MICHELLE KWAN  
DIRECT MEDIA  
Business Development  
Manager  
CHRISTINA FARRINGTON  
Assistant JILL O'TOOLE  
TRAVEL  
National Travel Director  
MELISSA LUEBBE

### MARKETING

Strategic Marketing Director  
LAURA FRY  
Special Projects Director  
JAIME HOLLANDER  
Creative Director  
LUIS VEGA  
Associate Integrated  
Marketing Director  
GLORIA BAEK  
Senior Promotion Manager  
VICKI BRAN  
Senior Designer  
CAMILA MONTENEGRO  
Marketing Coordinator  
CHANEL RIVERS  
Research Director  
DIANE TERWILLIGER-  
SILBERFEIN  
Associate Research Director  
KIM LECONEY  
Consumer Marketing Director  
TODD BIERLE  
Business Manager  
DENNIS VASKE  
Advertising Business Manager  
MICHAEL MOSSO  
Production Director  
JOHN BEARD  
Senior Production Manager  
LIBBY EHMKE  
Production Traffic Supervisor  
PAM HUTCHCROFT  
Brand Licensing  
BRADFORD W. S. HONG

### MEREDITH NATIONAL MEDIA GROUP

PRESIDENT  
JON WERTHER  
President & GM,  
Meredith Magazines  
DOUG OLSON  
President, Meredith Digital  
STAN PAVLOVSKY  
President, Consumer Products  
THOMAS WITSCHI  
Chief Revenue Officer  
MICHAEL BROWNSTEIN  
Chief Marketing Officer  
NANCY WEBER  
Chief Data & Insights Officer  
ALYSIA BORSA

### SENIOR VICE PRESIDENTS

Consumer Revenue  
ANDY WILSON  
Digital Sales  
MARC ROTHSCHILD  
Research Solutions  
BRITTA CLEVELAND  
Digital Video MELINDA LEE  
Chief Digital Officer  
MATT MINOFF

### VICE PRESIDENTS

Finance CHRIS SUSIL  
Business Planning & Analysis  
ROB SILVERSTONE  
Content Licensing  
LARRY SOMMERS  
Corporate Sales  
BRIAN KIGHTLINGER  
Digital Sales  
MARLA NEWMAN  
Direct Media PATTI FOLLO  
Brand Licensing  
ELISE CONTARSY  
Human Resources  
DINA NATHANSON  
Strategic Sourcing,  
Newsstand, Production  
CHUCK HOWELL  
Consumer Marketing  
STEVE CROWE

### CHAIRMAN & CHIEF EXECUTIVE OFFICER

STEPHEN M. LACY  
PRESIDENT & CHIEF OPERATING OFFICER  
TOM HARTY  
PRESIDENT, MEREDITH LOCAL MEDIA GROUP  
PAUL KARPOWICZ  
CHIEF FINANCIAL OFFICER  
JOSEPH CERVANEC  
CHIEF DEVELOPMENT OFFICER JOHN ZIESER  
VICE CHAIRMAN  
MELL MEREDITH FRAZIER

IN MEMORIAM — E. T. MEREDITH III (1933-2003)



For help with your subscription or billing, call 800/374-4244.

Our subscribers list is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0508.



© Copyright Meredith Corporation 2017

Please Recycle This Magazine



**DIVE**  
— DEEP —  
**INTO**  
— THE HEART OF —  
*Texas*




**TEXAS BEACHES**  
EXPLORE THEM AND OTHER ATTRACTIONS  
AT [TRAVELTEXAS.COM/BEACHES](http://TRAVELTEXAS.COM/BEACHES)



— *It's like a* —  
**WHOLE OTHER COUNTRY**

**SUMMER MAGIC ROSELILY MIX** Add color and perfume to summer gardens with this combination of four Oriental lilies. (You get three of each variety.) Their beauty, extended bloom season, fragrance, and stature reflect years of breeding.

 Order online at [BHG.com/roselily](http://BHG.com/roselily) or call 1-800-420-2852. Item MM920620, \$29.95 for 12 bulbs, plus shipping. Source code BHS04. Plants are guaranteed. Unlabeled bulbs will be shipped at the proper planting time. Best in Zones 5–8S/9W.



[SWEEPSTAKES]

## Win a mower

Make mowing a breeze with the John Deere Z345R ZTrak Zero-Turn Mower. Visit [BHG.com/WinMower](http://BHG.com/WinMower) to enter. Details on page 159.

[GET SOCIAL]

## #BHGCELEBRATE



Follow #BHGCelebrate on Instagram for all our favorite ways to make every day a celebration. Sweeten a grad party, baby shower, or birthday soiree with a seasonal dessert like these Mini Lemon Blueberry Cream Tarts from @michelle\_alattefood. Don't forget to tag your images for a chance to be featured in the @betterhomesandgardens Instagram feed or on the pages of the magazine.

## WHAT'S TRENDING ON BHG.COM

**1 PATIO PICK-  
ME-UPS**  
Ideas to refresh your outdoor space for warm weather. [BHG.com/PatioTips](http://BHG.com/PatioTips)

**2 EASY HERBS**  
Growing these fuss-free herbs means it's easy to add fresh-from-the-garden flavor to meals. [BHG.com/EasyHerbs](http://BHG.com/EasyHerbs)

**3 CHICKEN +  
ASPARAGUS**  
Get our most popular spring-dinner skillet recipe. [BHG.com/ChickenAsparagus](http://BHG.com/ChickenAsparagus)

**4 STYLE GUIDE**  
This collection of weekly projects will inspire you to try the latest home-design trends. [BHG.com/TryTheTrend](http://BHG.com/TryTheTrend) ■

King size coziness  
shouldn't cost  
a king's fortune.

HAUGSVÄR king  
spring mattress  
**\$499**

©Inter IKEA Systems B.V. 2017

Every family deserves a space to cozy up together after a busy week. And nothing says cozy like a mattress with a generous layer of memory foam that gives you and your family extra comfort, at an extra affordable price. And that's the kind of home that helps you live your dream. Because no matter what you do, who you are, or how much you make, you deserve to make the dream yours.



**25**

Year Limited  
Warranty  
INCLUDED

Mattresses have a 25-year limited warranty.  
See [IKEA store](#) or [IKEA-USA.com/warranty](#) for details.

**HAUGSVÄR king spring mattress, firm \$499** Individually wrapped pocket springs move independently and closely to follow your body. A generous layer of memory foam closest to your body provides enhanced comfort. 11" thick. 403.074.23 See IKEA store for country of origin information. Valid in US IKEA stores.

# fresh

The Swedish designer of these sheets was inspired by the 18th-century botanist Carl Linnaeus, whose birthplace is near IKEA's headquarters.

## OBSESSED WITH BOTANY

The late 18th century marked the peak of botanical illustrations' "golden age." The intersection of science (biological discoveries) and art (printing advancements) resulted in hyperdetailed, scientifically accurate prints. Reproductions and stylized versions of these historical motifs infuse a room with a touch of romanticism while pleasing the nature lover in you.

Clockwise from top **STRANDKRYPA DUVET COVER AND PILLOWCASES** (queen size) \$29.99; [ikea-usa.com](http://ikea-usa.com)  
■ **MEADOW BOUQUET TEA TOWEL** \$24; [shopterrain.com](http://shopterrain.com) ■ **BLOOMINGVILLE BOTANIC TEACUP** set of four \$37.99  
and **BOTANIC SALAD PLATE** set of four \$45.99; [allmodern.com](http://allmodern.com)

OUR 1<sup>ST</sup> ANTI-WRINKLE SKINCARE CREATED  
FOR EVERY AGE & EVERY STAGE  
FOR YOUTHFUL LOOKING SKIN



## WRINKLE EXPERT

3 ANTI-WRINKLE SOLUTIONS TAILORED TO YOUR AGE

**35+**

■ **COLLAGEN**

REDUCES FINE LINES,  
IMPROVES ELASTICITY,  
24HR HYDRATION

**45+**

■ **RETINO-PEPTIDES**

REDUCES WRINKLES,  
IMPROVES TONE,  
24HR HYDRATION

**55+**

■ **CALCIUM**

REDUCES WRINKLES,  
DENSIFIES SKIN,  
REDEFINES CONTOURS,  
24HR HYDRATION

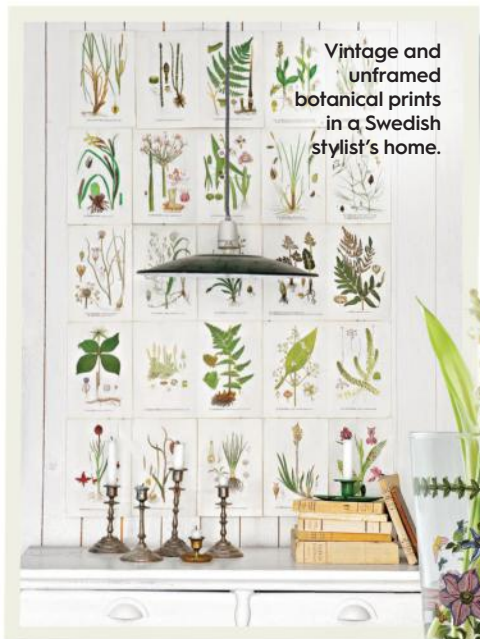
THE SCIENCE OF BEAUTIFUL SKIN AT EVERY AGE

©2017 L'Oréal USA, Inc.

**L'ORÉAL**  
PARIS

# BOTANICAL BEAUTIES

Scandinavian-style florals deliver the natural appeal of a garden (without all the hard work) while lending a breezy sense of the great outdoors to your home.



Vintage and unframed botanical prints in a Swedish stylist's home.



1

3

2

1 Dessert plates that could've been handed down from Grandma. Language of Flowers set of two, \$42.50; [twigny.com](http://twigny.com)

2 Florals transform this Salvaged Old Growth Wood Desk Caddy. \$42; [connectedgoods.com](http://connectedgoods.com)

3 These Botanic Garden highballs could take the place of fresh flowers on a table. \$34 set of four; [portmeirion.com](http://portmeirion.com)

4 & 5 Midcentury Swedish wallpapers are back. Köksväxter, left, and Rabarber, right, are reissues from Gocken Jobs (\$99 each for a double roll; [scandinavianwallpaper.com](http://scandinavianwallpaper.com)). Josef Frank's iconic 1940s designs include Varklocker (\$90 a roll; [svenskttenn.se](http://svenskttenn.se)).

6 The bold blooms on this Leaf Print Linen Cushion Cover make an instant spring refresh. \$29.90; [zarahome.com](http://zarahome.com)

7 You'll want to keep this vessel for flowers, pencils, or makeup brushes after the Champs de France candle burns down. \$30; [riflepaperco.com](http://riflepaperco.com)



4

5



6

7



## ◀ HISTORY LESSON

Josef Frank was known for his exuberant designs (see No. 5 above), but he used traditional botanicals, too. In the '40s and '50s he designed a handful of case pieces covered in antique Nordic prints. ■

# GLIDES ON CLEAR NO MESSY WHITE RESIDUE.



©2016 Kao USA Inc.

24hr Invisible Protection.

ban®

don't sweat the small stuff.®

# table talk

Cookie-cutter place settings, be gone. A handful of little shops across the country bring back personality to the art of the table.



## FRECKLED HEN FARMHOUSE

Fayetteville, AR

The country feel of this modern-day general store is for real. Owners Luke and Natalie Freeman are bona fide farmers and DIYers, raising goats and chickens, growing vegetables, and baking and preserving. “This is what we breathe and do,” Natalie says. Everything they stock—pruners, jadeite tumblers, vegetable brushes—comes from a personal place. “They’re things we’ve used and loved for years,” she says. That includes a favorite pair of scissors they use to snip herbs, open packages, and slice twine. In addition to heirloom-quality goods, customers can get gardening advice (Luke has a master’s in sustainable agriculture) and sign up for jewelry-making, canning, or planting workshops. [freckledhenfarmhouse.com](http://freckledhenfarmhouse.com)



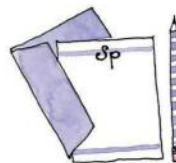
### DAISIES AND OLIVES

A reliable source of inspiration in nearby Prairie Grove, this flea market and junker’s collective is filled with old farm tools and antique home decor, plus gifts and crafts by local makers. [daisiesandolives.com](http://daisiesandolives.com)



### WOODSTONE PIZZA

Baked in a wood-fired brick oven, the crusts star at this pizzeria that uses locally sourced ingredients. Pear jam, goat cheese, arugula, and prosciutto top Natalie and Luke’s favorite. [woodstonecraftpizza.com](http://woodstonecraftpizza.com)



### SHINDIG PAPERIE

Filled with high-quality, American-made paper goods by little-known designers, this is “our spot to get a card for a special occasion,” says Natalie, who—full disclosure—worked here for years. [shindigpaperie.com](http://shindigpaperie.com)

## INSIDER GUIDE

Natalie and Luke’s can’t-miss spots around Fayetteville.

**YOU WON'T EVEN  
KNOW WHAT'S  
MISSING.\***

**\*IT'S SUGAR**

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



**TASTES LIKE BETTER™**



## OPEN DOOR SHOP

Charleston, SC

Owner Marion Blount wants brides-to-be to have a casual alternative to the usual china and crystal registry options. Instead, she offers a stylish mix of homewares, gifts, and pantry items. We especially love the entertaining-focused wares like printed cocktail napkins, a rattan chip-and-dip, and Nicholas Newcomb's plates glazed in bold patterns (gears, compass points) and colors. [opendoorshop.com](http://opendoorshop.com)

## SET & CO.

Dallas

Shaker-like simplicity in this kitchen-focused shop puts the spotlight on clean-lined objects from around the world. Everything shares what owners Adam and Jennifer Litke call a modern-primitive aesthetic. But the goods, including Italian terra-cotta casseroles and a French stoneware chicken roaster, are function-first and made to last. [setandco.com](http://setandco.com)



## MORE SHOPS WE LOVE

### ◆ BROOK FARM GENERAL STORE

Linen towels, wood-handled brushes (even one for your espresso machine), and enamel tumblers are a few of the hardworking items sold at this online store that focuses on old-fashioned feel and quality. [brookfarmgeneralstore.com](http://brookfarmgeneralstore.com)

### ◆ FOOD 52

Founded by cooks with a sharp eye for design, this website stocks a mix of under-the-radar brands and exclusive collaborations with cult-status faves (like Madewell and Staub). [food52.com](http://food52.com)

### ◆ GLOBAL TABLE

This tabletop-centric store has been a hidden-gem

destination in New York for 21 years. It bursts with colorful pieces from around the world: cobalt water glasses, marbled vases, lacquered trays. [globaltable.com](http://globaltable.com)

### ◆ MARCH SF

Japanese cherrywood butter dishes and horn salt bowls are the stuff of our fantasy

wish lists at this high-end San Francisco kitchen shop. [marchsf.com](http://marchsf.com)

### ◆ QUITOKEETO

Think heirlooms that straddle the traditional-modern divide—hand-forged knives from Japan, glasses hand-blown in California—at this online source. [quitokeeto.com](http://quitokeeto.com) ■

“WHEN YOU CHOOSE POISE®, YOU'RE TAKING CONTROL OF YOUR LBL.”

- BROOKE BURKE-CHARVET



THE LEADING\* BRAND FOR LIGHT BLADDER LEAKAGE.



Poise® pads provide 3-in-1 protection for odor control, comfort and dryness - up to **3x drier** than Always® period pads†. Take control with Poise®, and enjoy the confidence and freedom to live life to the fullest.

FOR OUTSTANDING PROTECTION, GET A FREE SAMPLE AT [POISE.COM](http://POISE.COM)

\*Based on market share 52 weeks ending 11/05/16, †vs. Always® leading pads/liners of an equivalent size. Always® is a registered trademark of Procter & Gamble.

# *the secret to* BOLD BROWS

Big brows really do flatter every face. Here, the products and pro tricks to get fullness that looks natural.

**T**he popular beauty look is also one of the best time-saving beauty hacks. Consider this: Full brows bring balance and proportion to the eyes and face, eliminating the need for a face of makeup. “By defining this one feature, you achieve a wide-eyed effect that usually takes multiple shadows and highlighters on the lid to create,” says Jared Bailey, brow expert for Benefit cosmetics. The flattering look also erases years off your appearance. “Thin brows can look aging, but fullness is universally youthful—think back to when your brows were untouched and natural,” NYC-based brow pro Sania Vucetaj says. Even if you have thin, overtweezed, or fair brows, scoring impactful arches only requires a few products and a little work. Read on for advice on how to plump up yours.

## GROOMING 101

Back away from that magnifying mirror; thick brows require restraint. Limit yourself to plucking the strays under your arches to maintain a natural shape. The goal isn’t perfection; however, you do want even fullness. “What you’re after is consistent density in the front of the brow that continues through the curve and naturally tapers all the way to the end,” Jared says. To prevent overpruning, remove only a few hairs at a time and step back often to assess your handiwork. As for individual hairs that are noticeably longer than the rest, trim the tips with mini pointed scissors.

## MAKEUP KNOW-HOW

The best remedy for skimpy brows or bald spots is to cover the skin underneath with a brow pencil. You can also use one to elongate a short tail; the end should align with the outermost corners of the eye and nostril. If bare patches aren’t an issue, simply add volume with a brow mascara, which strokes tinted gel onto hairs just like mascara coats lashes with pigment. For more oomph, opt for a formula that deposits tiny fibers onto hairs.



**Avoid removing too much hair from the center and below. “The front of the brow should align just above the bridge of the nose,” says Sania Vucetaj. “The arch should taper off three-fourths of the way from the bridge of the nose. That is always the rule of thumb.”**

## LONG-TERM SOLUTIONS

Unfortunately, there aren’t any treatments proven to grow brow hair. However, dermatologists often recommend Latisse (a prescription topical that’s FDA-approved for eyelash growth) for off-label use on eyebrows. “It helps thicken hair—a big boost especially for the outer third of our brows, which thin with age,” says Kavita Mariwalla, M.D., a dermatologist in West Islip, NY. The caveat: If you stop using it, the effect wears off. The semipermanent tattoo process known as microblading can last up to three years, but our pros aren’t fans. “Tattoos tend to not stay crisp and lose their color,” Jared says.



# STOP & SMELL THE FLOWERS

**LET LIFE IN**  
to your hair and your head



[EDITOR'S PICKS]

# BROW WOW

Use the built-in spoolie brush for grooming before and after applying color. **Sania's Brow Bar Angled Mechanical Brow Pencil**, \$30; [saniasbrowbar.com](http://saniasbrowbar.com)

**Maybelline New York Brow Precise Fiber Volumizer** bulks up skimpy brows with hairlike fibers. \$9.99; drugstores

Get bold definition, and use the brush to blend. **L'Oréal Paris Brow Stylist Kabuki Blender**, \$12.99; drugstores

This waterproof cream-gel formula is an alternative to using a pencil. **Benefit Ka-Brow! Cream-Gel Brow Color**, \$24; [benefitcosmetics.com](http://benefitcosmetics.com)

Stroke on color with the built-in point-tip applicator. **Smashbox Brow Tech Shaping Powder**, \$25; [smashbox.com](http://smashbox.com)

Mail these in for free sharpening when they need a tune-up. **Tweezerman Stainless Steel Slant Tweezer**, \$23; [sephora.com](http://sephora.com)

## HOW TO BOOST YOUR BROWS

1

Use a clean mascara wand or a spoolie brush to comb hair up. By lifting the hair, you expose the skin underneath so your pencil has something to adhere to.

2

Using a pencil crayon or gel in a shade that matches or is slightly lighter than your brow color, draw on short, hairlike strokes to fill any gaps. For an all-around thicker, more defined look, do this along the length of your arches.

3

Brush brows back into their natural place with the wand or spoolie.

4

For extra staying power, go over your work with a small amount of brow powder (use an angled brush to apply) or a clear brow gel. If the final result looks too harsh, simply brush through brows one final time to soften the color. ■



**Win \$1,000 worth of beauty products!** We want to know your favorite iconic beauty brand. Vote at [beautybash.me](http://beautybash.me) and enter for a chance to win. Details on page 175.

©2017 P&G

# OLAY



OLAY  
REGENERIST  
MICRO-SCULPTING CREAM

## ILLUSIONS SHATTER. RESULTS MATTER.

OLAY BEAT 10 OF THE TOP PRESTIGE CREAMS

In a new Good Housekeeping study, Olay Regenerist shattered the competition.  
Hydrating skin better than creams costing over \$100, \$200, and even \$400.  
Real Hydration. Real Results. The proof is in the red jar.

AGELESS



FACT-CHECK THIS AD AT [GOODHOUSEKEEPING.COM](http://GOODHOUSEKEEPING.COM)

# getting ready with EMILY LEY

An organized routine helps this author, creator of the *Simplified Planner*, and mama of three pull off her everyday polished look.

## WORKING AT HOME

It's tempting to skip makeup and work in pajamas, so I stick to a routine I can follow in my sleep. That way, if there's an impromptu playdate or spur-of-the-moment Skype call, I'm confident and ready to go.

## SKIN

It's important to me to take care of my skin. Plus, my makeup looks a lot better when I do. I use the Rodan + Fields Redefine Regimen (\$199; [rodanandfields.com](http://rodanandfields.com)), which includes cleanser, toner, and both a.m. and p.m. moisturizers. I'm 34 and starting to see little lines; this helps my skin feel fresh and moisturized.

## MAKEUP

I don't feel put together without bright pink blush—a little bit really wakes up my skin. I used to have a problem with eye makeup smearing throughout the day until I started using eyelid primer as a



Find Emily's planners and preorder her upcoming book, *A Simplified Life*, at [emilyley.com](http://emilyley.com).

base. Now my eye shadow, liner, and mascara stay put. I'm not a big fan of lipstick; I prefer a lip balm with great moisture for day to day.

## HAIR

Most days I do a side part, pull it into a messy bun or a ponytail, and set with hair spray. Between work and changing diapers, it's just easier to keep it off my face.

## UNIFORM

I always wear the same thing: skinny jeans, a cute top, and earrings. I love the concept of a capsule wardrobe, which means I will invest in high-quality staples that can be mixed and matched. Banana Republic and J.Crew do a good job with basics that last a long time. ■



### URBAN DECAY NAKED2

"The perfect neutral eyeshadow palette." \$54; [urbandecay.com](http://urbandecay.com)



### ESTÉE LAUDER DOUBLE WEAR CONCEALER

"It brightens under my eyes." \$26; [esteelauder.com](http://esteelauder.com)



### J.CREW VINTAGE COTTON V-NECK T-SHIRT

"Love the bright color!" \$29.50; [jcrew.com](http://jcrew.com)

### MAC COSMETICS PRO LONGWEAR BLUSH

"Whole Lotta Love is my favorite shade." \$28; [maccosmetics.com](http://maccosmetics.com).



PHOTOS: (PORTRAIT) LAURA FOOTE, (CONCEALER, EYE SHADOW, AND BLUSH) JASON DONNELLY

# PANTENE

## summer RESCUE

Helps repair even extreme hair damage in just 3 minutes.

**STRONG IS BEAUTIFUL™**



# home

COLOR  
**PEONY  
PINKS**

Delicate, sweet, demure. That's the pink everyone knows. But there's a vibrant, rich, even sultry side to the color, too. Bring all the shades inside, and watch your room bloom.





The FTD® Sunlit Meadows™  
Bouquet by Better Homes  
and Gardens®

**Better Homes  
& Gardens.**

FLOWERS by FTD®

**MOM DESERVES SOMETHING  
AS INSPIRING AS HER.**

For the woman who made you everything you  
are, we make handcrafted bouquets that  
mean everything to her.

**#LOOKTOHER**

Send her a Better Homes & Gardens  
bouquet by FTD. **Shop at [FTD.com/BHG](http://FTD.com/BHG)**





**WALL**  
GARDEN PARTY  
PPG182-4  
PPG PAINTS  
(SIMILAR TO  
WALLCOVERING  
COLOR)

Bold color, structured patterns, and boxy shapes prevent the all-pink bedroom, above, from looking too feminine. New York City designer Jamie Drake nixed floral patterns; the only flowers are fresh ones.

**"PINK GIVES A ROOM A SENSE OF EXCITEMENT,"** says Houston interior designer Ashley Goforth. "It's unexpected." Go all-in by combining shades: pale petal pink, bubblegum pink, and reddish-purple fuchsia. "The mix adds interest without overwhelming a room," Ashley says. To cut the sweetness and heighten sophistication in a pink room, add splashes of charcoal or navy (like in the painting) and gilt accents (which also warm cool pink). Although soft shades like blush have been most popular recently, all pinks have staying power. "Pink is classic and timeless," she says.

**TABLE**  
Octahedron Pedestal,  
\$65; [erictrine.com](http://erictrine.com)



**DRINKING GLASSES**  
Marta Light Pink Cooler,  
\$3.50 each; [cb2.com](http://cb2.com)



**BASKETS**  
Handmade Palm Round  
Baskets, \$55 set  
of three; [makaua.com](http://makaua.com)



**THROW**  
Wavy Grid Throw  
in Pink, \$149; [aelfie.com](http://aelfie.com)



**FUCHSIA**

Turn a powder room into a jewel box with a regal deep pink.  
*Peony 2079-30*  
Benjamin Moore



**MELON**

Pair this upbeat pink with grass green or navy.  
*Cheery SW6584*  
Sherwin-Williams



**COTTON CANDY**

Soft pink pillows, white bedding, gray headboard—dreamy!  
*Princess Pink 55RR*  
75/106 Glidden



**BERRY**

A hint of purple sweetens this pink. Try it on a bookcase.  
*Pink Frenzy 1002-2A*  
Valspar



**ROSE**

This pink loves other slightly grayed colors. It's especially chic with black.  
*Palace Rose 110A-3*  
Behr ■



Hoping can't keep your kids from using drugs.  
But you can. And we can help.

We partner with parents and families to help keep teens from using drugs and alcohol. 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. We're here to help. Let's work together.

**Call our toll-free helpline, 1-855-DRUGFREE. Or visit us at [drugfree.org](https://drugfree.org).**



# a happy *medium*

Can a home have high style and be kid-friendly? Definitely, says this young L.A. couple, who balanced glam and fam.



»»  
FOR FLOW,  
PAINT TRIM THE  
SAME COLOR  
AS WALLS.

## DOUBLE DUTY

"Dark walls make the room seem special," homeowner Kara Slater says of the stylish den that doubles as a playroom. The ottoman is a game table, and carpet tiles are easy to replace if ruined.

# POP OPEN A BOTTLE AND VOILÀ!

DELIGHTFUL SCENTS INSPIRED BY THE SOUTH OF FRANCE.

DISCOVER OUR NEW BODY WASH RANGE WITH TRUE-TO-NATURE FRAGRANCES.



*Sunny. It's our nature.™*



“All the color makes me smile. It’s fresh and fun.”

HOMEOWNER KARA SLATER

EVERY ROOM  
NEEDS LAYERS OF  
LIGHT. ONE WAY:  
SCONCES  
ON BUILT-INS.



Some things just come with being parents. But Kara and Brad Slater knew that kids riding scooters around the mostly empty living and dining space in their Los Angeles home wasn't one of them. "It was a hard room to figure out what to do with, so we just let it go," Kara says. That is until designer Jenn Feldman brought in furniture and arranged it so the large room feels cozy and lets the kids be kids. Kara displays breakables out of the boys' reach in a wall of built-ins. Durable fabrics in bold colors, including sapphire blues uniting the great-room and den, add youthful energy. "Kara loves East Coast traditional blue on blue, so we played off that to make it fun and bright," Feldman says. Kara adds: "The home is so upbeat and livable now."

#### BACK TO BACK

An upholstered bench attached to a console, *above*, mimics a built-in banquette and functions as a room divider. "I wanted a place for lamps because they add coziness," says Kara, *right*, with Brad and twins Brady and Jackson, 5.





**NEW**  
.....

*Deliciously*

*&* **THIN**

**CRISPY**

**OVEN BAKED • NOT FRIED**



“You need to create intimate spaces within an open layout.”

DESIGNER JENN FELDMAN



### GO BIG

The Slaters sacrificed a little kitchen storage to get a comfy sectional, *above*, which butts up to the peninsula. “Don’t be afraid to break rules, especially if you get a big gain in the end,” Feldman says. With a lift-up top, the faux-leather coffee table was a storage gain.

### PRETTY PRACTICAL

Feldman saves the biggest color risks for small items. The pink bench, *above right*, was a bit of a stretch for a home with boys (unlike the gender-neutral blue sectional). Both the bench and sectional are upholstered in fabrics that repel liquids and stains.



A BLACK-AND-WHITE PRINT MODERNIZES A TRADITIONAL SPACE.

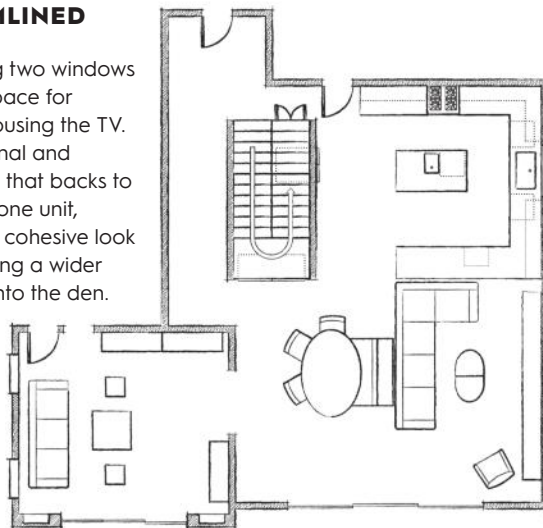


## SPACE PLANNING

“Oversize rooms are often underutilized,” says designer Jenn Feldman, who solved this problem with smart furniture placement.

### STREAMLINED LIVING

Eliminating two windows created space for built-ins housing the TV. The sectional and banquette that backs to it read as one unit, creating a cohesive look and allowing a wider walkway into the den.



**1st** plant-based detergent\*  
with the cleaning power of Tide

\*65% plant-based

**NOTED**  
**PRODUCT**  
**OF**  
**THE YEAR**

Consumer Survey of  
Product Innovation  
**2017**

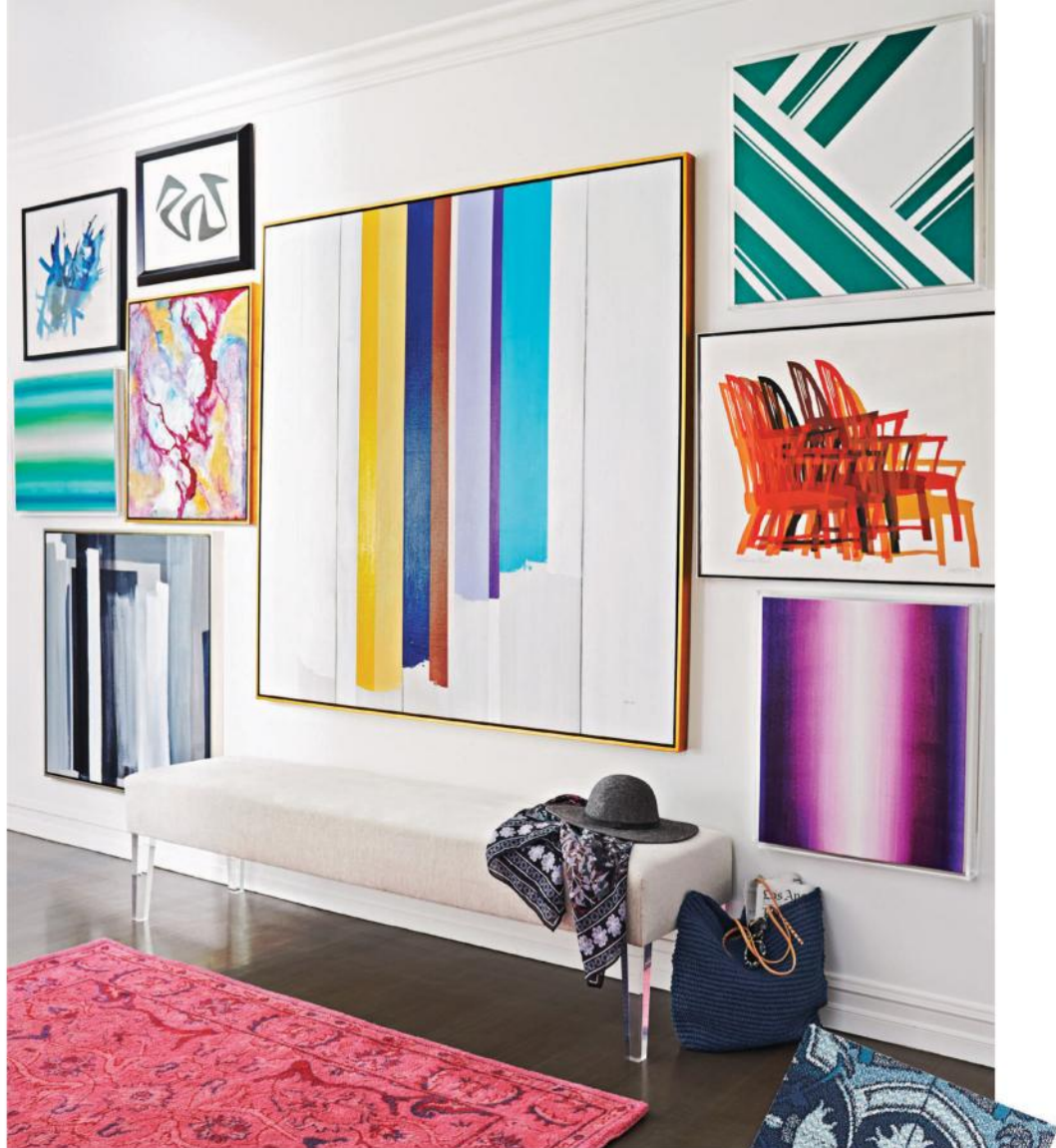
Winner liquid laundry category.  
Survey of 40,000 people by TNS.



**TIDE PURCLEAN™**

**65% PLANT-BASED. 100% CLEANING POWER OF TIDE†**

†IN HE MACHINES



**ART SHOW**

"The beauty of a gallery wall is that you can keep building on it," Feldman says. She thinks in threes: a minimum of three pieces to start, no more than three frame colors, and pieces grouped so they read in units of three. "There should be a rhythm to the color or style within each of those units," she says. Nonreflective acrylic is a kidproof alternative to glass.



**FAMILY FRIENDLY**

Durability, style, and color rolled into one. **1 SOFA** Blue Ikat Paisley Zelda Sofa, \$649.99; [worldmarket.com](http://worldmarket.com) ■ **2 CARPET TILES** St. Kieran's Skylight in Blue, \$28 each; [flor.com](http://flor.com) ■ **3 CANVAS BIN** Gold Foil Speck Pint, \$28; [pehrdesigns.com](http://pehrdesigns.com) ■ **4 PLATE** Abstract Brushstroke Salad Plate, \$12; [westelm.com](http://westelm.com) ■ **5 ART** Behind the Veil 18x24-inch print, \$86; [minted.com](http://minted.com) ■ **6 BOOK STORAGE** X Marks the Gold Book Caddy, \$99; [landofnod.com](http://landofnod.com) ■

# PAPER POSIES

Cut, bend, and glue your way to a lovely Mother's Day gift with these bright and happy cardstock flowers that are always in full bloom.

## Get the templates

For templates and directions to make all the projects on these pages, go to [BH&G.com/PaperCards](http://BH&G.com/PaperCards).

CREATE THIS FLOWER USING OUR DOWNLOAD, AND TACK IT ONTO OUR PRINTABLE TAG FOR A HANDMADE TOUCH.



## WALL FLOWERS

Framing an array of sizes, styles, and colors of paper flowers puts a whimsical 3-D spin on the classic floral still life. Use the downloaded templates to make each flower as shown, or mix and match parts of different flowers for your creations.



1»

«2



2

**RANUNCULUS** **ONE** Cut three circles from cardstock. **TWO** Cut slits all the way around and about a quarter of the way toward the center of each circle. **THREE** Bend the fringed edges up slightly. **FOUR** Hot-glue the circles in a stack, with the largest one on the bottom.



1

### PEONY

**ONE** Cut out petals from cardstock. **TWO** Cut a slit a quarter of the way into the flat end of each petal. **THREE** Hot-glue the right side of the slit over the left for dimension. **FOUR** Hot-glue large petals around the cardstock circle. Repeat with small petals so they overlap edges of the large ones. **FIVE** For pistil: Fold a 2-inch-wide strip of cardstock in half lengthwise; fringe the increased edge. Coil; hot-glue to the flower center.



Medical Center

SARAH N.

Registered Nurse  
PTA Bake Sale President  
Proud Mother



GOOD TO THE  
LAST DROP



The taste enjoyed for 125 years,  
by those who proudly work hard.



Keurig, K-Cup, Keurig Hot, and K Logo are trademarks of Keurig Green Mountain, Inc. Used with permission.

## TOPPED OFF

A vibrant mix of paper flower gift toppers feels like a gift itself. Vary the sizes, styles, and colors of the flowers—and tuck in a few leaves—for a colorful presentation Mom will love.



WRAP GIFTS WITH TWINE, AND ATTACH FLOWERS WITH DOUBLE-SIDED STICKY FOAM TO ENHANCE THEIR 3-D EFFECT.

4

**LEAVES** **ONE** Cut leaves from cardstock. (Our download has six styles.) **TWO** Crease each vertically down the middle. **THREE** Use the tip of a bone folder or toothpick to draw diagonal “veins” on some of the leaves. **FOUR** Tape or glue leaves to the underside of any of the flowers.

3

### GARDEN ROSE

**ONE** Cut one of each size petal from cardstock. (Multiple shades add dimension.) **TWO** Bend petals up to form a small cup. **THREE** Stack and glue petal layers together, largest to smallest and rotating each layer so petals are offset.

# EAT THE DARK CHOCOLATE PART FIRST [IF YOU WANT]

## NO JUDGEMENT!

NEW!

**Hormel**  
**NATURAL CHOICE™**

NO ARTIFICIAL PRESERVATIVES  
100% NATURAL\*\* MEATS  
AND CHEESES

ALL NATURAL™

Oven-Roasted  
**TURKEY BREAST**

AND  
**MILD WHITE CHEDDAR CHEESE**

WITH  
*dark chocolate*  
COVERED  
**PRETZELS**

10g  
PROTEIN

\*\*MINIMALLY PROCESSED,  
NO ARTIFICIAL INGREDIENTS

Break the snack rules with  
NEW HORMEL™ NATURAL CHOICE™ SNACK.  
Savory, snackable 100% NATURAL  
oven-roasted turkey breast and white  
cheddar cheese. Plus dark chocolate-covered  
bits of rebellion. Find it near the lunchmeat section.  
And if someone gets all judgy-pants on you,  
that's their snack problem!

## MAKE THE NATURAL CHOICE®

## BLOOMING VASE

Handcrafted paper flowers turn an inexpensive crafts store vase into a one-of-a-kind piece. The monochromatic scheme looks polished and high-end, with or without fresh flowers inside.



### 5

#### DAISY

**ONE** Cut petals and a center circle from cardstock.

**TWO** Slightly bend each petal up toward the center.

**THREE** Stack the small petal on the large one so the edges are offset. Join with hot glue.

**FOUR** Hot-glue the cardstock circle to the center. ■

«  
GIVE THE ONE-COLOR SCHEME SOME DEPTH AND A PERSONAL TOUCH BY USING DIFFERENT SHADES OF MOM'S FAVORITE COLOR.

# DIARRHEA CAN THROW YOU OUT OF RHYTHM.

IMODIUM® products work fast\* to soothe your diarrhea symptoms.  
Now available in a new Softgel form.



Use only as directed.

## Live Life in Rhythm

\*Works within one hour.  
© Johnson & Johnson Consumer Inc. 2017

# family matters

When three generations gather under one roof, there's a big table to set, family recipes to make, and plenty to celebrate.



**TARICA NAVARRO** has an eye for quality at Kettle & Brine, her kitchen-and-dining shop in Austin. She selects designs “through a lens of how it was made, where it was made, and by whom,” she says. When she and her husband, Alex, learned that their two daughters have severe allergies, Tarica had to put food under the same microscope, examining every ingredient and making most meals from scratch. “I grew up in Thailand, where food is so much more than a way to satiate your body. It’s an experience,” she says. “I didn’t want our new diet to rob us of that mind-set.” So during their regular family gatherings, three generations prep, cook, and eat together. “I discovered that if I set a beautiful table and made nice dishes our everyday dishes, the gold spoons our everyday spoons, then mealtime felt like something to celebrate.”



TURMERIC-SPICED  
THAI GAI YANG  
CHICKEN  
ANCHORS FAMILY-  
STYLE LUNCH.

“My husband is Mexican-American, I’m Thai, and we both love the bright, bold flavors of this meal,” Tarica Navarro says. It’s easy on the allergies of Anjali, 5, and Ananda, 3, and a crowd pleaser for their grandparents: Vivat and Kittti (who split time between Austin and Thailand) and Ric and Donna (who live nearby).

FIELD EDITOR: LAUREN RAMIREZ; STYLING: ANN EDGERTON; FOOD STYLING: MEGHAN ERWIN

FROM INSPIRATION



TO TEMPTATION



ADD A TASTY NEW TWIST  
TO YOUR FAMILY FAVORITES

**BUSH'S®**  
BLACK BEAN SALSA  
WITH PINEAPPLE

FOR RECIPES, VISIT  
[BUSHBEANS.COM](http://BUSHBEANS.COM)



Try BUSH'S®  
**ORGANIC**  
BEANS



## KITCHEN DESIGN

Tarica designed a steel-and-hickory island that quickly became the hub of their daily lives. "It's a prep zone and a place for us to eat, too." A patchwork of black-and-white cement floor tiles is the real showpiece. "I printed the tile designs and laid them side by side to make sure I loved the overall effect," she says. "And I ordered samples to check they were the exact same heights."

## SOUS CHEFS

Ananda and Anjali regularly help with meal prep. "They love to chop and sort ingredients, which I think is part of the ritual around food. When kids know what goes into each dish, they have an appreciation for what they're consuming."

SOLID BANDS OF WHITE AND CHARCOAL CABINETS BALANCE A BUSY FLOOR.



## SPECIALTY COCKTAIL

While they prep dinner, Tarica and Alex make up a pitcher of micheladas, a light Mexican-style bloody mary made with tomato juice and beer. She ups the presentation with lime wedges and spiced salt on the rims.

**Free!**  
Download recipes for these dishes at [BHG.com/FamilyMatters](http://BHG.com/FamilyMatters).

Now that  
we have your  
attention



**CAPRISUN**  
has  
**NO** artificial colors or Flavors  
**NO** artificial preservatives  
**NO** high fructose corn syrup





# IRRESISTIBLE TASTE



IT MUST BE THE ALMONDS



Find us in the Specialty Cracker Aisle

[www.bluediamond.com](http://www.bluediamond.com)

© 2016 Blue Diamond Growers. All rights reserved.



PLANTS HUNG FROM A SUSPENDED ROD MAKE AN INSTANT ROOM DIVIDER.



**LIVING COLOR** Tarica used shades of blue to enliven the neutral living room. She made the light from DIY instructions found on [lindseyadelman.com](http://lindseyadelman.com).



**SMART SEATING** Tarica and Alex set their extra-long table with their collection of handcrafted plates and utensils. Black chairs from Design Within Reach update the traditional Windsor style with narrower bases so more guests can squeeze in. These classic designs, Tarica says, never go out of style.

# GET YOUR GOOD GOING.®

**GOOD IS IN EVERY  
BLUE DIAMOND® ALMOND.  
GOOD IS CONTAGIOUS.  
GOOD ADDS FLAVOR  
TO OUR LIVES.**



**BLUEDIAMOND.COM**

Select varieties of Blue Diamond Almonds are certified by the American Heart Association. Per 1 oz. serving of almonds. All certified nuts, including salted varieties, must meet the American Heart Association's nutritional criteria which include a limit of 140 mg or less of sodium per label serving size. Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutritional information for fat content.

© 2016 Blue Diamond Growers. All rights reserved.

“THERE’S NOTHING QUIET ABOUT MEXICAN OR THAI FOOD—EVERY BITE KIND OF SINGS.” *TARICA NAVARRO*



1 2



1

**SWEET TREAT**

Tarica’s homemade coconut ice cream is topped with blackberry preserves, toasted almonds, and vanilla salt, which lends a caramelized flavor. “It’s a very Thai thing to have a little salty with your sweet; there’s always a balance of flavors, even in dessert.”

2

**INSIDER TIPS**

Grandpa Vivat teaches Ananda a quick lesson: Mold sticky rice into a small scoop to push food onto her fork.

3

**MIX AND MATCH**

“At Kettle & Brine, I notice people are trending toward less-formal entertaining,” Tarica says. “If you mix and match, say wood with pottery or metal with glass, you loosen things up, which relaxes the table—and your guests.”

4

**LUNCH MENU**

The highlights include the crispy *Gai Yang* chicken, Tiger Cry steak with tamarind sauce, and green apple *Som Tum*—Tarica’s take on classic Thai papaya salad.

Recipes at [BHG.com/FamilyMatters](http://BHG.com/FamilyMatters). ■



4 3





CONES NOT SOLD  
SEPARATELY.



**Get your cone in the ice cream  
instead of ice cream in your cone.**

Only new PB 'N Cones™ gives you crunchy chocolaty  
dipped cone pieces and peanut butter swirled  
vanilla ice cream in every delicious spoonful.

**SO HOPPIN'  
GOOD™**

[bluebunny.com](http://bluebunny.com)

# PORCH *PREP*

Hello, patio season! It's time to get your outdoor space ready for all kinds of summer. We've got tips for scrubbing it down then sprucing it up.



**PAINT WICKER**  
GIVE OLD  
WICKER A FRESH  
LOOK. GO TO  
[BHG.COM/  
WICKERREDO](http://BHG.COM/WICKERREDO).

**SPOT-CHECK**  
BEFORE USING ANY  
CLEANER, TEST IT IN A  
DISCREET SPOT TO  
MAKE SURE IT DOESN'T  
DAMAGE THE SURFACE.

## START FRESH

Here's how to clean your porch, deck, or patio—and the best order to do it in.

### [SWEEP]

Give walls a good once-over with a telescoping duster. Use a putty knife to loosen debris between floorboards, then sweep the floor thoroughly.

### [SCRUB]

Rinse ceiling, walls, and floor with a hose. Use a stiff poly bristle brush and warm, soapy water to tackle dirty patches. For stubborn stains (like grease near the grill), upgrade to a commercial cleaner.

### [SPARKLE]

If light-fixture shades are removable, switch off power and bring shade inside for a sink bath. (Dry well so no liquid gets on the socket or bulb.) If not, vacuum out bugs and debris, then shine with window cleaner on a soft cloth.

### [STAIN]

Unsure whether to restain wood? Try this: Pour on water and wait five minutes. If it beads, you're off the hook. If not, it's time to stain. Power-wash, then wait a few days for the wood to dry thoroughly before staining so you don't lock in moisture that can cause rot.

**LOGAN GOOSENECK SCONCE**  
\$99; [ballard designs.com](http://ballarddesigns.com)



**BAMBOO AND GLASS LANTERN**  
Bloomingville US,  
\$43.99-\$85.69;  
[allmodern.com](http://allmodern.com)



**BETTER HOMES & GARDENS® CAMROSE FARMHOUSE INDUSTRIAL CHAIRS**  
\$181.35 for four;  
[walmart.com](http://walmart.com)



**LEMON PILLOW**  
\$39.95;  
[crateandbarrel.com](http://crateandbarrel.com)



**FLORAL PILLAR LANTERNS**  
CC Home Furnishings,  
\$45.43 for two;  
[jet.com](http://jet.com)



**BISTRO TABLE**  
Padma's Plantation,  
\$377; [hillsand daleshome.com](http://hillsanddaleshome.com)



**STRIPED RUG**  
\$130-\$280;  
[companyc.com](http://companyc.com)



**EVA UMBRELLA**  
\$179.95;  
[pier1.com](http://pier1.com)



**POTTED BOUGAINVILLEA**  
\$34.99-\$59.99;  
GET 20 PERCENT  
OFF AT [FTD.COM/BHG20](http://FTD.COM/BHG20)



## CHAIR CARE

*Tables and umbrellas, too.*

### WOOD

Use a mild oil-base soap like Murphy's, warm water, and a soft brush. Powdered oxygenated bleaches work on tough stains.

### METAL

Wipe with a cloth dampened in warm, soapy water. Touch up any bare or damaged spots with paint designed for metal, then coat with a clear protectant like Krylon to deter rust.

### WICKER

Vacuum with a brush attachment. Sponge off with dish soap and warm water. Use a soft, dry toothbrush on tricky grooves.

### OUTDOOR FABRIC & UMBRELLAS

Dry-scrub dirty spots with a soft-bristle brush; vacuum. Wipe with a sponge and warm, soapy water. For mold or mildew: Dilute ½ cup bleach in 1 gallon water. Spray on, wait 15 minutes, scrub, and rinse. (Spot-test first.)

**25-LIGHT GLOBE STRING LIGHTS**  
 Wintergreen Lighting,  
 \$40.99;  
 wayfair.com

**CHARLESTON EDISTO OUTDOOR PILLOW** \$39;  
 grandinroad.com

**SHIELD FABRIC**  
 SPRAY OUTDOOR FABRICS WITH A PROTECTANT LIKE SCOTCHGARD TO PREVENT FADING.



**NAPKIN SET**  
 \$34 for four;  
 anthropologie.com



**DAME CHINOISE MELAMINE PLATTER**  
 \$70; bongenre.com



**TANGIER WICKER OTTOMAN POUF**  
 \$119.95;  
 plowearth.com

**ACRYLIC OMBRE HIGHBALL GLASSES**  
 \$19.96 for four of one color;  
 worldmarket.com



**ACRYLIC PITCHER**  
 \$28.50; caspari online.com



**IRON FOLDING TRAY TABLE**  
 \$148;  
 shopterrain.com



## DECOR UPDATE

*Santa Monica, CA, designer Tim Clarke's style tricks*

### LIGHT RIGHT

Use lighting to make a patio look like a Parisian street café on a summer evening. Strings of oversize lights zigzagging overhead give spaces a romantic, vintage feel.

### CREATE COHESION

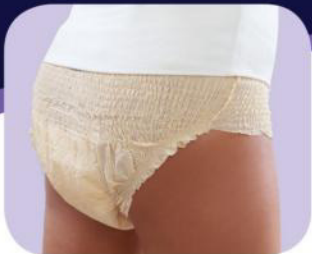
Keep things from looking hodge-podge and messy by grouping items en masse: lots of all-white flowers, a cluster of soft Boston ferns, multiple same-color pots.

### EXPAND THE SPACE

If you have a wall to work with, hang a mirror to reflect the view. It virtually expands your garden while acting like a window or a painting in your outdoor oasis. ■



“Less bulky bladder protection means more dresses like this.”



Depend\*



Always Discreet

Always Discreet with 360° FormFit™ is less bulky than Depend *and* drier too.\*



Always Discreet. For bladder leaks.

\*vs. Depend Fit-Flex Small/Medium, Maximum absorbency. Depend is a trademark of Kimberly-Clark Worldwide.

# PUNCH LIST

We're in the kitchen this month: what to know about pulldown faucets, cutting-edge appliances, and hardworking, easy-clean paint.



**Win  
\$25,000!**

Enter at [BH&G.com/DreamKitchen](http://BH&G.com/DreamKitchen) for a chance to win! Details on page 175.

## THE LOWDOWN ON *PULLDOWNS*

Unlike a pullout faucet, a pulldown features a gooseneck, so the spray head pulls down (not out) for more control.

A weight under the counter helps retract the spray hose. Some spray heads have a magnet for extra snap.

Pulldowns usually offer stream and spray settings. Some can be paused for ease in moving between sink and counter.

To use a single-handle faucet on a sink with holes for two handles, buy a faucet with a baseplate; it covers all but the center hole.

Spray heads are designed to fit in the palm of your hand. The best ones require just two fingers and a thumb to operate.

*From left:* NOELL in Mediterranean Bronze from Moen, \$228; [homedepot.com](http://homedepot.com) ■ STELLEN in stainless steel, \$280; [pfisterfaucets.com](http://pfisterfaucets.com) ■ RAYA in matte Black from Pfister, \$189; [lowes.com](http://lowes.com) ■ FAIRBURY in stainless steel from American Standard, \$119; [homedepot.com](http://homedepot.com) ■ MAZZ in Polished Chrome, \$250.90; [kohler.com](http://kohler.com)

**STICKY  
ICKY  
YUCKY  
GUNKY  
SMELLY  
DIRTY  
CRUSTY**



**SLIDE**  
EASY CLEAN-UP CLUMPING LITTER



DRAMATIZATION REFLECTS CLEANING AFTER 24 HOURS

Introducing **ARM & HAMMER™ SLIDE™**,  
the revolutionary non-stick clumping litter

SLIDES RIGHT OUT • NO MORE SCRAPING • 7-DAY ODOR-FREE HOME





◀◀  
GOLD-TONE  
FINISHES  
ARE ON THE  
RISE.

#### TREND WATCH

### STEP UP STYLE AND FUNCTION

Some faucet trends worth splurging on:

- Turn on the water by tapping anywhere on a faucet with touch technology. We like the Addison, above (\$568.10 in Champagne Bronze; [deltafaucet.com](http://deltafaucet.com)).
- Touchless faucets (operated with a simple wave) continue to impress.
- You'll find more restaurant-style faucets sized for home use.
- Faucets with easy-to-change undercounter cartridges give you instant filtered water.

## COOK, CHILL, CLEAN

These new appliances are loaded with conveniences designed to meet today's kitchen priorities. We've highlighted our favorite features to whet your appetite.



#### DARK WORKHORSE

Black Slate is a new matte finish that resists fingerprints and smudges. Wall oven, \$2,799; [geappliances.com](http://geappliances.com)



#### SLIM FIT

Part of a small-space collection, this freestanding gas range is only 24 inches wide. \$1,100; [haieramerica.com](http://haieramerica.com)



#### VIEW MASTER

A chilled section in this door keeps milk colder than a typical door. Available this summer, \$3,999; [whirlpool.com](http://whirlpool.com)



#### HOLD EVERYTHING

Get an ultraefficient wash with a third rack deep enough to hold bowls. \$749-\$1,999; [bosch-home.com](http://bosch-home.com)



#### PAINT FOR THE KITCHEN

### EASY-CLEAN WALLS

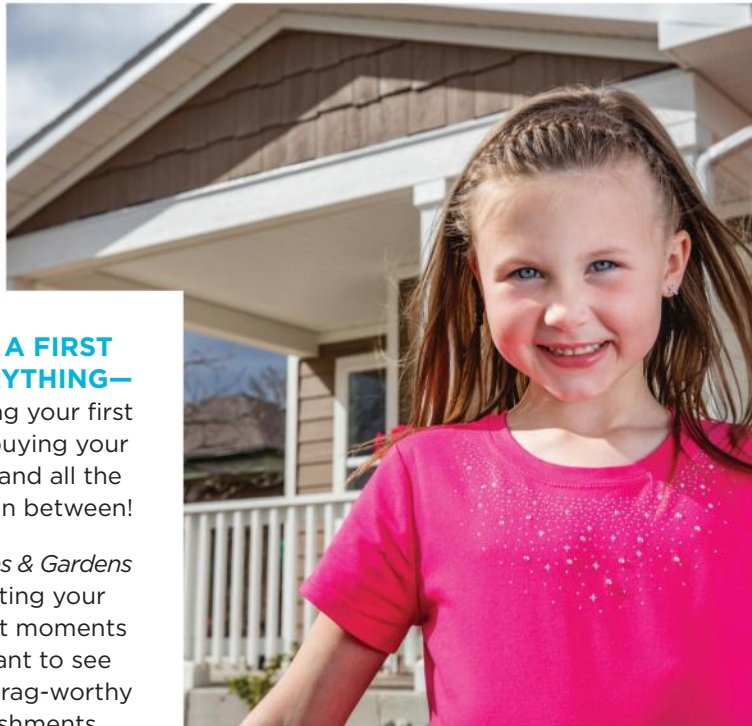
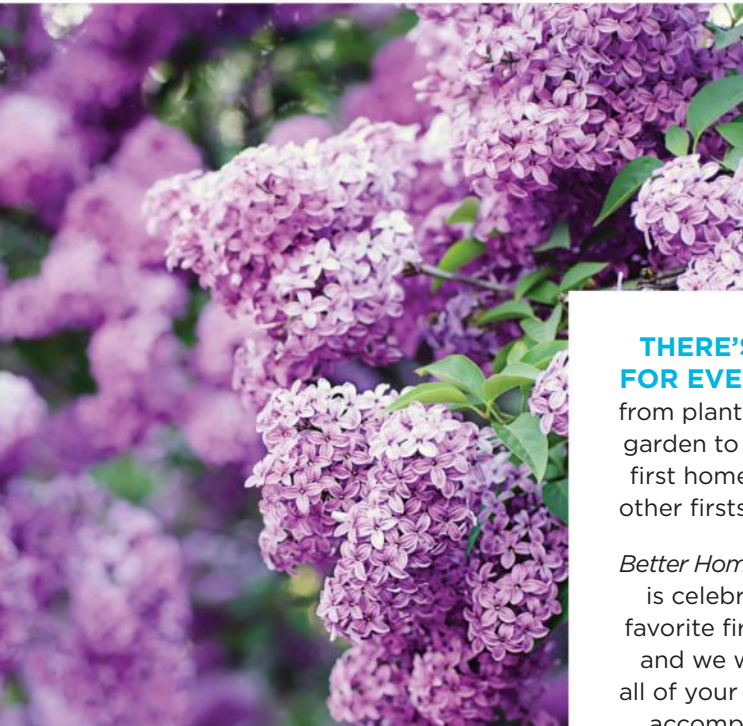
Choose a paint and primer in one that's tough enough for kitchen duty.

**EMERALD** This one, left, comes in a flat finish that's as washable as other sheens. \$66.99/gallon; [sherwin-williams.com](http://sherwin-williams.com)

**REGAL SELECT** A paint that repels stains so you don't have to work so hard. \$52.99/gallon; [benjaminmoore.com](http://benjaminmoore.com)

**DIAMOND** Stands up to scrubbing off even stubborn stains. Starts at \$23.98/gallon; [glidden.com](http://glidden.com) ■

# show us your #BHGFirsts



## THERE'S A FIRST FOR EVERYTHING—

from planting your first garden to buying your first home and all the other firsts in between!

*Better Homes & Gardens* is celebrating your favorite first moments and we want to see all of your brag-worthy accomplishments.

Post them on Instagram, tagging **#BHGFirsts**, and we will donate \$1 for each post to Habitat for Humanity to help unlock a family's future.

PRESENTED BY



Habitat for Humanity believes that everyone deserves a chance to build strength and stability. We are proud to support Home is the Key<sup>SM</sup>, helping unlock futures for families in America. Join us and donate to Habitat today.

BHG Firsts begins 12:01 a.m. ET/4/18/17 and ends at 11:59 p.m. ET 11/21/17. *Better Homes & Gardens* will donate \$1 for each Instagram post with the hashtag #BHGFirsts, up to \$5,000, to Habitat for Humanity. Open to legal residents of the 50 U.S. & D.C. 21+. Void where prohibited. For complete Terms & Conditions visit [bhgpromo.com/bhgfirsts](http://bhgpromo.com/bhgfirsts).

# FACE VALUE

A dramatic facelift delivers fresh cottage-style charm and a new sense of balance to an outdated Houston house.



»  
NARROW SIDING  
MIMICS LUMBER  
USED IN OLD  
COLONIAL-STYLE  
HOMES.



**[BEFORE]**

## DULL VIEW

When magazine scout and stylist Susan Fox found herself between tenants, she decided to make a few updates to her 1979 Houston investment property.

**BLAND**

Beige siding made the house blend with the neighbors.

**BOXY**

The front door was hidden, notched into the side of the facade.

**BLANK WALL**

The windowless wall on the left made the exterior appear lopsided, and limited natural light inside.

**[AFTER]**

## HOME STYLE

A sketch by her builder showed Susan what a difference a new entrance could make. From there, a few simple but significant changes motivated Susan to sell her primary residence and turn her rental into her home sweet-looking home.

*SEE WHAT SHE DID »*

PRODUCED BY: SUSAN FOX



FARMER'S MARKET FRESH FLAVORS.  
THEY'RE IN THE BAG.

Handpick a bag of delicious, 100% whole grain snacks  
that taste like they're straight from the garden.



UNIQUE IN EVERY WAVE™

“DON'T FORGET THE DETAILS. SHINY HARDWARE, WARM LIGHTING, AND COLORFUL FLOWERS ADD FUNCTION AND BEAUTY TO THE ENTRANCE.”

SHERRY CHRIS, PRESIDENT AND CEO OF BETTER HOMES & GARDENS REAL ESTATE



1

**VISUAL BALANCE**

The lopsided structure got a dose of symmetry with the addition of a large divided-light window on the left side of the house to mirror one on the right.

2

**ENTRYWAY**

Susan framed in the original side-open front door. (That space is now a foyer coat closet.) The new door faces the street for a welcoming appearance.

3

**PORCH**

A covered porch frames the door and balances the look. Covering it in battens—vertical wood strips—and painting it sage makes it a focal point.

4

**COLOR PALETTE**

In a neighborhood of beige homes, Susan's mossy gray-green siding, cream trim, and sage accents stand out.

5

**PICKET FENCE**

Susan painted her low picket fence the same green as the siding so they blend. (It's just tall enough to keep her dogs in the shallow front yard.)



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

**Keep it real.  
Keep it Tyson.**



Annette never felt she had great hair, so she went to the hair dresser often, for treatments and even hair extensions. But with time, her hair felt increasingly thin and fragile. She had to do something.



# My hair loss was frustrating

“I have always been on the lookout for a good way to keep my hair nourished and healthy. I longed for more volume and less shedding. At the hairdresser they proposed hair care products which helped a bit, but after visiting my health food store, I learnt the value of hair supplements.

## THE TRICK THAT WORKED

I never thought of nourishing my hair from within. The lady at the store recommended Hair Volume™, a Swedish supplement with apple

extract, which she told me her customers raved about. She told me to use it at least 3 months, so I bought a box and got started.

The first month I noticed my nails seemed stronger. Then my hair felt healthier shortly after. That made me feel so happy. Now I am a great fan of Hair Volume and recommend it to everyone who wants beautiful and healthy hair.”

- Annette, Copenhagen, DK



## DO YOU HAVE HAIR LOSS OR SHEDDING?

We all experience hair loss or shedding in our lifetime. Whether it's stress, genetic predisposition, a shock, hormonal changes or simply aging, we all want to find a relief. Hair Volume™ may help you nourish your hair and promote hair health and volume.



## DID YOU KNOW?

HAIR VOLUME™ is a Swedish best-selling hair tablet 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.

Hair Volume™ is produced by New Nordic, the n°1 supplier of dietary supplements in Scandinavia.

Available at participating pharmacies, health retailers and online. For more info or to buy directly, please call 1-877-696-6734 or visit our website newnordicusa.com.



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.



**BRICKWORK** The porch's redbrick floor matches the red of the stone driveway, but its distressed finish and herringbone pattern add interest.

**WINDOWS** Cream-color wide casings frame new windows topped with chunky cornices. Less-expensive windows were hung on the sides and back of the house.



**FRONT DOOR** The Dutch door adds to the cottage style. It also allows Susan to open the top half to receive packages while keeping her dogs inside.

## FINISHING TOUCHES

Susan's paint choices and a few accent tweaks send your entryway traditional or modern.



**TRADITIONAL** **1** Cranbrook Collection Wall Lantern, \$69.97; [homedepot.com](http://homedepot.com) **2** Rodin Round Planter in Zinc, \$89; [ballarddesigns.com](http://ballarddesigns.com) **3** Cast Iron Step Edge House Numbers, \$2.97 each; [houseofantiquehardware.com](http://houseofantiquehardware.com)  
**MODERN** **4** Brill 1 Light Wall Lantern by Mercury Row, \$60.99; [allmodern.com](http://allmodern.com) **5** SoCal House Numbers, \$25 each; [modernhousenumbers.com](http://modernhousenumbers.com) **6** Daniel Round Planter in Caviar Black, \$59; [urbilis.com](http://urbilis.com) ■

May 2017 | BH&G 71

**EXPECT BETTER<sup>SM</sup>**

Better Homes & Gardens<sup>®</sup> is the name you already trust when making your house a home. So when it's time to buy or sell a home, you know you can trust a Better Homes and Gardens<sup>®</sup> Real Estate affiliated agent to guide you every step of the way...and beyond.

Find homes for sale at  
**BHGRE.COM**

**BHGRealEstate**

©2017 Better Homes and Gardens Real Estate LLC. Better Homes and Gardens<sup>®</sup> is a registered trademark of Meredith Corporation licensed to Better Homes and Gardens<sup>®</sup> Real Estate LLC. Equal Opportunity Company. Equal Housing Opportunity. Each Better Homes and Gardens<sup>®</sup> Real Estate Franchise is Independently Owned and Operated. If your property is currently listed with a real estate broker, please disregard. It is not our intention to solicit the offerings of other real estate brokers.

# i did it!

When this plant-lover needed another perch for her collection, she got out her jigsaw. Now a creatively curvy hanging planter showcases her favorite foliage.



SET OFF A  
PLANT WITH A  
TEARDROP  
FRAME.



**Show us!**  
Send photos  
of you with your  
latest project to  
[IDidIt@meredith.com](mailto:IDidIt@meredith.com),  
and tag us on  
Instagram using  
#BHGI did it.

Until she moved into her 1970s home in Springfield, MO, four years ago, Ashley Mayes had never owned a plant. Now, she has 40 and counting: sitting on tables and the floor, contained in stands, and suspended from the ceiling. "I've come to see how much life and vibrancy plants add," she says.

A once-lonely corner and a love of midcentury modern design inspired Ashley's wooden teardrop hanging planter. About 2 feet tall, it's a sleek, artsy statement whipped up in about 3 hours for less than \$20 of materials.

Homeownership drives Ashley's creativity. "I'm too frugal to hire out everything I want done," she says. "Learning to use tools opened up a whole new set of things I can do," she says.

As for plants, those have gone from being Ashley's budget way to fill rooms to must-have accessories, albeit ones that require regular attention. "I'm learning to be a pretty good plant mamma," she says.

NEW  
**ORBIT  
WHITE**  
HELPS KEEP TEETH WHITE\*



TIME TO SHINE

\*Chewing 1 piece for 12 minutes 5x/day helped reduce staining in a 12-week clinical trial.  
© 2017 Wm. Wrigley Jr. Company. Orbit and all affiliated designs are trademarks of the Wm. Wrigley Jr. Company or its affiliates.

## WHAT SHE DID

Three screws to attach the platform and some rope to tie around the top. That's all the assembly needed for Ashley's teardrop planter hanger.



### MATERIALS

24×32-inch piece of ¾-inch-thick plywood, preferably void-free  
Teardrop and circle patterns  
Sandpaper  
1½-inch deck screws (3)  
Stain (optional)  
Water-resistant clear finish, such as polyurethane  
Jute rope  
Ceiling hook

### TOOLS

Jigsaw  
Drill  
Sander

### Make it

Get the patterns for this midcentury-inspired hanging planter at [BHG.com/HangingPlanter](http://BHG.com/HangingPlanter).

### 1 CHOOSE YOUR WOOD

Void-free plywood such as baltic birch, *left*, ensures the nicest cut edges. The cut edges of regular plywood will show thin gaps (voids) in the layers. If desired, the gaps can be filled with wood putty.

### 2 TRANSFER THE PATTERNS

Enlarge the teardrop and circle patterns, then trace them onto the plywood. Mark the placement of the screws on the circle, which will become the plant platform.

### 3 CUT THE PIECES

Use a jigsaw equipped with a fine-tooth blade, and cut slightly outside the traced lines. (If your jigsaw has an orbital setting, adjust it for no orbital action to minimize chipping.) Drill ⅛-inch pilot holes through the circle at the locations marked for the screws.

**4 SAND** Use a sander to smooth the cut edges of the pieces, sanding back to the traced lines. Use 100-grit sandpaper on the fronts and backs; repeat using 150-grit sandpaper. If you plan to stain the wood, do another sanding with 220-grit paper. Gently round any sharp edges during the final sanding.

**5 STAIN AND FINISH** If desired, stain the pieces; let dry. Apply three coats of the clear finish, letting dry between coats.

### 6 ASSEMBLE

Place the circle on the bottom inside of the teardrop so the screw marks are centered. Drill ⅛-inch pilot holes into the teardrop, then attach the circle using the deck screws.

**7 HANG** Suspend the planter with jute rope attached to a ceiling hook. Be sure to sink the ceiling hook screw into a ceiling joist for stability.



### MEET ASHLEY

"I didn't even know how to paint when we bought our first house," Ashley says. She now confidently blogs on home-improvement ideas at *Bigger Than the Three of Us*.

### MY STYLE

I'm a midcentury-eclectic gal living in a classic home, so I'm a fusion of those three.

**CAN'T LIVE WITHOUT** Spackling compound. It makes up for my inability to measure when I hang pictures.

### TOOL TIP

Start small. Get used to a hammer, nails, and a level by hanging pictures. When you know what you're doing, move on to a different tool.

### NEXT UP

Renovating our basement to take it from a creepy dungeon to a fun family hangout. ■

## TRY THESE PLANTS

A plant that spills over its pot will hide the planter's platform.



SPIDER PLANT



INCH PLANT



AEONIUM



CHRISTMAS CACTUS

# FRESH FILES

FRESH PRODUCTS & PROMOTIONS TO LIVE A MORE COLORFUL LIFE



## EAT A BETTER COOKIE

Hello there, Fine Print Reader. Clearly, you have an appreciation for all things better. Better homes, better gardens. You get the idea. That's why we think you're in the market for a better cookie — like a Double Milk or Double Dark Chocolate Milano®. Grab one today.



Save Something for Yourself™



### “A CARNIVAL OF BLOOMS”

Rio dipladenias practically take care of themselves! Easy care, drought tolerant, sun-loving tropical blooms that perform very well in hanging baskets, planters, window boxes and garden beds. Effortless beauty from early Spring to Fall's first frost.

Find Rio retailers this spring at [Fernlea.com](http://Fernlea.com)



### 75 YEARS OF SAVINGS

GEICO has been saving people money on car insurance for more than 75 years, and we'd love to do the same for you.

Get a FREE quote at [geico.com](http://geico.com), call 1-800-947-AUTO (2886) or your local office.

[geico.com](http://geico.com)

Some discounts, coverages, payment plans and features are not available in all states or in all GEICO companies. See [geico.com](http://geico.com) for more details. GEICO and Affiliates. Washington DC 20076. © 2017.



### MISSOURI: ENJOY THE SHOW

In Missouri, the show you want is the show you'll get. From fine dining to family fun, outdoor adventure to live entertainment, there's something for everyone in the Show-Me State.

Discover your perfect vacation at [VisitMO.com](http://VisitMO.com)

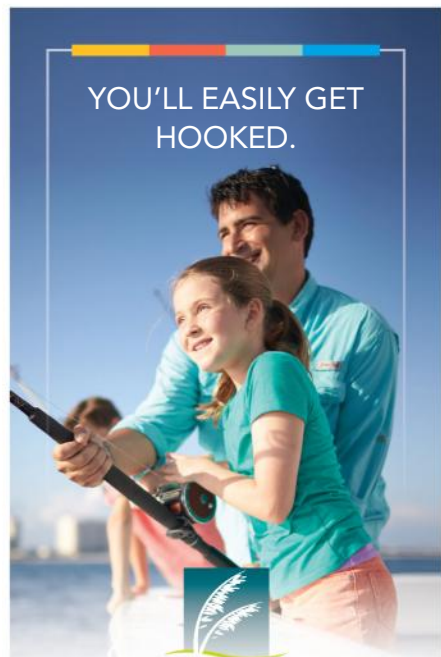


### THE YELLOWSTONE YOU HAVEN'T SEEN YET.

The raw splendor of Yellowstone National Park doesn't stop at the park boundary — it spills over for miles of breathtaking grand vistas and unspoiled wilderness waiting to be explored. Sublime beauty and unforgettable adventures beckon in Yellowstone Country Montana.

[visityellowstonecountry.com](http://visityellowstonecountry.com)

## TRAVEL



YOU'LL EASILY GET HOOKED.

GULF SHORES & ORANGE BEACH

It's a Whole Different State

[OrangeBeach.com](http://OrangeBeach.com) / 877-475-1534

For more travel information see pg 163

[ **BHG FIRSTS** ]

# bragging rights

Baked your first soufflé, adopted your first pet, or tiled your first backsplash?

Celebrate your **Firsts** with *BH&G*. We're fashioning a space for you to share your brag-worthy accomplishments, like these first-timer favorites.



## MY FIRST LATTICE PIE

I baked this nectarine-bourbon-brown sugar pie after taking a class with pastry chef Roxana Jullapat. It was fun to mix different textures on the lattice.

[@alizajsokolow](#)



## MY FIRST HOME PURCHASE

After living in a rented loft for a year, we were ready to buy a home of our own. We gravitated toward this charmer and couldn't be happier!

[@lauren\\_konrad](#)



## MY FIRST RENO

This kitchen was a real labor of love for my husband and me, down to finding the perfect shade of pink. It's our first reno, and we designed it ourselves.

[@leelacyd](#)



## MY FIRST GARDEN

We planted and harvested our own raised vegetable garden. Watching our daughter tend each plant quickly became a favorite evening ritual.

[@aburstofbeautiful](#)



## MY FIRST GUEST ROOM

Our guest room makeover features inexpensive art in the form of photos we took in some of our favorite destinations, like Iceland and Australia.

[@lizlidgett](#)



## MY FIRST LEMON DONUTS

Our tree was loaded with lemons, so I decided lemon cake donuts were a must! I did some substituting from a cinnamon-spice recipe for this batch.

[@oleanderandpalm](#) ■

## Show us your #BHGFirsts

Tag your proud moments on Instagram with #BHGFirsts so we can cheer you on, and stay tuned for more stories here and online to help make your first accomplishments even more successful.



**Habitat**  
for Humanity®

**unlock  
her future**

Baylee, daughter of a  
Habitat for Humanity  
homeowner.



**home is  
the key**<sup>sm</sup>

Support Habitat for Humanity and help  
future Habitat homeowners build strength,  
stability and self-reliance through shelter.

Donate and shop with our supporting partners this spring. Learn more at [habitat.org](http://habitat.org).



# garden IN A VASE

Nicolette Owen, cofounder of Brooklyn's Little Flower School, thinks of arrangements as miniature landscapes. We asked her to give us a master class on creating this right-on-trend naturalistic look.



**FOCAL FLOWERS**  
‘Downtown Brown’ iris **Also try:** long-stem alliums, tulips, or lilies

**FOUNDATION**  
Sturdy branches of rhododendron cut short and placed low  
**Also try:** azalea, mountain laurel, or magnolia

**ACCENTS**  
Bell-shaped fritillaria, gold ranunculus, magenta hellebore, pink lilac

*Get the details for this arrangement on p. 82.*

**“I WANT MY DESIGNS** to look like they’re still growing,” says Nicolette Owen, who believes the most beautiful arrangements are unforced and natural. If you’re just beginning, she says, “Start simply, with three to five stems of one flower you love and one or two delicate touches. As you master the balance of putting together an arrangement, you can add more elements.”

## NICOLETTE’S FORMULA

### 1 ESTABLISH THE FOUNDATION

Use foliage, branches, or flowers with bulk to form the framework and determine height and width. “You want the foundation to be a beautiful shape in itself, with something going high and something going low for balance.”

### 2 LAYER IN FOCAL FLOWERS

Place stems with larger, showy blooms—or a cluster of them—at varying levels to create visual movement. Aim for a mix of shapes and textures.

### 3 ADD FINISHING TOUCHES

Weave in small pieces, such as wispy grasses, delicate flowers, or blooms in a contrasting color, to add interest.

# CHRONIC MIGRAINE

IS IN FOR A FIGHT



Tired of being trampled by Chronic Migraine? Face it head on. If you have 15 or more headache days a month, each lasting 4 hours or more, talk to a headache specialist and learn how you can fight back.

Discover treatment options you may not have tried at

**[MyChronicMigraine.com](http://MyChronicMigraine.com)**

“IF YOUR DESIGN STARTS TO GO OFF TRACK, DON'T BE AFRAID TO START OVER.” FLORAL DESIGNER NICOLETTE OWEN

**DON'T OVERFILL**

Give stems room to breathe and show off. “Negative spaces and gaps are just as important as the flowers.”

**EMBRACE THE TWIST**

Curving stems, like this fritillaria, are a great cheat for giving a bouquet organic shape.

**FOLLOW THE FLOWER'S LEAD**

Highlight a plant's character: Let vines such as clematis cascade.

**TALL TRIAD**

(page 80)

‘Downtown Brown’ irises inspired this display's palette and tall, asymmetrical shape.

**THE FOUNDATION**

Sturdy rhododendron branches sit low and off-center on the lip of the vase, forming the base of the bouquet's underlying triangular shape.

**FILLING THE BASE**

Nicolette tucked pink lilacs in low, “almost like carpeting.” This step isn't crucial but created interesting texture in the mix.

**FOCAL FLOWERS**

The tall iris, which need a lot of space to show off their big blooms, rise above the foundation to complete the arrangement's outline.

**FINISHING TOUCHES**

Delicate-looking accents round out the palette and create a still-growing feel. Dark-center, coppery ranunculus “have sinuous, dancing stems that create movement,” Nicolette says. Burgundy hellebores fringe the bottom, adding an intense, deeper color.



**SEMICIRCLE** Clustered on one side, trailing clematis with bell-shape deep pink blooms establishes this arrangement's foundation. **CREATE BALANCE** With the clematis forming the lowest point of the loose circular display, Nicolette added a couple tall *Fritillaria persica* ‘Green Dreams’ to the other side. Their twisting stems and dusty-purple-fing petals lead the eye up and out. **FILL THE BASE** Tucked in low, creamy white and rosy ‘La Belle Epoque’ tulips are both focal points and the body of the arrangement (between the high and low “arms” on either side). Double daffodils with bright gold centers create some of the height. **ADD ACCENTS** A cluster of pink lily of the valley and purple-and-white checkered snake's head fritillaria finish the look, or you can substitute other spring bulb flowers.

# HUMDINGER.



2017

Admirers will stop by all spring, summer and fall to drink in the luscious beauty of your **Sonic Bloom® Reblooming Weigela**. Visit us at [provenwinners-shrubs.com](http://provenwinners-shrubs.com).

Sonic Bloom® is a registered trademark of the Syngenta Group Company.





1



2



3



4



5



6

**THE BOLD GESTURE**

A single flower can be “your little bit of sass,” Nicolette says. “Without it, the arrangement wouldn’t be as interesting.”

**WIDE WEDGE**

“I prefer wild and sprawling rather than tall, and asymmetrical rather than domed,” Nicolette says.

**1** To help hold stems in place, cut a piece of chicken wire and shape into a ball to fit in the vessel. Hold in place with floral tape over the vase top.

**2** Build your foundation with several stems of arching spirea.

**3** Thread in Solomon’s seal, which has gently curving stems with narrow lime-green leaves and creamy bell-shape flowers.

**4** Tuck short pieces of dogwood low into the center to add visual weight.

**5** Nestle buttery yellow, tissuelike ‘Garden Treasure’ peonies below the foundation stems as focal points.

**6** Add a single bright gold iris as an accent. “Sometimes a single flower can be distracting, but this makes you take notice,” Nicolette explains. Finish with a few white parrot tulips and clusters of deep yellow ranunculus.



A taste of home for your dog.

The meals you love, made just for them. **cesar® home delights™** brand.

**cesar.®** love them back.®



## Healthy lifestyle

The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.



# The slimming effect of stable blood sugar levels

Recently an Italian study of a sugar-blocking supplement showed significant weight loss results.<sup>1</sup> The supplement, called Zuccarin™, produced on average 20 pounds of weight loss, in the 90 day study.



The subjects lost 10% of their body weight and lost 3 times the weight of the control group, who were also on a 1300 calorie controlled diet, but not taking the Zuccarin supplement. In addition, the subjects also experienced healthier blood sugar levels after using Zuccarin.

The explanation for the weight loss is that Zuccarin uses mulberry leaf extract and chromium to promote healthy blood sugar levels. Mulberry leaf has shown to reduce the absorption of sugars in the foods we eat. When these sugars are undigested, our blood sugar stabilizes and, according to experts, weight loss can occur.

1- "White Mulberry Supplement as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatics Agents., Vol 28, no.1, 2014.

## ZUCCARIN™ CHANGED MY LIFE

"I read about Zuccarin in a magazine and since I have blood sugar issues, I started taking this supplement. I have taken it for 2 years now and can't imagine being without it. I have seen my blood sugar levels stabilize and I have even lost 25 pounds since starting. I have recommended Zuccarin to a lot of my friends and they are now experiencing the same good results as I have. I love this product."

Elenor C. Miami, FL



Zuccarin™ from New Nordic is the no.1 selling mulberry leaf supplement in the world. Available at Walgreens pharmacies and online. For more information or to purchase call 1-877-696-6734 or visit our website.



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.

## HOME FLORAL DESIGN

“I LIKE AN OPAQUE CONTAINER BECAUSE IT HIDES THE LOWER MECHANICS OF THE STEMS.”

NICOLETTE OWEN



### SHAPE-SETTING BRANCHES

Pink-edge dogwood  
Also try: star or saucer magnolia, lilacs, or Japanese maple

NEW  
ON THE  
GO

CLOTHES  
THAT MOVE  
WITH YOU



RIDERS®  
BY  
Lee®



## DIAMOND

Three ingredients create a lush display.

### ■ THE FOUNDATION

Nicolette formed the foundation with a single, showy branch of dogwood positioned to show off its bracts of pale chartreuse and blush pink. "It was already doing the work for me," she says.

### ■ SUPPORTING CAST

'La Belle Epoque' tulips in a rosy hue echo the dogwood. Nicolette nestled some in low to anchor the branch and keep it from shifting. Additional clusters arch up and over, following the lines of the dogwood branch.

### ■ PUNCTUATION

**POINTS** A few stems of maroon-and-gold *Fritillaria uva-vulpis* add a hint of deeper color and a sense of wildness, as if they were just plucked from a garden. ■



ADVERTISEMENT



A.

**Better  
Homes &  
Gardens.**

Style & Quality you love for less

# graphic & bold



B.



D.

C.

E.

F.



G.



H.

love this look? shop it here:

[walmart.com/bhgstyle](http://walmart.com/bhgstyle)

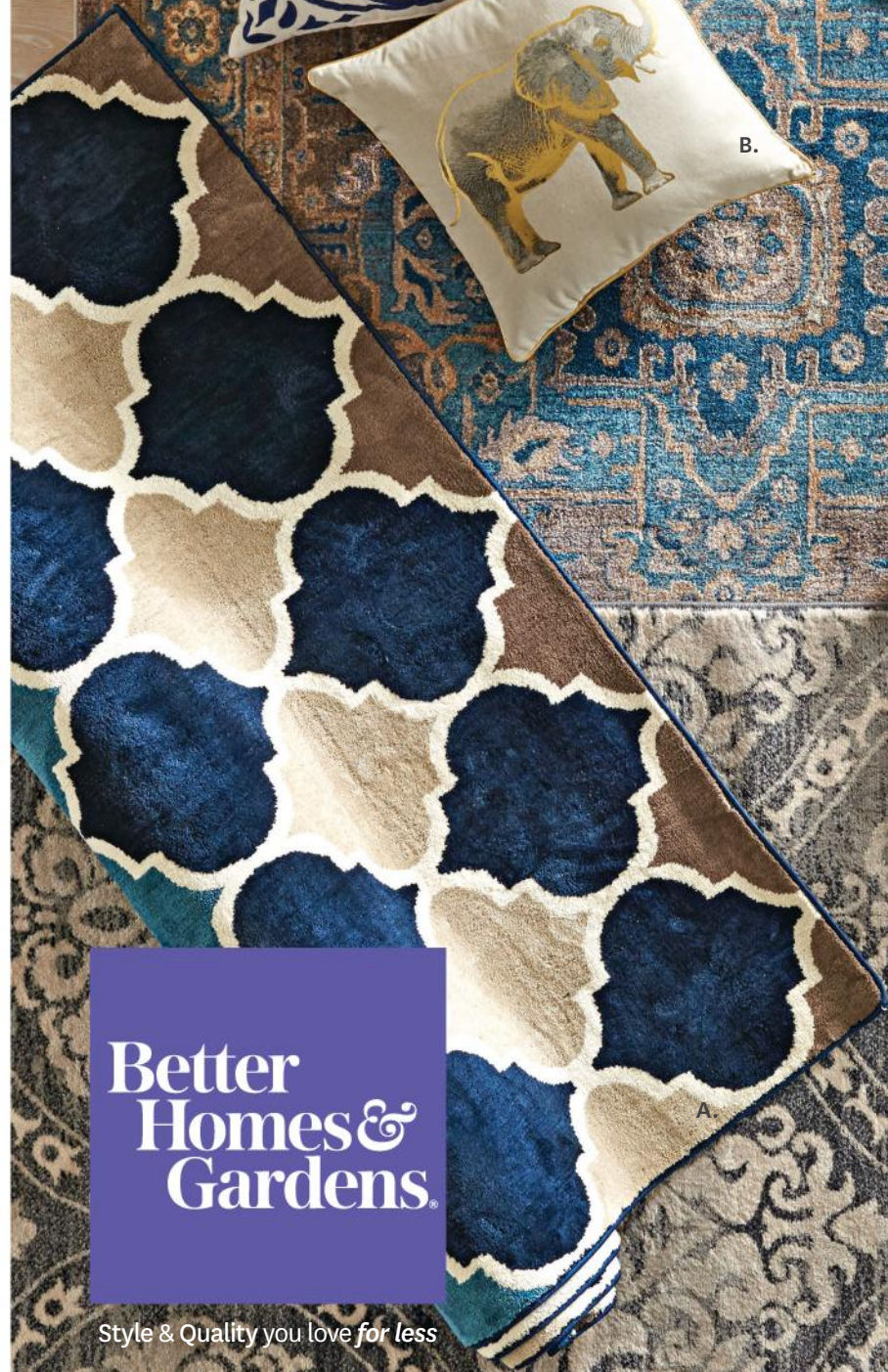
### Better Homes & Gardens.

- A. Piers 16-Piece Dinnerware Set, \$49.96
- B. Open Works Table Lamp with Shade, \$24.92
- C. Accent Rugs, from \$12.84
- D. Crossmill Side Table, \$69.00
- E. Jeweled Multi-Colored Rug, 30" x 46", \$9.84
- F. Aqua Chevron 5-Piece Comforter Set, Full/Queen, \$49.00
- G. Geometric Votive Candle Holders, set of 2, \$16.97 *available online only*
- H. 400-Thread Count Performance Sheet Set, Queen, \$49.88

Only at  
**Walmart**

Selections and prices may vary by store and online.

ADVERTISEMENT



Better  
Homes &  
Gardens®

Style & Quality you love for less

# global & chic



shop the look: [walmart.com/bhgstyle](http://walmart.com/bhgstyle)

**Better Homes & Gardens.**

- A. Navy and Beige Quatrefoil Area Rug, 5' x 7', \$79.87
- B. Assorted Decor Pillows, from \$13.47
- C. Navy Heathered Trellis Accent Rug, 31" x 45", \$21.84
- D. Kashmir 5-Piece Comforter Set, Full/Queen, \$49.00
- E. Elephant Table Lamp, 19.25" High, \$34.62
- F. 300-Thread Count 100% Cotton Wrinkle-Free Sheet Set, Queen, \$39.83
- G. Terracotta Wax Warmer, \$15.00
- H. Scent Bursts, \$3.00 per pk



Selections and prices may vary by store and online.

# sleek &

A.

B.

C.

D.

E.

**Better  
Homes &  
Gardens.**

Style & Quality you love *for less*

**shop the look:**  
[walmart.com/bhgstyle](https://walmart.com/bhgstyle)

**Better Homes & Gardens.**

A. White Basketweave  
Curtain Panel, \$19.97 each

B. Burlap Arc Floor Lamp, \$66.00

# comfy



F.

G.

H.

I.

- C. Flynn Mid-Century Chair, \$169.00 *available online only*
- D. Bright Global Diamonds Area Rug, 5' x 7", \$79.87
- E. Steele TV Stand, \$174.00
- F. Mercer Coffee Table, \$159.00 *available online only*

- G. Porter Futon, \$269.00
- H. Assorted Decor Pillows, from \$12.87
- I. Assorted Frames, from \$9.87



Selections and prices may vary by store and online.

# the dirt

## HOMEGROWN STRAWBERRIES

PLANT NOW FOR A CROP OF SUMMER'S FAVORITE FRUIT.

Easy to grow in the ground or in containers, strawberry plants give you sweet, sun-ripened fruit from your backyard.

### PICK A GREAT BERRY

The best strawberry cultivars for when you need lots of berries all at once (say for jam) are June-bearing plants because they produce all their berries in three to four weeks. Everbearing and day-neutral strawberries are best for containers and landscape beds. You'll get small crops of berries from them every few weeks, spring to fall.

### WHERE TO PLANT

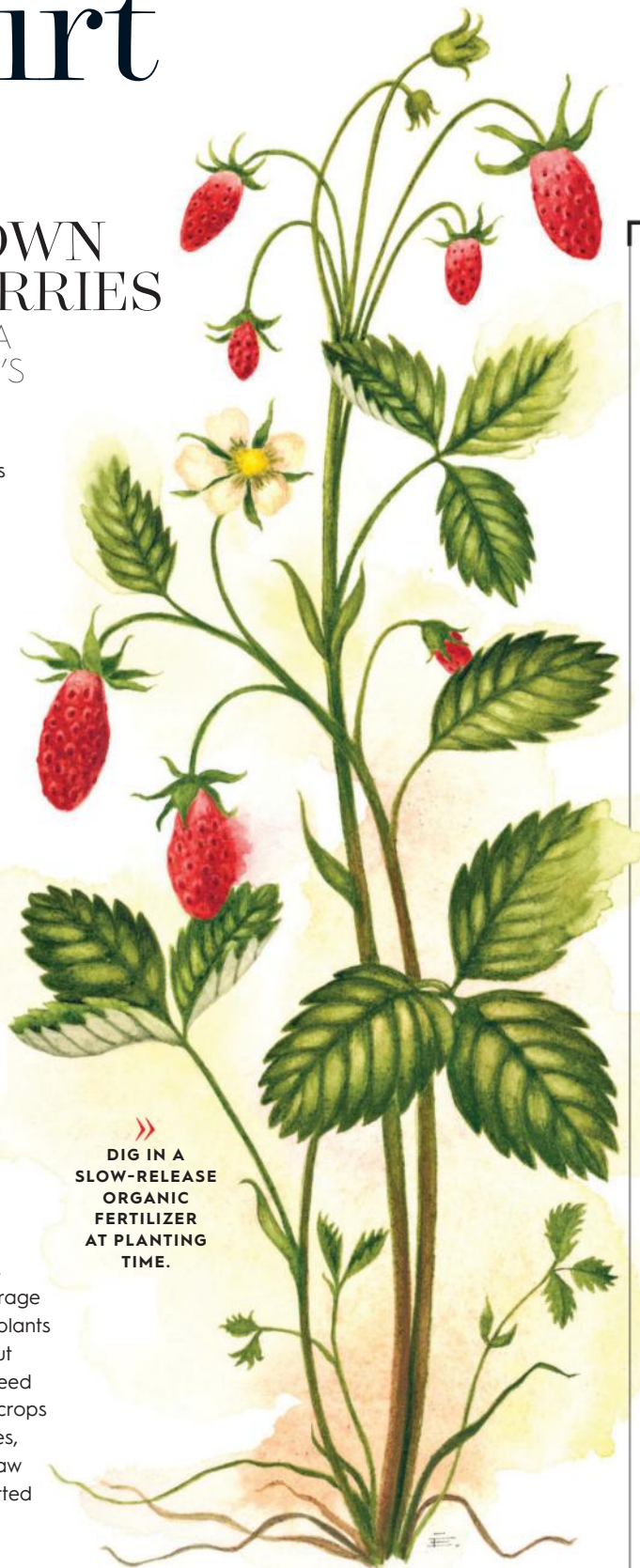
Sunlight is key. Strawberries produce flowers and fruit only when they receive at least eight hours of bright light a day. One plant in loose, well-drained soil can result in up to two quarts of berries each season. Strawberries in pots yield handfuls of berries.

### BERRY TLC

For a few weeks after planting, pinch off flower buds to encourage root growth. Water in-ground plants weekly, aiming to provide about 1 inch of water. Potted plants need a soil mix formulated for food crops and daily water. In cold climates, cover plants with a layer of straw mulch in winter. Overwinter potted plants in the garage.

### [HARVEST TIME]

**DON'T DAWDLE.** STRAWBERRIES ARE RIPE WHEN THEY ARE FULL COLOR—REGARDLESS OF SIZE. THEY OVERRIPEN QUICKLY, SO CHECK THEM OFTEN.



»  
**DIG IN A SLOW-RELEASE ORGANIC FERTILIZER AT PLANTING TIME.**

## BERRY PICKS

*Fall for these lesser-known cultivars.*



### 'PINEBERRY'

Unusual white berries speckled with red seeds taste like mild pineapple. Zone 5-8



### 'TOSCANA'

It produces deep pink flowers on vines that spill from a container. Zones 4-9



### 'PURPLE WONDER'

This one-of-a-kind purple berry's high antioxidant content makes it an extra-sweet and healthy choice. Zones 4-8

# Rio™

Dipladenia

## Relax... It's Rio™



Pots, planters,  
hanging baskets



Rio™ is a trademark of a Syngenta Group Company.

Effortless Beauty • Sun Loving • All Season Blooms • Drought Tolerant

Find a retailer near you!  
[riodipladenia.com](http://riodipladenia.com)

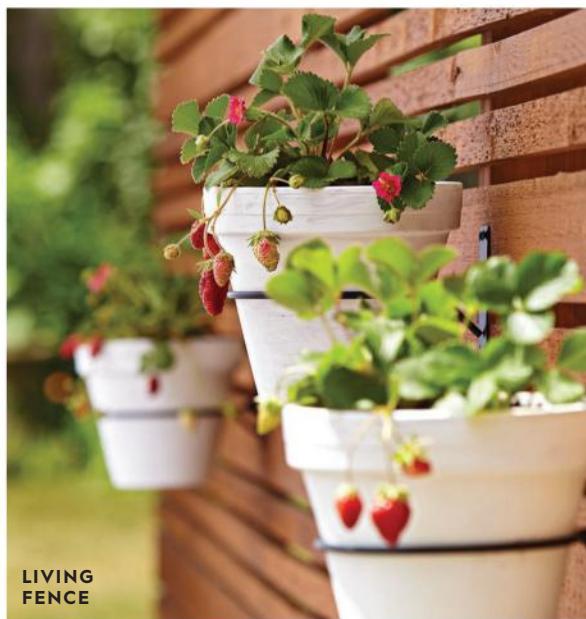


Rio™ by Fernlea Flowers Ltd.  
[fernlea.com](http://fernlea.com)

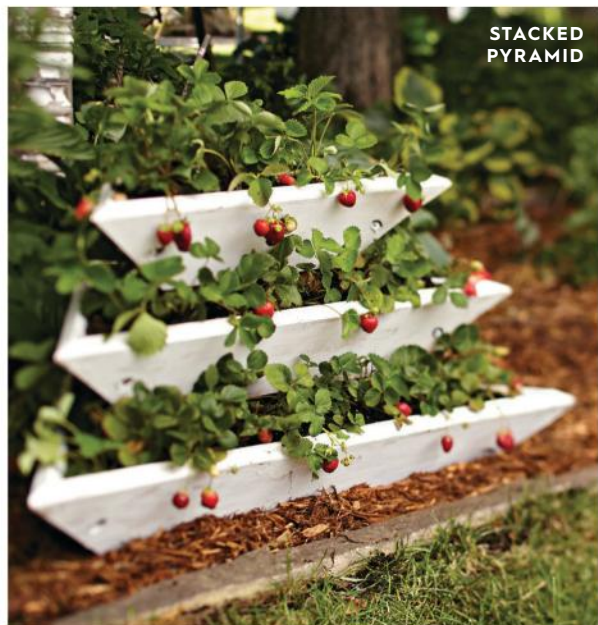
**ELEVATE POTTED STRAWBERRIES** TO AVOID SLUGS, FIND A SPOT WITH THE BEST SUNLIGHT, AND AVOID SOILBORNE DISEASES.



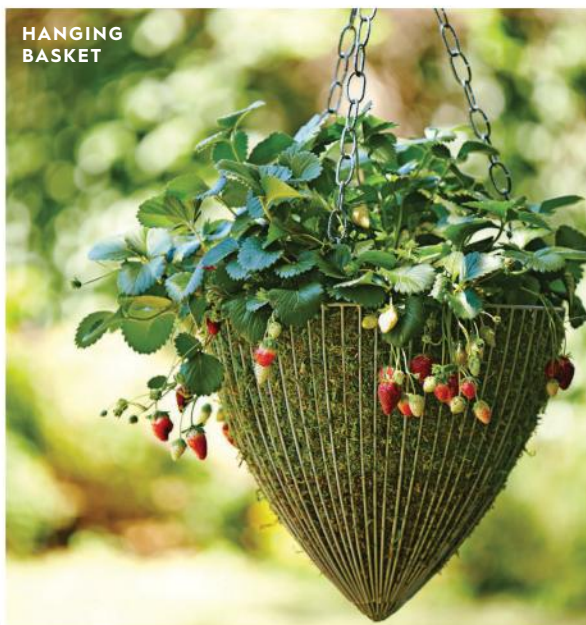
**BERRY POTS**



**LIVING FENCE**



**STACKED PYRAMID**



**HANGING BASKET**

## STRAWBERRIES CONTAINED

### FRUIT AND FLOWERS

Colorful calibrachoa brightens this spin on a traditional strawberry pot, *top left*, while the berry plants develop fruit.

### FIND THE SUNSHINE

A south-facing wall or fence, *top right*, is a great spot for hanging strawberry pots. Mount pots so they get at least eight hours of daily sun and are near a water source. (Containers dry out fast.)

### TOWER OF TRAYS

Short, vigorous roots mean strawberries will thrive in any container that's at least 6 inches deep. This stacked planter, *above left*, multiplies the harvest.

### ON THE TRAIL

New cultivars grow in tight clumps and produce berries on trailing stems, *above right*. Some of our favorite container-happy plants: 'Delizzimo', 'Montana', and 'Ruby Ann'. ■

# Create Your Own Outdoor Room...In Just Seconds!



**Motorized & Manual Awnings Available!**

**LOW  
Factory  
Direct  
Prices!**

## Introducing The Revolutionary SunSetter Retractable Awning!

If you're tired of having your outdoor enjoyment rained on...baked out...or just plain ruined by unpredictable weather...

**At last there is a solution!** One that lets you take control of the weather on your deck or patio, while saving on energy bills! It's the incredible SunSetter Retractable Awning! A simple...easy-to-use...& *affordable* way to outsmart the weather and start enjoying your deck or patio more...*rain or shine!*

The SunSetter® is like adding a whole extra *outdoor room* to your home... giving you instant protection from glaring sun...or light showers! Plus it's incredibly easy to use...opening & closing effortlessly in *less than 60 seconds!*

So, stop struggling with the weather... & start enjoying your deck or patio more!

For a **FREE Info Kit & DVD** email your name & address to [freedvd@sunsetter.com](mailto:freedvd@sunsetter.com)

**Opens at the Touch of a Button!**



*Protects you from 99% of UV rays*



*You choose full sun or total protection in just seconds!*

**FREE!  
Info Kit  
& DVD**



**FREE Info Kit & DVD** Ext. 32792  
**Call Toll-Free: 1-800-876-8060**

**Yes!** Please send your FREE Info Kit & DVD...including a \$200 Savings Certificate...**TODAY!**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_

(Important: Be sure to give us your email address to receive our best deals!)

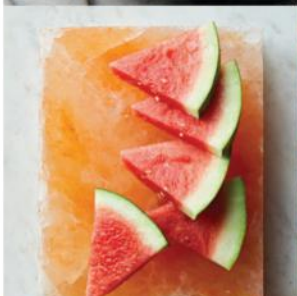
184 Charles Street, Dept. 32792, Malden, MA 02148  
 Visit us today at [www.sunsetter.com](http://www.sunsetter.com)

**\$200 Savings Certificate Included!**





# TASTE



What's new in the flavor world? To find out, we interviewed experts, logged lots of experimentation time in the BH&G Test Kitchen®, and spent weeks on “field research” (read: eating). What did we find? The basic flavors—sweet, sour, salty, and hot—are anything but. They're shaking up palates and dishes in exciting new ways. Grab a napkin, loosen your belt, and taste for yourself.

EATING SALADS SHOULD BE LESS ABOUT *bikini season* AND MORE ABOUT DELICIOUSNESS.

Fresh Endive Salad With Sweet Apple Chicken Sausage



70% less fat than comparable pork products

POWER LUNCH BETTER.

Find dozens of deliciously unexpected meal combinations and get a \$1 OFF coupon at [alfrescoallnatural.com](http://alfrescoallnatural.com).

all natural   
eat better.

## [ SWEET ]

Sweet has a new mantra: It isn't just about sugar. Ingredients like fruits and root vegetables take dishes to a naturally sweet spot.

# 5

### SIMPLE AND SURPRISING PAIRINGS

- Honey and aged Roquefort cheese
- Balsamic vinegar drizzled on watermelon
- A pinch of brown sugar on summer-ripe tomatoes
- Pomegranate molasses over hummus
- Maple syrup on roasted sweet potatoes



#### ORANGE-BRAISED CARROTS WITH RAISINS

A citrusy orange juice glaze and raisins give cookbook author Genevieve Ko's carrot dish a double dose of sweetness. **RECIPE ON PAGE 142.**

### GLOBAL WARMING

International cuisines are masters at playing up the natural sugars in foods.

Traditional Middle Eastern dishes like Moroccan stew create the illusion of sweetness by combining dried fruits (dates, raisins, apricots, and prunes) with warming spices like cardamom, cumin, and cinnamon.

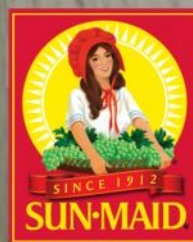
#### SWEET TRENDS: WHAT FOOD EXPERTS CRAVE

“Sweet corn wheat berry waffle.” **BETH DOOLEY**, COOK AND AUTHOR “Citrus curd tarts with black peppered mango and meringue.” **HUGH ACHESON**, AUTHOR AND *TOP CHEF* JUDGE “Pecan pie with vanilla ice cream.” **BELINDA CHANG**, SOMMELIER AND RESTAURATEUR “Sachertorte (a dense chocolate cake with apricot jam and dark chocolate icing).” **LORENZO BONI**, EXECUTIVE CHEF FOR BARILLA

# THE SECRET INGREDIENT IS *Sunshine*

## SKILLET CHICKEN WITH TOMATO-RAISIN AND FETA

Get the full recipe at:  
[sunmaid.com/  
skilletchicken](http://sunmaid.com/skilletchicken)



# [ SWEET ]

“GREAT FLAVOR PAIRINGS ARE LIKE FOOD SOUL MATES: THEY BALANCE, COMPLEMENT, AND SUPPORT EACH OTHER.” GENEVIEVE KO



### 1, 2, 3, 4, 5 SPARERIBS

Genevieve Ko's spareribs recipe is simple math. Fill a pot with these five ingredients: rice vinegar, rice wine, sugar, soy, water, and pork ribs. Cook until tender. The result: "Ribs cooked until the meat falls off covered in an amazing salty-sweet glaze," Genevieve says. **RECIPE ON PAGE 142.**



## SCIENCE LESSON

Try one of these cooking techniques to draw out the natural sugars in foods.



### CARAMELIZE

Onions cooked over slow heat turn translucent, then golden brown and sweet.



### CHAR

Charring leeks almost to the point of being burned releases a mild, gentle sweetness.



### ROAST

Garlic cloves roasted in olive oil become a sweet, buttery spread.

# NOW A LITTLE LESS DEVILISH.

WITH AVOCADO OIL  
& OMEGA-3 ALA  
IT'S A WHOLE  
NEW WAY TO MAYO.



# [ SOUR ]

Sour is the power flavor. Acidic foods can boost immune systems, jump-start energy, and improve digestion. Up your sour game with vinegars, citrus, and pickles.



## LEMON-FENNEL PIZZA

Charred lemon slices add a citrus note to pizza topped with ricotta cheese and fennel. **RECIPE ON PAGE 142.**



## THINGS TO SQUEEZE A LEMON ON

- **Steaks:** Lemon lightens the heavy savory taste of fatty meats.
- **Tacos:** A hit of sour makes you crave another bite.
- **Caesar salad:** An extra blast of lemon takes the saltiness to a new level.
- **Spring greens:** A little lemon juice is all the dressing you need.
- **Chicken soup:** Lemon juice brightens rich, brothy soups.



## SCIENCE LESSON

Fermentation, the chemical breakdown of sugars and starches, is the tangy alchemy behind these super soups.

### KOMBUCHA

A fizzy, vinegary beverage rich in probiotics, enzymes, and B vitamins.



### KEFIR

Made from fermented milk, this drinkable yogurt has amazing digestive powers.



### KIMCHI

The spicy, crunchy Korean cabbage dish adds tang to eggs, hot dogs, soups, even bloody marys.



## SOUR TRENDS: WHAT FOOD EXPERTS CRAVE

“Homemade hot-and-sour soup.” **ED LEVINE**, FOOD WRITER “Kimchi fried rice.” **JUDY JOO**, CHEF AND FOOD WRITER “Chicken soup with tamarind.” **JENN LOUIS**, AUTHOR AND *TOP CHEF* ALUM “Super sour lemonade.” **BARTON SEAVER**, CHEF AND AUTHOR “Pickled green beans and cauliflower.” **RICK FIELD**, OWNER OF RICK'S PICKS “Persimmon vinegar.” **EDWARD LEE**, CHEF AND RESTAURATEUR



Coconut Dreams, Fudge Stripes and E.L. Fudge—three ways to delight in rich, chocolatey fudge straight from the Hollow Tree.



Uncommonly Good®

# [SALTY]

Salt is shaking off its bad boy image (moderation is key). The mighty mineral enhances and elevates foods to crazy-delicious levels.



### SALTY DALMATIAN

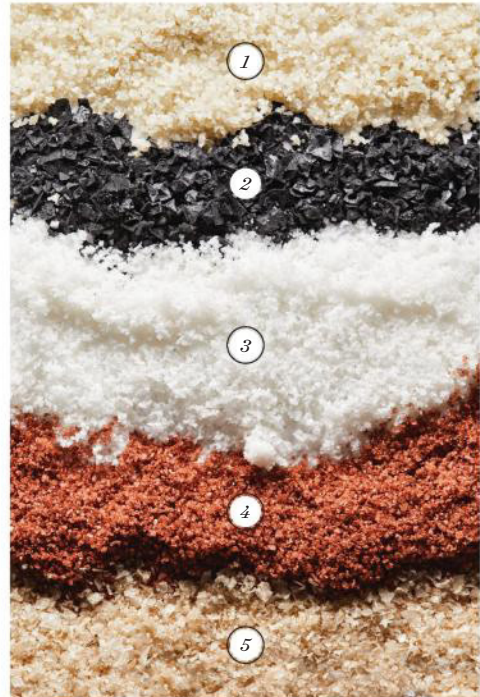
Salted Simple Syrup gives Mark Bitterman's sophisticated riff on salty dogs and greyhounds (vodka/gin and grapefruit juice) bite. Peppery ice cubes give this dog its spots.

**RECIPE ON PAGE 144.**

### SCIENCE LESSON



The crystal structure of craft salt—chunky, coarse, flaky, or granular—adds texture and crunch to the flavor equation.



### WHY YOU SHOULD UP YOUR SALT GAME

"Every craft salt has its own personality," says Mark Bitterman, founder of Bitterman Salt Company. Matching the right salt with the right food transforms dishes. Five worth the upgrade:

- 1 SEL GRIS** Hefty, moist crystals with mineral saltiness.
- 2 BLACK DIAMOND** Charcoal gives big flakes an obsidian luster and earthy taste.
- 3 FLAKE** Dry, flaky, parchmentlike crystals.
- 4 MOLOKAI RED** Hard, coarse grains infused with red volcanic clay.
- 5 ALASKA ALDER SMOKED** Delicate, moist, smoky-sweet crystals.

### SALTY TRENDS: WHAT FOOD EXPERTS CRAVE

- “Cheesy chorizo meat loaf.” **FRANK BRUNI**, *NEW YORK TIMES* COLUMNIST
- “Ham salad in a baked potato, on crackers, or as a sandwich. It’s the next pimiento cheese.” **SHERI CASTLE**, FOOD WRITER
- “Spaghetti with bottarga and branzino fish in a sea salt crust.” **LORENZO BONI**, EXECUTIVE CHEF FOR BARILLA
- “Heritage hog bacon.” **MIKE PHILLIPS**, RED TABLE MEAT CO.
- “Prosciutto chips.” **ASHTON KEEFE**, FOOD STYLIST AND AUTHOR

HILLSHIRE FARM® SMOKED SAUSAGE  
IS SEASONED PERFECTLY. SO IT'S EASY FOR  
YOU TO CREATE DINNER DELICIOUSLY.



©©2017 TYSON FOODS, INC.

## Easy Smoked Sausage Skillet

Serving Size: 4-6

Total Time: 20 minutes

### Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

### Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.


Visit [HillshireFarm.com/recipes](http://HillshireFarm.com/recipes) for delicious recipes perfect for any night of the week.

## SALTY

“  
INGREDIENTS  
LIKE CHEESE,  
ANCHOVIES,  
AND BACON  
ADD MORE  
THAN JUST  
SALTINESS TO  
DISHES. THEY  
ADD ANOTHER  
SUBTLE LAYER  
OF FLAVOR.

”  
COOKBOOK AUTHOR  
SAMIN NOSRAT

**PASTA  
CACIO E PEPE**  
Parmesan cheese  
gives this  
Italian version of  
mac 'n' cheese  
a nutty, mellow flavor  
and crunchy  
granular texture.  
**RECIPE ON  
PAGE 144.**

  
A HANDFUL OF  
SALT (1 TO  
2 TABLESPOONS) IN  
BOILING WATER  
GIVES PASTA MORE  
FLAVOR.

### WHAT'S UP WITH UMAMI?

The Japanese word for *deliciousness*, umami is often called the fifth flavor profile (along with salty, sweet, sour, and bitter). It has the savory-rich-earthy quality found in foods like bacon, tomato paste, cheese, mushrooms, and soy sauce. Samin Nosrat, author of *Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking*, says, “Umami is that hard-to-describe explosion of flavor between salty and savory.”



**“LMFO!”**  
**(LAUGHING MY FROSTING OFF!)**



**CRUNCHY WHEAT, FROSTED SWEET.**  
**FEED YOUR INNER KID**



# [HOT]

Hot is more mainstream than ever (thank you, sriracha). Spicy food fires up metabolism and increases blood flow. No wonder we can't get enough of the hot stuff.



### MEXICAN-STYLE GAZPACHO

Cold tempers the spiciness of foods. Chill out with Gazpacho spiced with chile peppers. **RECIPE ON PAGE 147.**



### BLACK PEPPER COOKIES

First lady Martha Washington was a fan of black pepper's subtle heat and preservative power. Martha's Pepper Cakes inspired the spicy-sweet Black Pepper Brown Sugar Cookies in Sarah Lohman's *Eight Flavors: The Untold Story of American Cuisine*. **RECIPE ON PAGE 144.**

### SCIENCE LESSON

Hotness runs in the family—the chemical compound family. Here's what causes the fires:

- Capsaicin (chile peppers)
- Piperine (black pepper)
- Gingerol (ginger)
- Allyl isothiocyanate (mustard, radish, horseradish, wasabi)
- Allicin (onions and garlic)



### HOT TRENDS: WHAT FOOD EXPERTS CRAVE

- “Mexican huaraches with chorizo and hot sauces.” **EAMON ROCKEY**, RESTAURATEUR AND MIXOLOGIST “Slow-cooked beans with chipotle chile powder and fresh chiles.” **MALIKA AMEEN**, SPICE EXPERT, CHEF, AND AUTHOR “Ramen noodles and two poached eggs served over a spoonful of sambal (chili paste).” **ALLISON ROBICELLI**, CHEF AND AUTHOR “Charred cauliflower with cumin, paprika, and feta.” **SAMEH WADI**, CHEF AND AUTHOR

Sometimes the  
Simplest Things  
are the Yummiest.



No artificial preservatives or flavors.  
Always made with milk.



nly<sup>®</sup>

**Eggland's Best**  
gives you the best in  
taste, nutrition, and variety.

**THINK ALL EGGS ARE THE SAME?** Then you haven't experienced Eggland's Best.



Compared to ordinary eggs, Eggland's Best eggs have five times the Vitamin D, more than double the Omega 3, 10 times the Vitamin E, and 25 percent less saturated fat. Plus, EBs are a good source of Vitamin B5 and Riboflavin, contain only 60 calories, and stay fresher longer.

Hungry for better taste? EBs deliver more of the farm-fresh flavor you and your family love. Any way you cook them!

There's only one egg that gives you so many outstanding varieties, too.  
**Eggland's Best.**

\*Voted Most Trusted Egg Brand by American shoppers. Based on the 2016 BrandSpark/Better Homes and Gardens American Shopper Study



egglandsbest.com



Better Taste. Better Nutrition.  
**Better Eggs.<sup>®</sup>**

# [BLAND]

What's so exciting about bland? It's a flavor time-out. A quiet place to explore the nuances and distinctions in foods.



AVOCADO TOAST:  
THE ULTIMATE  
BLAND MASH-UP



## AVOCADO TOAST UPGRADES

- Radish slices and baby peas
- Mango, chili powder, and fresh mint
- Olive oil and smoked almonds
- Crushed pistachios and chile flakes
- Walnuts, pear, and Gorgonzola cheese

“SOME NIGHTS I GO TO BED EARLY SO I CAN WAKE UP IN THE MORNING AND HAVE TOAST.”

HALI BEY RAMDENE,  
FOOD EDITOR AT  
THEKITCHN.COM

## CHICKEN AND DUMPLINGS

The secret to a successful bland dish? “Quality ingredients,” says Scott Peacock, chef and Southern cuisine expert. Poaching the chicken in chicken broth makes a richer, more intense chicken flavor. **RECIPE ON PAGE 147.**



## BLAND TRENDS: WHAT FOOD EXPERTS CRAVE

- “Mashed potatoes with whipping cream and cream cheese.” **RAGHAVAN IYER**, CHEF AND AUTHOR
- “Noodles with cottage cheese.” **JENN LOUIS**
- “Red rice sautéed with onion and a goodly amount of butter.” **SCOTT PEACOCK**, CHEF
- “Oyster stew. Even without salt, it has a luxuriousness.” **BELINDA CHANG**
- “Raw vegetables like jicama and watermelon radish.” **KAREN CAPLAN**, PRESIDENT, FRIEDA'S PRODUCE



DELI MEATS MADE WITH WHOLE BREAST CUTS OF CHICKEN  
OR TURKEY AND PREMIUM CUTS OF BEEF OR HAM



So Good, It Might  
Not Make It To  
The Sandwich.

[CASTLEWOODRESERVE.COM](http://CASTLEWOODRESERVE.COM)

**SWEET**



Pure Date Syrup  
\$7.99/12 oz.;  
[ilovedatelady.com](http://ilovedatelady.com)



Smoked Maple Syrup  
\$12.95/250 ml.; [sugarbobsfinestkind.com](http://sugarbobsfinestkind.com)



Habanero Pepper Jelly  
\$8.95/12 oz.;  
[kellysjelly.com](http://kellysjelly.com)



Hot Honey  
\$10/12 oz.;  
[mikeshothoney.com](http://mikeshothoney.com)



Bourbon Smoked Sugar  
\$11/10 oz.; [bourbonbarrelfoods.com](http://bourbonbarrelfoods.com)

**SOUR**



Honey vinegar  
\$12/200 ml.;  
[Ooliveoil.com](http://Ooliveoil.com)



Sour Garlic Pickles  
\$9.99/16 oz.;  
[perniciouspickling.com](http://perniciouspickling.com)



Drinking vinegar  
\$12.95/375 ml.;  
[sonomasyrup.com](http://sonomasyrup.com)



White kimchi  
\$32/two 16-oz. jars;  
[kimchirules.com](http://kimchirules.com)



Lemon ice cream  
\$12/pint;  
[jenis.com](http://jenis.com)

**SALTY**



Salted capers  
\$10.95/3.17 oz.;  
[markethallfoods.com](http://markethallfoods.com)



Gourmet salt  
\$5.99/5 oz.;  
[sfsalt.com](http://sfsalt.com)



Salted fig spread  
\$8.99/7.7 oz.;  
[kingscupboard.com](http://kingscupboard.com)



Umami paste  
\$8.95/2.46 oz.;  
[taste5.com](http://taste5.com)

**HOT**



Espelette mustard  
\$11/7 oz.;  
[thefrenchfarm.com](http://thefrenchfarm.com)



Ghost Pepper Sriracha  
\$12/8 oz.; [kitchengardenfarm.com](http://kitchengardenfarm.com)



Creamy hot sauce  
\$6.99/8 oz.;  
[davesgourmet.com](http://davesgourmet.com)



Black pepper cheddar  
\$9.99/6.7 oz.;  
[sidwainner.com](http://sidwainner.com)

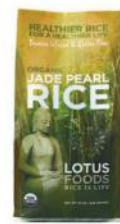


Chile garlic oil  
\$20/250 ml.;  
[cgvinegar.com](http://cgvinegar.com)

**BLAND**



Avocado Oil  
\$9.99/8.5 oz.;  
[calpurefoods.com](http://calpurefoods.com)



Jade Pearl Rice  
\$5.49/15 oz.;  
[lotusfoods.com](http://lotusfoods.com)



Coconut yogurt  
\$6.49/12 oz.;  
Whole Foods



All-American Crackers  
\$15.73/six 4-oz. boxes;  
[amazon.com](http://amazon.com)



Cultured Butter  
\$6.99/6 oz.;  
Whole Foods ■



# YOUR MAIN SUMMER SQUEEZE

We threw a margarita party in our Test Kitchen to try out a batch of citrus juicers this month. Four bags of limes and five pitchers later, we bring you our top picks. Press on for details.



**FOR THE STYLISH MIXOLOGIST:  
CITRUS PRESS**

Home bartenders will love this solid commercial-grade juicer because its heavy-duty hand press extracts juice in two seconds flat. This workhorse is pretty enough to hold court on your kitchen island at your next party. \$170; [food52.com](http://food52.com)

1 OZ. TEQUILA +  
1 OZ. ORANGE JUICE +  
1 OZ. COINTREAU +  
¾ OZ. SIMPLE SYRUP +  
1½ OZ. LIME JUICE =  
1 DELICIOUS MARGARITA



**FOR THE MARGARITA (OR LEMONADE) LOVER:  
BREVILLE DIE-CAST CITRUS PRESS**

If you want to pump out big batches of juice with the least amount of effort, this electric reamer-style juicer is worth the splurge. The ergonomic design of the brushed stainless-steel unit hides a quiet motor, so all you hear is ice clinking in glasses. \$199.95; [williams-sonoma.com](http://williams-sonoma.com)



**FOR THE RECIPE MAKER:  
OXO GOOD GRIPS CITRUS JUICER**

Whenever you need precise amounts—cocktails, vinaigrettes, or baked desserts—the base doubles as a measuring cup, holding up to 8 ounces. Flip over the two-sided reamer when you switch from large to small fruits—grapefruit to Key limes. \$14.99; [oxo.com](http://oxo.com)



**FOR THE TASKMASTER:  
CHEF'N FRESHFORCE CITRUS JUICER**

For pricier citrus varieties like Meyer lemons or Key limes, reach for a hand presser that gets every drop. This juicer extracts more juice from halved citrus than any we tried (even after juiced in other pressers first). The deep cup fits all fruit sizes, and the hinge makes squeezing effortless. \$24.99; [chefn.com](http://chefn.com)



**FOR THE FRUGAL COOK:  
DASH GO DUAL CITRUS JUICER**

This economical electric model funnels fresh OJ into a 32-ounce pitcher practical for big breakfast crowds. Its customizable pulp setting means you can keep or skip your fiber. The motor is loud, but consider if your kids' breakfast-is-served call. \$19.99; [bydash.com](http://bydash.com) ■



THE TASTE OF APPLES AND STRAWBERRIES.  
THE GREATEST COMBINATION SINCE  
"HECK" MET "YEAH."



*eat this now*  
**LOVAGE**

This flavorful little leaf might be the most versatile herb you've never heard of. We think it should be the next star of the patio herb garden.



  
 A FEW CHOPPED  
 LEAVES GIVE  
 PUNGENT RICHNESS  
 TO CREAMY  
 POTATO SOUP.

It's true: You probably aren't going to find a bundle of lovage in the produce section of most grocery stores. But its unusual flavor profile makes it worth seeking out at farmers markets or, even better, adding the easy-to-grow plant to your herb garden this summer. Lovage's chartreuse leaves look and smell like celery, but have an earthy, smoky anise flavor with underlying hints of curry. The taste is far from shy, so a little goes a long way. We love how a few leaves add major complexity to basic dishes like pureed soups, omelets, or turkey burgers. You can even infuse a simple syrup with it for cocktails with mysterious notes.

**FIND IT**

A 1-pint pot, \$5.95;  
[thegrowers-exchange.com](http://thegrowers-exchange.com) ■



**COOK WITH  
 FRESH HERBS**

Make the most of your herb garden with pestos, cocktails, baking, and more. On newsstands April 11.

“I’ve always liked my  
potato salad with  
extra zip & tang”



**OLD - IS - NEW**

Miracle Whip is bringing back your favorite gold standard recipe made with real eggs, oil, and spices for that one of a kind taste.

# mothers' DAY



FOOD NETWORK STAR **MARCELA VALLADOLID**  
WEAVES MEMORIES OF HER MOTHER'S  
RECIPES INTO A RELAXED BRUNCH CELEBRATING  
HER CLOSE CIRCLE OF MOMS.

BY JOE YONAN PHOTOS CORAL VON ZUMWALT PRODUCED BY NANCY WALL HOPKINS  
FOOD STYLING JILL LUST STYLING POW WOW DESIGN STUDIO



CHIPOTLE  
CHICKEN  
CHILAQUILES

When you make the recipe for chilaquiles (fried tortillas and chicken in salsa) from her new cookbook, *Casa Marcela*, she says, "Make sure to start with stale tortillas, which will absorb less oil and stay crispier. And shred the chicken thoroughly so it almost disappears into the sauce."

RECIPES  
BEGIN ON  
PAGE 148.



f

or Marcela Valladolid, cohost of the Food Network series *The Kitchen*, Mother's Day represents more than a chance to remember her own mother or to bask in thank-yous from her three children or fiancé. "I'm able to enjoy motherhood so much because I have this really strong support system that's mostly women and mostly moms," she says. "It takes a village, and my village is kind of awesome."

Marcela's village spans "the two Californias" (San Diego and nearby Tijuana). She was born on this side of the border, grew up on the other, and she and her friends and family are used to going back and forth. "For us, San Diego and Tijuana are more like two different neighborhoods," she says.

She brings the same come-and-go spirit to the backyard Mother's Day brunch she hosts for her community of moms. She starts the party the way her father always did: by opening the front door of her home in San Diego's Chula Vista neighborhood before the first guest arrives and leaving it that way until the last one leaves.

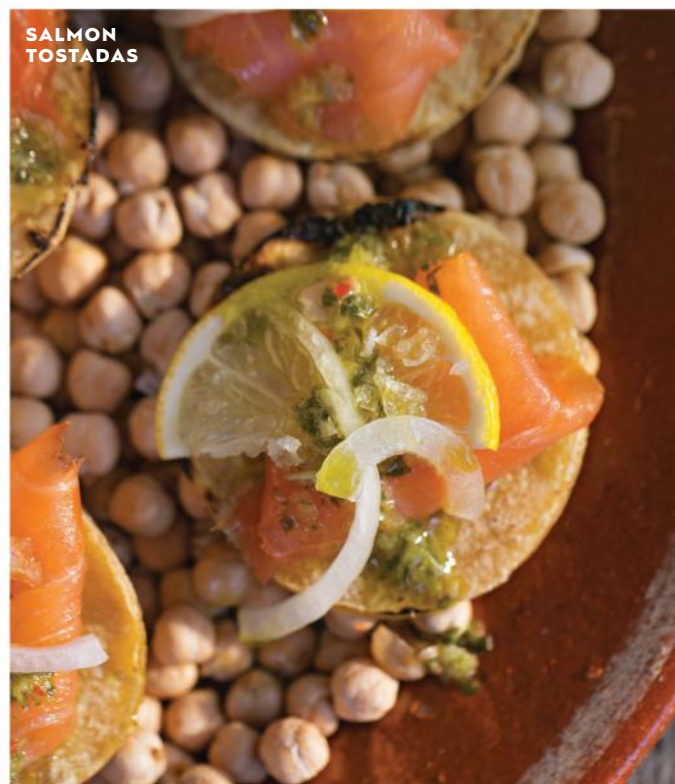
Brunch is Marcela's favorite kind of moms' party because it can start early and "last a really long time without anybody feeling guilty about it." She creates a picnic feel by setting a low table and surrounding it with cushions. The linens pop with colors in a way that nods to her background: "I like to call it Mexican chic."

On the menu? Appealing, accessible food reflecting her cross-cultural upbringing and resistance to purists' ideas of authenticity. She tops mini tostadas—the base of many traditional Mexican appetizers—with nontraditional smoked salmon and a chimichurri sauce. She serves a smokier-than-usual version of chilaquiles (tortilla chips in a chicken-chile sauce) for the main course.

The mango upside-down cake and strawberry cream cheese gelatin parfaits are updates of her mother's recipes. So are the drinks. When she was a girl, her mother always kept hibiscus agua fresca in the fridge. "It was our lemonade," she says, made from steeping dried hibiscus flowers in water and sweetening the tart liquid with sugar. Now she likes to give the drink a California twist with a splash of sparkling wine, making a mimosa just right for toasting her awesome village of moms.

■ **ALL MOMS WELCOME** "There's room for everyone at my table—all the children coming and going. I serve what my friends like, what my garden gives, and what I cook to remember Mom."

■ **SALMON TOSTADAS** This easy starter layers smoked fish and chimichurri sauce on tostadas. The touch Marcela learned from a caterer: Set the tostadas on dried chickpeas so they don't slide all over (or off) the platter.



**SALMON TOSTADAS**



**FRIJOLES DE LA OLLA**

■ **FRIJOLES DE LA OLLA** A must-have side dish on any menu in most Mexican households, the soupy beans can also be drained, mashed, and refried. They're topped with cilantro, onion, chiles, and queso fresco.

■ **HIBISCUS MIMOSAS** As soon as guests walk through the door, they are handed one of these cocktails. "I serve them in frilly flutes with a sugared hibiscus rim to add an elegant girly touch," Marcela says.



**HIBISCUS MIMOSAS**

“THE WALLS OF MY HOME HOLD THE THINGS I LOVE MOST. MY FAMILY, MY FOOD, MY GARDEN—I LOVE SHARING THEM WITH MY FAVORITE MOMS.”

MARCELA VALLADOLID



■ **UPSIDE-DOWN MANGO CAKE**

“Mom was famous for her pineapple upside-down cake (made using a mix and canned pineapple).” Marcela’s recipe uses mango instead for a tropical take on her from-scratch cake.

■ **WHITE DINNERWARE** Marcela jazzes up her hallmark dinnerware by adding texture and color with serveware, glassware, bold patterned linens, and garden flowers.



■ **VANILLA AND CHOCOLATE CONCHAS**

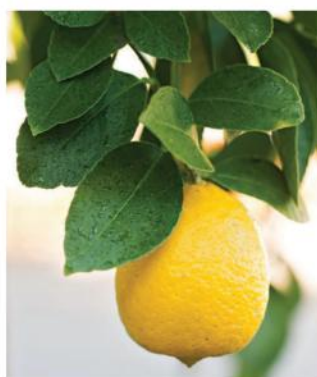
Marcela’s favorite pastry is named for the seashell shape the sugar topping makes on top. “These sweet, rich breads with a sugar topping start breakfast at many restaurants in Mexico,” Marcela says.

■ **STRAWBERRY PARFAITS** “Mom loved to serve a gelatin dessert to close a meal. These are pretty and refreshing and make the most of juicy berries.” ■

CONCHAS



UPSIDE-DOWN MANGO CAKE





STRAWBERRY  
PARFAITS

Marcela and her sister loved to sneak tastes of their mom's strawberry cream cheese gelatin out of its glass refrigerator dish. Marcela divides hers into dainty glasses.



# THE BUILD & THE BLOG

BY KELLY RYAN KEGANS PHOTOS KIM CORNELISON STYLING JESSICA THOMAS

## SHE MAY BE **THE FAUX MARTHA** ONLINE, BUT THERE'S NOTHING FAKE ABOUT MELISSA COLEMAN.

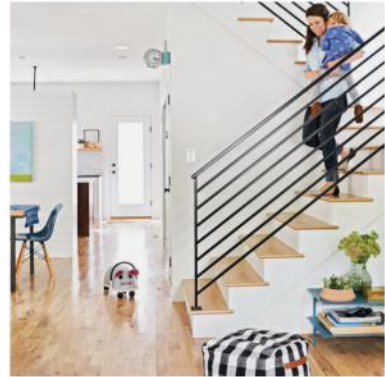
The graphic designer-turned-blogger calls herself a purist in the kitchen. She focuses on making and sharing simple, everyday recipes jazzed up with seasonal fare. That back-to-basics philosophy spills over to other parts of her life, especially the 1,800-square-foot “city farmhouse” she and her husband, Kevin, a psychologist, built in Minneapolis. Judging from her flawless shares on social media, it seems Melissa has the work-life balance thing figured out. The juggling act isn't always easy, she says, “But when I look back to what I wanted four years ago, I'm doing it. We're paying the bills, and I'm proud that I'm able to fulfill a deep personal need to create while also being a mom.” Read on to see how Melissa made #thefauxhouse come to life.



**KITCHEN** Melissa Coleman's philosophy of blogging from real-life means she's creating content—or pizza, in this case—for her family and readers of *thefauxmartha.com*. The name comes from her grandma, who nicknamed Melissa “Martha Stewart” as a kid. **PORCH** Melissa and daughter, Hallie, 3, kick off the morning on their wide-open front porch.



◀ **DARK STAIN ON THE ISLAND WARMS THE BLONDE FLOORS.**



**KITCHEN** Honed marble on the island handles pastry recipes; honed black granite on the perimeter counters gives the look of soapstone without the price tag. The vintage green pendant is the home's thesis statement: "The shape is simple while telling the story of another time," Melissa says.  
**STAIRS** A matte black iron rail strikes a high-contrast note against white walls.

**ON DECORATING**  
**MIX MASTER**

"I love to mix nice things with the inexpensive," Melissa says. "It makes the inexpensive look nicer." In the living room, the blend of high and low, old and new, includes traditional chartreuse armchairs from Craigslist, the sleek Atwood Sofa by Gus Modern, and a rustic buffalo check pouf from Target.

**LIVING ROOM**

Here and throughout the house, the lack of window treatments, baseboards, and crown moldings reflect the streamlined aesthetic designed by builders Brownsmith Restoration to make this farmhouse modern.



**WALL DECORATOR'S WHITE CC-20 BENJAMIN MOORE**

ON CREATING FLOW

BE  
CONSISTENT

"The dining room light is a modern take on a farmhouse pendant," Melissa says.

The simple shape and matte black finish ties it to the stair rail, kitchen counters, and other black accents throughout the open downstairs.

**DINING ROOM** Melissa wanted an open floor plan but needed a little separation for her hardworking kitchen. The solution? A floating partition that divides the spaces but lets light pass above and around. Shiplap covers the dining room side, storage the other.

◀ MELISSA ALSO PAINTS. HER TWO WEEKS WITHOUT INTERNET SELLS FOR \$25 ON HER SITE. DOWNLOAD, PRINT, AND FRAME.



“YOU HAVE TO FIGURE  
OUT HOW TO MEASURE  
YOUR SUCCESS. FOR  
ME, ITS MAKING A LIVING  
BY CREATING THINGS.”

MELISSA COLEMAN

WALL  
NCF GREEN  
CHALKBOARD  
PAINT  
RUST-OLEUM

▼ MELISSA MADE  
THE DESK BY  
LAYING BUTCHER  
BLOCK OVER  
IKEA STORAGE  
COMPONENTS.

**OFFICE** Sliding glass doors separate Melissa's home office from the kitchen. "I like being closed off but integrated with the house," she says. She applied green chalkboard paint on the walls and, though she doesn't write on them, rubbed on a layer of chalk.

# SLICES OF LIFE

Melissa's Instagram posts at *@thefauxmartha* make it easy to follow along, get inspired, and try your hand at making something new.

## ON CREATING TRADITIONS PIZZA NIGHT

"We look forward to Friday, not just because it's the start of the weekend but because it's pizza night. I make a big batch of dough ahead of time and freeze individual balls, then pull some out on Friday to thaw."  
(Get Melissa's crust recipe at [BHG.com/NoFailCrust](http://BHG.com/NoFailCrust).)



"Growing up, my heroes were my art teacher Mrs. Martel and painter Wayne Thiebaud. His colorful paintings of everyday things heavily influence the way I take photos for the blog."

"A high-power blender is worth the investment. We use ours daily for tomato soup, hummus, smoothies, or special sauces."



## ON BEING YOUR OWN BOSS

### KNOW YOUR SKILLS

"I floundered for the first two years after Hallie was born—I wasn't doing anything well. But I've gotten really attuned to my habits. Recognize your strengths, and hire out your weaknesses." Case in point, Kevin now handles the business side of the blog.



"Weekend breakfasts are a celebration. They are the only things I plan. The rest is a free-for-all."



## ON STAYING ORGANIZED

### VISIBLE STORAGE

"I like to organize so I can see everything. If you can't see it, you probably won't use it, and in that case, maybe it's time to get rid of it. I love OXO containers and Ball jars with plastic lids because it's easy to buy more or replace them." ■

## *COFFEE & DONUTS*

If you like breakfast for dinner, you'll love it even more for dessert. This robust coffee base flecked with bits of doughnut is the stuff of mash-up perfection.

## *HONEY- THYME*

Honey and thyme transform a straightforward batch of sweet cream into a sophisticated treat. Make it even more divine: Serve a scoop over grilled peaches.

## *TRIPLE- FUDGE SWIRL*

Bona fide chocoholics, this one's for you: a double-rich base made with bittersweet chocolate and cocoa powder, marbled with thick fudge ribbons.

# SCOOPED!



«  
CARAMEL  
SAUCE ADDS  
EXTRA GOOEY  
DECADENCE.

BY  
**MAGGIE GLISAN**  
RECIPES  
**STEF FERRARI**  
PHOTOS  
**ANDY LYONS**  
FOOD STYLING  
**GREG LUNA**

## *STRAWBERRY SHORTCAKE*

A match made in summer dessert heaven. Tangy crème fraîche amplifies the sweetness of a silky fresh strawberry puree and flaky biscuits.

## *SUMMER SANGRIA*

Have your cocktail and eat it, too. A fruity red wine—like Pinot Noir or Zinfandel—and orange liqueur infuse this grown-up ice cream. Hey, it's 5 o'clock somewhere.

## *SPICY SWEET CORN*

Simmering both kernels and cobs in the cream imparts full-on summer flavor. We love the punch a sprinkle of chile powder and lime zest gives the finish. ■

Embark on an ice cream adventure. These six deliciously different flavors are just what you need for a summertime of sweet escapes.



»  
SCREAMING  
TO BE SERVED  
AT YOUR NEXT  
BACKYARD  
BASH.

RECIPES  
BEGIN ON  
PAGE 154.



# the producers

For Russ and Marian Morash, the legendary team behind public television's *The Victory Garden* and *The French Chef*, their Nantucket home is a laboratory for growing and cooking homegrown vegetables. Their decades of experience can help even a novice gardener master the art of growing a beautifully productive garden.



Russ and Marian Morash, *opposite*, grow and cook a wide assortment of vegetables, trying lots of varieties to find the ones that do best in their garden. The 'Zephyr' summer squash is a current favorite.

**R**uss and Marian Morash have had an astonishingly delicious career. It began with Julia

Child back in the '60s, when Russ, then a young TV director-producer at Boston's WGBH, started "a little cooking show" called *The French Chef*. As the Childs and Morashes became good friends, Marian joined Julia's small staff and became an accomplished cook herself.

While Julia was inspiring a generation to eat well, Russ got the idea to launch *The Victory Garden*, with plantsman Jim Crockett as host, to show people how they could have backyard vegetable gardens. Russ asked Marian to come on board to do a short cooking segment. *What's the point*, he thought, *in growing a beautiful cabbage without telling viewers how to cook it*. That led to a regular role on the series and Marian's classic *The Victory Garden Cookbook*.

Now retired, Russ uses his decades of acquired knowledge growing vegetables "for Marian to turn into delicious morsels" in his Nantucket garden. Started in the '80s as a small patch, it has grown to a generous size. Although it seems like a large garden, Russ says they only plant what they can eat. "We don't grow a field of cabbages, for instance— just six." Winter squashes, potatoes, and carrots keep for months in a cool room; the carrots stay unwashed, dirt clinging to them, to keep them from rotting. The one crop Marian puts up is tomatoes, crushed into a slurry and frozen.

Is the garden a laboratory? Of course, Russ says. In the process you learn what works and what not to do.



Flowers and vegetables loosely mingle in the Morashes' Nantucket garden, giving it a casual but hardworking charm. Leeks, onions, beans, peppers, eggplants, and 40 varieties of tomatoes fill a space generous enough to feed a steady stream of visiting friends and family all summer.



# Garden Victories

*Forty years of planting, weeding, and harvesting has taught Russ a lot about the best ways to grow vegetables. He shares his knowledge for building great soil, starting things early, and growing all his favorite hybrids—especially tomatoes.*

## PLANTING BEDS

At first, Russ made raised beds using timbers, but found them “nothing but trouble,” as the wood rotted and bulged with age and weather. Now his **beds are simply mounded earth**. Well-weeded dirt paths mark the rows. His beds are **generally 4 feet wide** so he can weed them without putting a foot on the soil. If beds are wider, “as they might be for corn,” he lays down a board to step on. **“The idea is to never compress the soil.”**

## SOIL PREP

“Good, healthy soil is the key to great gardening,” Russ says.

He adds five wheelbarrow loads of **organic pasteurized compost** to each 4×18-foot bed and rakes it smooth so **at least 4 inches cover the beds**. “I don’t turn the compost under,” Russ says. **“It serves as a weed suppressor.”** He might add a 5-10-5 fertilizer and some dolomite limestone to compensate for the 50 inches of rain they get each year.

## TOMATOES

Russ rejects the current preference for old varieties. “I wouldn’t be caught dead with an heirloom!” Russ says. “You are lucky to get

much of a yield, and they are hard to keep healthy. I’m looking for perfection. **‘Big Beef’ is my all-time favorite at the moment**, a beefsteak as big as my hand, with a spectacular yield.” The cherry **‘Sun Gold’ is another favorite**. “Because it has a tendency to split, you don’t see it in the markets.” **For a small garden, Russ recommends ‘Celebrity’**, “a prolific midsize, disease-resistant variety on a determinate plant (it only reaches 4 feet) with an excellent yield.”

## TOMATO CARE

**Russ trains his tomatoes up jute strings** hanging from horizontal bamboo beams supported by timbers. He allows two main branches (or leaders) and religiously pinches off all others. **He has learned to pick his fruit early**, just as it has a hint of color, “before the critters get to them.” They ripen fine in an unheated space.

## SUMMER SQUASH

His pick is **‘Zephyr’, an all-around winner**: delicious, pretty (yellow with green at the blossom end), prolific, and unattractive to the vine borer.

## BEANS

Russ likes pole bean varieties like ‘Fortex’ and ‘Emerite’ “because **they continue to bear longer than bush beans.**” He grows them on 10-foot bamboo poles plunged 2 feet into the ground 1 foot apart.

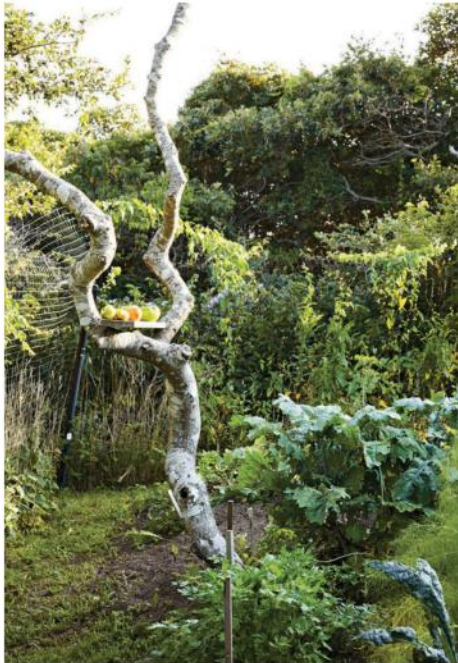
## STARTING INDOORS

“Whatever you can plant inside, do so,” he says. **Start seeds on a cool sun porch or at a window**, with “all the brightness you can give them,” then move them outdoors. **“It’s a way to get early crops.”** Russ starts his beans (as well as peas like ‘Super Sugar Snap’) around the first of May in an unheated greenhouse. He plants four or five seeds per clear plastic quart soup container filled with his compost mixture. **They germinate in a matter of days and are ready to plant by the end of May.**

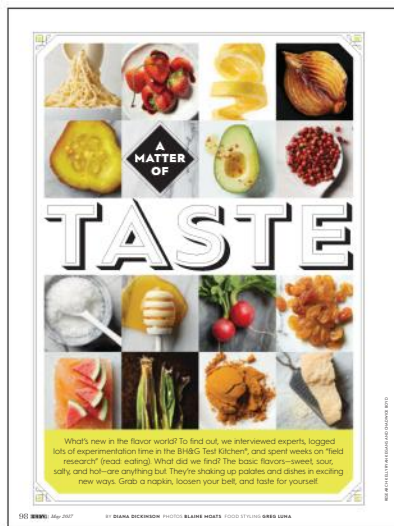
## SEED SOURCES

“My desk is littered with 20 seed sellers right now,” says Russ, who orders from several sources and experiments with different varieties. **“Not all seeds do well for every garden.** As Crockett, my old mentor, used to say, **‘You can’t know it unless you grow it.’** ■





# THE KITCHEN COOKBOOK



RECIPES FROM PAGES 98–117

## A MATTER OF TASTE

**SWEET**

### 1, 2, 3, 4, 5 SPARERIBS

HANDS-ON TIME 35 min.

TOTAL TIME 1 hr. 45 min.

**2½ lb. bone-in pork spareribs, cut into 1-inch pieces\***

- 1 Tbsp. rice cooking wine or dry sherry
  - 2 Tbsp. white vinegar
  - 3 Tbsp. sugar
  - 4 Tbsp. reduced-sodium soy sauce
  - 5 Tbsp. water
  - 2 Tbsp. fresh lemon juice
  - ½ tsp. honey
  - 5 oz. mixed baby greens
- Steamed rice

**1.** Heat a 4- to 5-qt. Dutch oven or pot over medium-high heat. Add enough of the sparerib pieces, fat sides down, to fit in a single layer. Cook 10 minutes or until browned, turning once. Transfer to a plate. Repeat with remaining pieces. Discard fat.

**2.** Meanwhile, in a small bowl stir together wine, vinegar, sugar, soy sauce, and water until sugar dissolves.

**3.** Return all ribs to Dutch oven with any juices. Add wine mixture. Bring to boiling, stirring to coat ribs. Reduce heat. Simmer, covered, 1 hour or until ribs are very tender, stirring once or twice. Uncover;

increase heat to medium-high. Cook 10 minutes or until sauce thickens slightly.

**4.** For salad: Transfer 1 Tbsp. cooking liquid to a large bowl. Add lemon juice and honey; whisk until smooth. Add greens. Toss to coat. Serve salad with ribs and rice. Makes 4 to 6 servings.

\*Tip: Have your butcher cut a rack of ribs crosswise into 1-inch-wide sections, then you can cut between bones to separate into pieces.

**EACH SERVING** 756 cal, 44 g fat, 719 mg sodium, 47 g carb, 1 g fiber, 35 g pro.

### ORANGE-BRAISED CARROTS WITH RAISINS

HANDS-ON TIME 15 min.

TOTAL TIME 30 min.

- 1 lb. small or medium carrots, scrubbed, peeled (if desired), and halved if large
- ¾ cup fresh orange juice
- ½ cup golden raisins
- 1 3-inch cinnamon stick
- 1 Tbsp. unsalted butter
- 1 Tbsp. chopped fresh dill weed

**1.** In a large skillet combine carrots, orange juice, raisins, cinnamon, butter, ½ cup water, and ½ tsp. salt. Bring to boiling over high heat; reduce to medium. Turning carrots occasionally, cook 15 minutes or until almost all liquid has evaporated and carrots are glazed and just tender.

**2.** Transfer to a platter. Top with dill. Add black pepper to taste. Makes 4 servings.

**EACH SERVING** 135 cal, 3 g fat, 321 mg sodium, 27 g carb, 4 g fiber, 2 g pro.

**SOUR**

### LEMON-FENNEL PIZZA

HANDS-ON TIME 35 min.

TOTAL TIME 10 hr. 40 min.

- 4 cups bread flour
- 1½ tsp. salt
- ¼ tsp. active dry yeast
- 1¾ cups warm water (105°F to 115°F)

Olive oil

- 3 lemons
- ¼ cup olive oil
- 2 fennel bulbs, trimmed, halved, and cored
- Cornmeal
- 1 cup ricotta cheese

**1.** In a large bowl combine flour, salt, and yeast. Add the water and stir until combined. Cover bowl with plastic wrap; let rest 8 to 24 hours at room temperature. (Dough will rise and have a bubbly surface.) Transfer dough to refrigerator for 30 minutes to 1 hour.

**2.** Lightly rub your hands and work surface with olive oil. Turn dough out onto surface, and lightly dust with additional flour. Fold dough on itself a few times, adding more flour, if necessary, until easy to handle. Cut into five equal pieces.

**3.** Sprinkle dough pieces with additional flour. Transfer to a lightly floured baking sheet. Cover with a towel or plastic wrap; let rise 1 hour.

**4.** Place a pizza stone or baking sheet on bottom rack of oven. Preheat oven to 450°F. Meanwhile, zest and thinly

#### WE'RE SWEET ON RAISINS

Go to [BH&G.com/RaisinRecipes](http://BH&G.com/RaisinRecipes) for more raisin recipes from our Red Plaid Cook Book. Brought to you by Sun-Maid.



slice lemons. In a 12-inch skillet heat ¼ cup oil over medium heat. Add lemon slices, half at a time, in a single layer in skillet. Cook 3 to 4 minutes or until lightly browned, turning once. Remove to paper towels to drain and cool slightly. Reserve oil in pan. Using a mandoline slicer or a food processor fitted with a thin slicing blade, thinly slice fennel bulbs. (You should get about 3 cups.) Place fennel

slices in a large bowl. Drizzle with oil reserved in pan; sprinkle lightly with salt. Toss to combine.

**5.** Turn dough pieces onto a floured work surface. Sprinkle with flour and knead a few times until no longer sticky, adding flour as needed. Form each dough piece into an 8-inch round by pressing from center toward edges in a clockwise motion. If dough is too elastic—springing back rather than



# Bite into mouthwatering ham. Not artificial preservatives.

Now, all Deli Fresh Ham is free from artificial preservatives, and added nitrates and nitrites.\* So, you can enjoy the great taste you want without the stuff you don't.



\*Except those naturally occurring in celery juice.

stretching—let it rest a few minutes before shaping. Prick the surface with fork tines.

**6.** Place one round on a pizza peel or a baking sheet sprinkled with cornmeal.

Brush with additional oil. Carefully slide one round at a time onto the hot pizza stone in oven.

**7.** Bake 10 to 12 minutes or until crust is puffed around edges and browned. Repeat with remaining dough rounds.

**8.** Spread some ricotta over each baked crust. Divide lemon zest, lemon slices, and fennel evenly among crusts. Makes five 8-inch pizzas.

**EACH SERVING** 113 cal, 4 g fat, 132 mg sodium, 16 g carb, 1 g fiber, 3 g pro.

### [SALTY]

## SALTY DALMATIAN

**TOTAL TIME** 25 min., plus freeze time

- ½ tsp. sea salt flakes
- ½ tsp. coarsely ground black pepper
- 1 recipe Salted Simple Syrup (right)
- 3 oz. fresh grapefruit juice
- 2 oz. vodka
- 1 recipe B&W Ice Cubes (right)

**1.** Mix salt and black pepper on a plate. Moisten rim of a highball glass with Salted Simple Syrup; roll in salt mixture.

**2.** Combine 1 Tbsp. Salted Simple Syrup, grapefruit juice, and vodka in a shaker filled with plain ice. Shake 10 seconds or until just chilled; pour into prepared glass. Add two B&W Ice Cubes. Makes 1 serving.

**EACH SERVING** 231 cal, 751 mg sodium, 26 g carb.

**SALTED SIMPLE SYRUP** In a small saucepan stir to combine 1 cup sugar, 1 cup water, 4 tsp. sel gris (gray sea salt). Bring to boiling over medium-high heat without stirring. Boil 1 minute. Pour into a clean heatproof jar; cool. Refrigerate up to 1 month. Makes 1½ cups.

**B&W ICE CUBES** Mix 1 cup crushed ice and 1 tsp. each cracked black and white peppercorns. Divide among ice trays. Fill with cold water; freeze. Makes 16.

## PASTA CACIO E PEPE

**TOTAL TIME** 30 min.

- 2 Tbsp. salt
- 1 lb. dried spaghetti, bucatini, or tonnelloni pasta
- ¼ cup extra-virgin olive oil
- 1 tsp. very coarsely ground black pepper
- 4 oz. Pecorino Romano, very finely grated (about 2 cups)

**1.** In a large pot bring a large amount of water to boiling; season with salt. Add pasta; cook, stirring occasionally, until al dente. Drain pasta, reserving 2 cups cooking liquid.

**2.** Meanwhile, heat olive oil in a large skillet over medium heat. When it shimmers, add black pepper. Cook until fragrant, about 20 seconds. Remove skillet from heat. Add ¾ cup pasta water. Return to heat; bring to boiling. (The starchy water and oil come together to form a glossy sauce.)

**3.** Add drained pasta to pan; toss to coat. Sprinkle in all but a handful of cheese. Using tongs, vigorously toss

pasta, adding cooking liquid as needed to create a creamy sauce that clings to pasta without clumping. Salt to taste.

Top with remaining cheese and additional ground black pepper. Serve immediately. Makes 6 servings.

**EACH SERVING** 434 cal, 15 g fat, 857 mg sodium, 57 g carb, 3 g fiber, 16 g pro.

### [HOT]

## BLACK PEPPER BROWN SUGAR COOKIES

**HANDS-ON TIME** 30 min.

**TOTAL TIME** 1 hr. 40 min.

- 4 cups flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1 tsp. freshly ground pepper, plus more to top cookies
- 1 tsp. ground ginger
- 1 tsp. ground coriander
- ¾ cup unsalted butter, room temperature (1½ sticks)
- 2 cups packed light brown sugar
- 1 orange, zested and juiced (1 Tbsp. zest and ¼ cup juice)
- 2 large eggs

**1.** In a large bowl whisk together all dry ingredients, including ground coriander.

**2.** In a large bowl beat butter, brown sugar, and zest with a mixer on medium-high until light in color. Add juice and eggs one at a time, beating well after each addition.

**3.** With mixer on low, slowly add dry ingredients, scraping sides occasionally,

## EVERYDAY KITCHEN CLEANERS

Smart cooks know easy cleanup is the key to happiness in the kitchen. These products streamline the task.

### DIAL COMPLETE

Effectively washes away the lingering smell that prep chores like mincing garlic or slicing onions leaves on hands. \$2.49; retail stores



### SCOTCH-BRITE SCRUBBING DISH CLOTH

Scratch-resistant on wineglasses, durable enough for pans, and flexible enough for corners. \$4.99 for two; walmart.com



### JOSEPH JOSEPH BLADEBRUSH

One safe swipe between these bristles cleans knives while keeping your hands clear of danger. \$8; josephjoseph.com



Healthier skin. Healthier you.®



BAKE WITH  
**LOVE**  
NOT WITH  
WORRIES



NEW

Dial Complete® Kitchen Collection  
Foaming Hand Wash kills 99.99%  
of common kitchen bacteria\* and  
eliminates food odor.

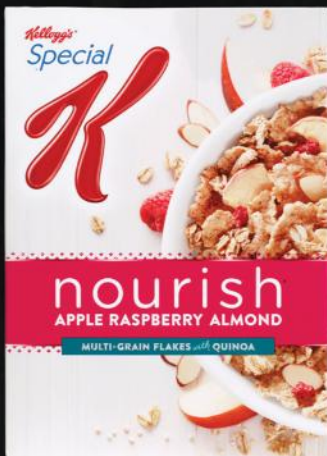
#DIALUP HEALTHY

\*Bacteria include E. Coli, Salmonella, Shigella, and Listeria  
(R), TM, ©2017 Distributed by The Dial Corporation, Scottsdale, AZ 85255



# Special K Nourish<sup>®</sup>

**multi-grain flakes  
with quinoa so  
you can handle the  
in-laws for the long  
(long, long, long)  
weekend.**



REAL GOODNESS TO HELP YOU STAY STRONG.



until combined. Divide dough in half; wrap in plastic wrap. Chill 1 hour or up to overnight.

**4.** Preheat oven to 350°F. On a floured work surface, use a floured rolling pin to roll dough to 1/8 inch thick. Using a cookie cutter or knife, cut into desired shapes. Sprinkle additional pepper over cutouts; gently press in.

**5.** Transfer to a baking sheet lined with parchment paper. Bake 10 to 12 minutes or until edges brown, rotating halfway through. Cool on wire rack. Makes 36 servings.

**EACH SERVING** 136 cal, 4 g fat, 108 mg sodium, 23 g carb, 2 g pro.

## MEXICAN-STYLE GAZPACHO

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 1 hr. 20 min.

- 3 large tomatoes (about 2 lb.)**
- 1 cucumber (about 1 lb.)**
- 1 large or 2 to 3 small peppers, such as red Hungarian peppers or red Cubanelles (about 1/2 lb.)**
- 2 cups water**
- 1 cup coarsely chopped yellow onion**
- 3 Tbsp. olive oil**
- 2 Tbsp. white wine vinegar or sherry vinegar**
- 2 serrano or jalapeño peppers,\* seeded and thinly sliced**
- Watercress, for garnish**

**1.** Quarter and seed tomatoes. Halve cucumber and peppers lengthwise; scoop out seeds. Chop coarsely.

**2.** In a blender process tomatoes, cucumber, peppers, the water, and onion in batches. Transfer each batch of puree into a large bowl, reserving 2 cups to process the next batch.

**3.** Whisk in olive oil, vinegar, and 1 to 2 tsp. salt to taste. Chill 1 hour. Serve topped with serrano and watercress. Makes 4 servings.

\*Tip: Chile peppers contain volatile oils; wear plastic gloves.

**EACH SERVING** 173 cal, 11 g fat, 599 mg sodium, 18 g carb, 5 g fiber, 4 g pro.

### BLAND

## CHICKEN AND DUMPLINGS

**HANDS-ON TIME** 45 min.

**TOTAL TIME** 2 hr. 45 min.

- 1 egg**
- 3 Tbsp. cold water**
- 2 Tbsp. peanut oil**
- 1 cup all-purpose flour**
- 1 4- to 4½-lb. broiler-fryer chicken, quartered**
- 5 cups chicken stock or chicken broth**
- 2 cups water**
- 2 stalks celery, halved crosswise**
- 1 medium onion, peeled and halved**
- Freshly ground black pepper**
- 2 Tbsp. cold butter, cut in 1/4-inch cubes**
- 1/4 cup whipping cream**
- 3 hard-cooked eggs, peeled and sliced**

**1.** For dumplings: In a medium bowl whisk together egg, the cold water, peanut oil, and 1/2 tsp. salt. Stir in flour; mix until elastic. Cover; chill.

**2.** Season chicken pieces, including back and neck, with 1 tsp. salt; set aside. In a 6-qt. Dutch oven combine chicken stock, the water, celery, onion, and 1/4 tsp. salt. Bring to boiling. Add in this order: leg quarters, backbone, breast, skin sides down. Reduce heat to below simmer. Cover, leaving a half-inch opening.

**3.** Cook 30 minutes or until breasts are done (165°F). Remove breasts; set aside. Continue cooking leg quarters and backbone 30 minutes more or until done, (175°F). Remove chicken (keep broth in pot); discard vegetables. When chicken is cool to touch, discard skin and tear meat into pieces; set aside. Discard bones.

**4.** On a floured surface, use a floured rolling pin to roll dough to 1/8 inch thick. Cut into 1½×2½-inch pieces. Return broth to boiling. Season with salt and black pepper. Add dumplings to broth, shaking pot occasionally to prevent sticking. Cook 3 to 5 minutes without stirring. Add reserved chicken; reduce to simmer. Add butter, cream, and additional black pepper. Gently set egg slices on top. Remove from heat; let stand, covered, 10 minutes. Makes 8 servings.

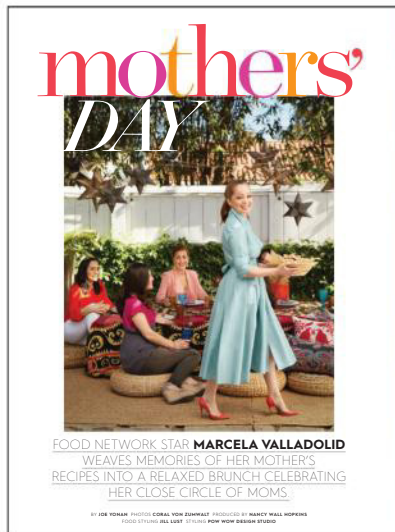
**EACH SERVING** 314 cal, 15 g fat, 818 mg sodium, 13 g carb, 30 g pro.



**NEW**

**Special K**  
**Nourish<sup>®</sup>**  
**Bites**

**FIND THEM IN THE  
SNACK BAR AISLE**



RECIPES FROM PAGES 122–127

## MOTHERS' DAY

### CHIPOTLE CHICKEN CHILAQUILES

HANDS-ON TIME 45 min.

TOTAL TIME 1 hr. 45 min., plus overnight

- 10 corn tortillas
- 2 lb. roma tomatoes, halved
- 3 Tbsp. extra-virgin olive oil
- 2 skinless, boneless chicken breasts (about 6 oz. each)
- 1 white onion, halved
- 3 garlic cloves, unpeeled
- ½ cup low-sodium chicken broth
- 1 canned chipotle chile in adobo sauce, plus 1 Tbsp. adobo sauce
- ½ cup vegetable oil
- ½ cup crumbled Cotija or queso fresco cheese
- 2 thin slices white onion, separated into rings
- ½ cup Mexican crema, crème fraîche, or sour cream
- ¼ cup chopped fresh cilantro leaves

1. For stale tortillas: Cut each tortilla into eighths. Spread on a baking sheet. Leave out overnight.
2. For salsa: Preheat oven to 400°F. Line two baking sheets with foil. Place tomatoes on one pan; drizzle with 2 Tbsp. olive oil and season with 2 tsp.

3. salt. Toss to combine. Place chicken breasts, onion, and garlic on other pan. Drizzle with remaining olive oil; season with 2 tsp. salt and *freshly ground black pepper*. Roast until chicken is cooked through (165°F), 30 minutes, and tomatoes are slightly charred, 45 minutes. Remove from oven; let cool.
  3. When cool enough to handle, peel garlic. Transfer tomatoes, onion, and garlic to a blender; add chicken broth, chipotle chile, and adobo sauce. Blend until smooth, 1 minute. Season salsa to taste with salt and black pepper.
  4. Using two forks or your fingers, shred chicken into 1-inch stringlike pieces.
  5. Meanwhile, in a large sauté pan heat vegetable oil over medium heat. Cook tortilla pieces in hot oil, working in two or three batches, until lightly browned on both sides and crisp, about 3 minutes each side. Drain on paper towels; discard remaining oil. Wipe pan clean with a paper towel.
  6. In same pan add salsa; simmer over low heat. Add shredded chicken and fried tortillas; cook until tortillas are soft but not mushy, about 5 minutes. Season to taste with salt and black pepper. Spoon mixture onto a platter. Top with cheese and onion. Drizzle with Mexican crema; sprinkle with cilantro. Serve immediately. Makes 6 servings.
- EACH SERVING** 362 cal, 19 g fat, 1,928 mg sodium, 28 g carb, 5 g fiber, 18 g pro.

### FRIJOLE DE LA OLLA (HOME-STYLE BEANS)

HANDS-ON TIME 15 min.

TOTAL TIME 2 hr. 15 min.

- 3 cups dried pinto beans
  - ¼ large onion
  - 4 garlic cloves, peeled and mashed
  - 2 bay leaves
- Toppings: Mexican crema or sour cream, chopped fresh cilantro, crumbled queso fresco, sliced fresh red chiles, and finely chopped white onion

1. In a 6- to 8-qt. pot combine beans, onion, garlic, and bay leaves. Add enough water to cover beans by about 1½ inches. Bring to boiling over medium-high heat. Reduce heat; cover. Simmer until beans are tender, about 2 hours. (Add more water if beans absorb too much liquid. Beans should be soupy when done, with plenty of liquid remaining.) Season to taste with *salt* and *black pepper*.
  2. Ladle beans and liquid into soup bowls; add toppings. (Or drain and use as a filling for soft tacos.) Makes 9 cups.
- PER ½-CUP SERVING** 128 cal, 2 g fat, 217 mg sodium, 21 g carb, 5 g fiber, 7 g pro.

### SALMON TOSTADAS

HANDS-ON TIME 30 min.

TOTAL TIME 1 hr.

- 6 6-inch corn tortillas
  - 1½ cups fresh cilantro leaves, packed
  - 3 Tbsp. chopped shallot
  - 3 roasted garlic cloves\*
  - 2 small dried red chile peppers, crushed, or ¼ tsp. crushed red pepper
  - ⅓ cup red wine vinegar
  - ½ cup olive oil
  - 2 4-oz. packages smoked salmon
  - ¼ white onion, very thinly sliced
  - 1 lemon, halved and very thinly sliced
- Coarse sea salt

1. For mini tostadas: Cut 2-inch rounds from tortillas. (Reserve scraps for another use.) Grill until crisp; set aside.
2. For cilantro chimichurri: In a food processor combine cilantro, shallot,

NOT ALL TUNA IS CREATED EQUAL

**SOUPY**  
CHUNK LIGHT TUNA



**STEAKY**  
SOLID WHITE ALBACORE

ONLY  
**BUMBLE BEE**  
ALBACORE  
WILL DO™



Learn more at  
[www.bumblebee.com/albacore](http://www.bumblebee.com/albacore)

garlic, red peppers, 1 tsp. salt, and ½ tsp. black pepper. Pulse 5 to 10 seconds to combine. With food processor running, slowly add vinegar then oil until blended. Adjust salt to taste.

**3.** Top mini tostadas with salmon, white onion, and lemon slices. Drizzle with cilantro chimichurri; sprinkle with sea salt. Makes 35 to 40 servings.

**\*TO ROAST GARLIC** Preheat oven to 400°F. Cut off top ½ inch of garlic bulb; remove outer skin, keeping bulb whole. Drizzle with olive oil; wrap in foil. Bake 45 minutes or until soft; cool. Squeeze bulb from bottom to release cloves; wrap and chill up to 3 days.

**EACH SERVING** 27 cal, 1 g fat, 109 mg sodium, 2 g carb, 2 g pro.

## HIBISCUS MIMOSAS

**HANDS-ON TIME** 10 min.

**TOTAL TIME** 1 hr. 35 min.

- 2 cups water
- ¾ cup dried hibiscus flowers (also sold as flor de Jamaica) (1 oz.)
- ½ cup sugar
- 1 lime, cut into wedges
- 1 750-ml bottle white sparkling wine, chilled

**1.** For tea: In a small saucepan bring the water to boiling. Add ½ cup hibiscus flowers. Reduce heat; simmer, uncovered, 5 minutes. Remove from heat; steep 10 minutes. Strain through a fine-mesh strainer, discarding hibiscus flowers; let cool.

**2.** Meanwhile, in a spice grinder process remaining ¼ cup hibiscus flowers until finely ground. Combine with ¼ cup sugar and pinch salt; place on a small plate.

**3.** Return cooled hibiscus tea to saucepan; add remaining ¼ cup sugar. Cook over medium-high heat until reduced to ½ cup, about 15 minutes. Remove from heat; cool completely.

**4.** To serve, moisten rim of each glass with a lime wedge; wiggle rim in hibiscus-sugar mixture to coat completely. Divide cooled hibiscus syrup among glasses. Top with sparkling wine. Serve immediately. Makes 6 servings.

**EACH SERVING** 157 cal, 27 mg sodium, 21 g carb.

## VANILLA & CHOCOLATE CONCHAS

**HANDS-ON TIME** 45 min.

**TOTAL TIME** 4 hr.

- ½ cup lukewarm water (110°F)
- 2 Tbsp. active dry yeast
- ¾ cup, plus 1 Tbsp. granulated sugar
- 3½ cups all-purpose flour, plus ¼ cup for dusting
- 4 large eggs, lightly beaten
- ½ tsp. salt
- 3 Tbsp. unsalted butter at room temperature
- ½ Tbsp. extra-virgin olive oil
- 1 cup all-purpose flour
- 1 cup powdered sugar
- 8 Tbsp. unsalted butter (1 stick), chilled and cut up
- 2 Tbsp. unsweetened cocoa powder

**1.** In a large bowl combine the warm water, yeast, and 1 Tbsp. granulated sugar. Let stand until foamy, about 10 minutes.

**2.** Place 3½ cups flour on a clean working surface; make a well in center. Pour in yeast mixture, remaining ¾ cup sugar, the eggs and salt. Using your fingers, mix until dough comes together. (Dough will be very sticky; use remaining ¼ cup flour and a dough scraper to help knead until you have a well-formed dough ball.)

**3.** Add 3 Tbsp. butter; knead until elastic and very smooth, about 10 minutes. Grease a large bowl with olive oil; place dough in the bowl. Cover with plastic wrap; let rise about 1 hour.

**4.** Transfer dough to a lightly floured surface. Divide into twelve 2-inch pieces (each will be about 3 oz.). Roll into balls.

**5.** Place balls on two greased baking sheets. Cover with plastic; let rise until double in size, about 1 hour.

**6.** Meanwhile for sugar topping, in a large bowl combine 1 cup flour, the powdered sugar, and 8 Tbsp. butter. Mix with hands until a moist dough forms. (See “Form Sugar Dough,” above right.) Divide in half. Add cocoa powder to one half; mix until well incorporated. Divide the plain and chocolate dough into six balls each. Flatten to a ¼-inch-thick disk;

## CONCHAS: THE SUGAR TOPPING



### FORM SUGAR DOUGH

Pinching between your fingertips ensures the butter gets well incorporated into the flour and sugar. Be patient: It takes 10 minutes of kneading until the sandy mixture forms a cohesive, wet dough.



### CUT A DESIGN

Conchas are named after shells. Get creative with your lines, creating shell-like or geometric patterns.

place on each concha.

**7.** Using a sharp knife cut through sugar topping (see “Cut a Design,” above). Flatten each concha slightly; let rise 1 hour.

**8.** Preheat oven to 375°F. Bake 20 minutes or until puffed and edges are golden. Makes 12 conchas.

**EACH SERVING** 403 cal, 13 g fat, 125 mg sodium, 63 g carb, 2 g fiber, 8 g pro.



$2x^2 + 7x + 3$   
 $3x^2 + 10x + 8$   $12x$   
 $5x^2 - 21x + 4$   
 $6x^2 - x - 5$   
 $6r^2 + 13rs + 6s^2$   
 $15a^2 + 16ab$

$20x^2 - 43x - 12$   
 $9x^2 - 39x + 40$   
 $4x^2 + 7x + 18$   
 $24x^2 + 19xy + 2y^2$   
 $4r^2 - 9rs + 5s^2$   
 $4a^2 - 17x - 48$   
 $+ 45$

**They're outgrowing most things;  
their food doesn't have to be one of them.**

**Lunchables**  
**UPLOADED**  
 It's more of the food they love.



## UPSIDE-DOWN MANGO CAKE

**HANDS-ON TIME** 35 min.

**TOTAL TIME** 1 hr. 45 min., plus cooling

- ½ cup packed light brown sugar
- 12 Tbsp. unsalted butter (1½ sticks)
- 2 large mangoes, cut into ½-inch-thick slices (about 2 cups)
- ½ cup sweetened shredded coconut
- 2¼ cups all-purpose flour
- 4 tsp. baking powder
- 1 tsp. salt
- 1½ cups granulated sugar
- 3 whole eggs
- 1 tsp. vanilla
- 1¼ cups whole milk

**1.** Place rack in middle of oven; preheat to 350°F. Butter a 9-inch springform pan; set aside. In a small saucepan combine brown sugar and 4 Tbsp. butter over medium heat. Stir constantly until sugar dissolves and syrup bubbles; boil until it turns light amber. Immediately remove from heat; carefully pour into prepared springform pan.

Arrange mango slices on top, see *below*. Sprinkle with shredded coconut; set aside.

**2.** In a medium bowl whisk together flour, baking powder, and salt; reserve. In a large mixing bowl beat remaining 8 Tbsp. butter and granulated sugar with an electric mixer on high speed for 6 minutes or until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Add half the flour mixture; beat on low until just combined. Beat in milk, then remaining flour mixture until combined.

**3.** Gently spoon batter over mango slices; spread evenly. Place springform pan on a baking sheet. Bake 1 hour or until golden brown and a tester inserted in center comes out clean.

**4.** Cool the cake on a wire rack 10 minutes. Run a knife around inside edges of pan. Set a plate over cake; invert cake onto plate. Cool completely on plate; serve at room temperature. Makes 12 to 16 servings.

**EACH SERVING** 397 cal, 15 g fat, 399 mg sodium, 62 g carb, 2 g fiber, 5 g pro.

## STRAWBERRY PARFAITS

**HANDS-ON TIME** 40 min.

**TOTAL TIME** 7 hr. (includes chill time)

- ½ cup water
- 2 envelopes unflavored gelatin
- 16 oz. strawberries, hulled and quartered
- ¼ cup raw sugar or piloncillo sugar
- 16 oz. cream cheese at room temperature
- ½ cup sweetened condensed milk
- ½ cup evaporated milk
- ½ cup powdered sugar
- ½ cup chopped strawberries

**1.** In a small saucepan bring the water to boiling. Add gelatin; stir to dissolve. Let cool.

**2.** In a large bowl toss quartered strawberries and raw sugar until combined; let stand 20 minutes or until juices form.

**3.** In a blender blend cream cheese, sweetened condensed milk, evaporated milk, and powdered sugar until very smooth. Add strawberry mixture; blend until very smooth.

**4.** Using a fine-mesh strainer, strain gelatin mixture into a medium bowl. Strain cream cheese mixture to remove any lumps and add to gelatin mixture, whisking constantly. Gently stir in chopped strawberries. Pour mixture into six goblets. Chill about six hours or until set. Top with additional strawberries. Makes 8 servings.

**EACH SERVING** 360 cal, 23 g fat, 220 mg sodium, 34 g carb, 1 g fiber, 9 g pro.



Overlap your mango slices to create a rosette pattern.



### MORE OF MARCELA

Discover more delicious Mexican-inspired recipes from Marcela's

new cookbook, *Casa Marcela* (\$30, Houghton Mifflin Harcourt, available April 25, 2017). In it, Marcela shares her love of food and family in her two Californias, Tijuana and San Diego.



“Bye, bye, frequent heartburn.”

BECKY LONDON, ACTUAL PRILLOSEC OTC USER



#1

**DOCTOR<sup>†</sup> RECOMMENDED**  
**FOR 10 STRAIGHT YEARS AND**  
**IT'S STILL RECOMMENDED TODAY**

**ONE PILL EACH MORNING. 24 HOURS. ZERO HEARTBURN\***

\*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. May take 1-4 days for full effect. <sup>†</sup>AlphalmpactRx ProVoice™ Survey, Jan 2006 - Mar 2016. © Procter & Gamble, Inc., 2017

RECIPES FROM PAGES 134–135

## SCOOPED!

SWEET CREAM  
ICE CREAM BASE

HANDS-ON TIME 25 min.

TOTAL TIME 5 hr., plus freezing

1¾ cups whole milk  
5 tsp. cornstarch  
1¾ cups whipping cream  
½ cup sugar  
⅓ cup nonfat dry milk  
½ tsp. kosher salt

1. Fill a large bowl halfway with ice and water; set a slightly small bowl in the same large bowl. (Make sure water doesn't go into small bowl.) Set aside.
2. In a small bowl whisk together 3 Tbsp. milk and the cornstarch until smooth.
3. In a large saucepan combine remaining milk, the cream, sugar, dry milk, and salt; whisk until no lumps remain. Cook over medium-high heat or until mixture just comes to boiling, whisking frequently. Reduce heat; simmer, uncovered, 4 minutes.
4. Add cornstarch mixture. Cook and stir 1 minute more.
5. Pour mixture into small bowl in ice water. Using an immersion blender, blend 1 minute. Let stand in ice water 10 minutes, stirring occasionally.
6. Remove bowl from ice water. Cover; chill 4 to 24 hours until well chilled.
7. Uncover mixture; blend with immersion blender or whisk until smooth.
8. Churn in a 1½- to 2-qt. ice cream freezer according to manufacturer's directions. Store in an airtight container; freeze overnight.

Makes 8 (½-cup) servings.

EACH SERVING 276 cal, 21 g fat, 173 mg sodium, 20 g carb, 4 g pro.

**COFFEE & DONUTS** Prepare Sweet Cream Ice Cream Base as directed, except add ¼ cup ground coffee to milk mixture in Step 3; strain if desired. After Step 8, fold in two plain cake or glazed donuts, cut into ½-inch pieces. Serve with caramel ice cream topping.

**HONEY-THYME** Prepare Sweet Cream Ice

Cream Base as directed, except use ½ cup sugar. For thyme-infused cream: Before Step 3, in a small saucepan combine cream with 10 fresh thyme sprigs; bring just to simmering. Simmer gently, uncovered, 5 minutes. Remove from heat; cool slightly. Transfer to a small bowl; chill 2 hours. Remove thyme sprigs. Use infused cream in Step 3. In Step 7, blend ½ cup honey into mixture. After Step 8, transfer to container; freeze overnight. Serve topped with additional honey and thyme.

**TRIPLE-FUDGE SWIRL** Prepare Sweet Cream Ice Cream Base as directed, except before Step 3, make a chocolate paste: In a small saucepan combine ¼ cup unsweetened cocoa powder, 3 oz. chopped bittersweet chocolate, and ¼ cup of the whipping cream (remaining cream used in Step 3). Heat over low heat until mixture forms a thick, smooth paste. Add chocolate paste and cornstarch mixture in Step 4; whisk until smooth. After Step 8, layer ice cream and dollops of hot fudge ice cream topping (about 1 cup) in a container. Freeze overnight. Serve topped with sea salt.

**STRAWBERRY SHORTCAKE** Prepare Sweet Cream Ice Cream Base as directed, except before blending in Step 7, add ¾ cup crème fraîche. For strawberry puree: In a bowl toss 2 cups fresh strawberries, hulled and halved, and 2 Tbsp. granulated and/or brown sugar. Let stand 30 minutes, stirring occasionally. Place in food processor; process until smooth. After Step 8, layer ice cream, strawberry puree, and 1½ cups coarsely chopped biscuits in a container; freeze overnight.

**SUMMER SANGRIA** Prepare Sweet Cream Ice Cream Base as directed, except in Step 7, blend in red wine reduction before chilling mixture. For red wine reduction: In a large saucepan combine a 750-ml bottle fruity red wine and 1 cup orange liqueur. Bring to boiling; reduce heat. Simmer, uncovered, 1 hour or until reduced to ¾ cup. Let cool. After Step 8, fold in ½ tsp. orange zest. Transfer to container; freeze overnight.

**SPICY SWEET CORN** Prepare Sweet

Cream Ice Cream Base as directed, except before Step 3, make corn-infused cream: Cut kernels from six ears fresh sweet corn. Cut cobs in 1½- to 2-inch pieces. In a large saucepan combine 2½ cups whipping cream with corn cobs and kernels. Simmer gently, uncovered, 5 minutes. Remove from heat; cool slightly. Transfer to a large bowl; chill, covered, 2 hours. Remove cobs from cream; strain cream through a fine-mesh sieve, pressing on corn kernels to extract flavor. Measure 1¾ cups cream, adding additional cream if needed. Discard corn and cobs. Proceed with Step 3 using corn-infused cream in place of whipping cream. Before blending in Step 7, add ¾ cup sour cream and ¼ tsp. ground ancho chile pepper or cayenne pepper. After Step 8, fold in ½ tsp. lime zest. Transfer to container; freeze overnight. Serve topped with additional chile pepper and lime zest.

**COCONUT-PINEAPPLE** Prepare Sweet Cream Ice Cream Base as directed, except stir 2 Tbsp. coconut rum into mixture before churning in Step 8. For caramelized pineapple: In a large skillet heat 1 Tbsp. butter over medium heat. Add 3½ cups chopped fresh pineapple and 2 Tbsp. packed dark brown sugar. Cook 10 minutes or until pineapple is browned, stirring occasionally. Remove; cool. After Step 8, fold in caramelized pineapple and 1 cup toasted shredded coconut. Transfer to container; freeze overnight.

**LEMON BAR** Prepare Sweet Cream Ice Cream Base as directed. After Step 8, layer ice cream in a container with dollops of purchased lemon curd (about 1 cup). Freeze overnight. Serve topped with lemon zest and sprinkled with powdered sugar. ■



Find more delicious ice creams in Stef Ferrari's book, *Ice Cream Adventures* (\$24.99; Rodale).

Walnut Pear Flatbread



Mediterranean Walnut Nachos



# CALIFORNIA WALNUTS

**FOR THE BEST SIMPLE APPETIZERS EVER**

HEART-HEALTHY\* CALIFORNIA WALNUTS ADD DISTINCTIVE FLAVOR, TEXTURE AND A NEW TWIST TO YOUR ENTERTAINING RECIPES. FOR THESE AND MORE VISIT WALNUTS.ORG.




Per one ounce serving.



**So Simple. So Good.™**

Heart-Check food certification does not apply to recipes unless expressly stated. See [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines).

[walnuts.org](http://walnuts.org)   

Walnut and Roasted Red Pepper Spread



Walnut Bánh Mì Wraps



\*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid - the plant-based omega-3.

# better

[YOUR GUIDE TO A HAPPY, HEALTHY LIFE]

ONE  
IN  
FIVE

**AMERICANS WILL  
DEVELOP SKIN  
CANCER IN THEIR  
LIFETIME.**

**The most common spots?** On women: legs and arms. For men: head, neck, back, and torso. Go to [skincancer.org](http://skincancer.org) to recognize the warning signs.



PEOPLE ATE

12%

FEWER  
CALORIES

during the three hours after a meal made with plant protein, such as beans and peas.

**The fiber in vegetable protein helps you stay fuller longer.**

45

percent of dog owners take their **pups on vacation.**

Check out [bringfido.com](http://bringfido.com) or [gopetfriendly.com](http://gopetfriendly.com) to sniff out pet-friendly hotels, restaurants, and events.



MAY IS  
NATIONAL  
MENTAL  
HEALTH  
MONTH

**1 IN 5 ADULTS EXPERIENCES  
A MENTAL ILLNESS.**



CONNECT TO SUPPORT AT MENTAL HEALTH AMERICA ([MENTALHEALTHAMERICA.NET](http://MENTALHEALTHAMERICA.NET)) AND THE NATIONAL ALLIANCE ON MENTAL ILLNESS ([NAMI.ORG](http://NAMI.ORG)).

55

percent of Americans don't

**KNOW WHEN  
CREDIT CARDS  
START CHARGING  
INTEREST**

on a purchase. It begins the day after payment is due.



A properly fitting bike helmet lowers the risk of head injuries in children by 45%.

**Although you can't stop kids from falling or crashing, you can take some damage control steps.** Safe Kids Worldwide, a nonprofit dedicated to preventing childhood injuries, arms you with actionable info. Tap into their expertise and research-backed advice at a Safe Kids Day event near you this spring, and download a resource kit at [safekids.org/safekidskit](http://safekids.org/safekidskit).



1



2



3



4



5



6



7

# HAPPY EATS

Bring your love of all things food to life when you visit one of these foodie cities, cooking schools, or working farms.

## FOODIE CITIES

*These small cities are quickly taking shape as the next culinary hot spots.*

### PITTSBURGH

[visitpittsburgh.com](http://visitpittsburgh.com)  
The booming food scene reflects the can-do spirit of this metro of skyscrapers. Bar Marco serves Italian in an old firehouse. The steaks at Whitfield, an Ace Hotel in a century-old YMCA, come from farms in western PA. Millie's Homemade Ice Cream scoops out unusual flavors like pear-port wine or parsnip sorbet.

### ASHEVILLE, NC

[exploreasheville.com](http://exploreasheville.com)  
In the majesty of the Blue Ridge Mountains, nature and art fuse in the menus of this small city's restaurants. Spots like Buxton Hall showcase North Carolina's barbecue tradition, and a native son uses locally sourced ingredients in East Asian-inspired meals at Gan Shan Station.

### MILWAUKEE

[visitmilwaukee.org](http://visitmilwaukee.org)  
With the nickname

Brew City, you know this town pours good beer. Go old-school with a Pabst at Best Place Tavern, or try craft brews at Milwaukee Brewing Co. Have a German-centric meal at Mader's surrounded by art and antiques. About 400 Wisconsin farmers supply seasonal ingredients for meals at Braise, and craft beers pair with the main dishes at Hinterland Erie Street Gastropub.

### PORTLAND, ME

[visitportland.com](http://visitportland.com)  
Set on a peninsula, it's only natural Maine's largest city excels at seafood. Don't miss the lobster roll at Eventide Oyster Co. (also one of the best raw bars in town); a sweet treat at The Holy Donut, which uses unique ingredients like potatoes; or seafood and game roasted over hardwood at Fore Street.

- 1 BRAISE'S SEARED RAINBOW TROUT
- 2 BBQ SPREAD AT BUXTON HALL
- 3 HOLY RICOTTA DONUT
- 4 PATIO DINING AT GAN SHAN STATION
- 5 ROASTED DUCK AND LOCAL BEETS AT WHITFIELD
- 6 BAR MARCO'S COFFEE PANNA COTTA
- 7 EVENTIDE'S RAW BAR OFFERINGS



1



2

# COOKING SCHOOLS

*Learn from seasoned chefs in picturesque settings. Then show off your new skills back home.*



3

## NORTH CAROLINA BBQ SOCIETY BOOT CAMPS

VARIOUS LOCALES IN NC  
[ncbbqsociety.com](http://ncbbqsociety.com)

Weekend courses in May, July, and September cover the state's distinctive BBQ, including secrets behind vinegar-based sauces and whole-hog grilling.

## KA'ANA KUPBOARD COOKING CLASSES

THE ANDAZ MAUI  
AT WAILEA RESORT, HI

[maui.andaz.hyatt.com](http://maui.andaz.hyatt.com)  
Even if you're not staying here, sign up for a crash course on preparing a luau (a traditional Hawaiian dinner celebration) or a barbecue with local ahi tuna.

## COOK ACADEMY

ESSEX RESORT & SPA,  
ESSEX JUNCTION, VT  
[essexresortspa.com](http://essexresortspa.com)  
New and experienced cooks take year-round classes inspired by

local and global cuisine. Younger chefs can build their skills at Camp Cook, weeklong summer programs for 8- to 16-year-olds.

## ONION CREEK KITCHENS

JUNIPER HILLS FARM,  
DRIPPING SPRINGS, TX  
[juniperhillsfarm.com](http://juniperhillsfarm.com)  
Part of a sustainably minded farm between Austin and San Antonio, this getaway combines classes, like

Cooking with Lavender, and wellness activities like yoga. Families with kids will enjoy classes like cupcake decorating and doughnut baking.

## JEKYLL ISLAND CLUB RESORT

JEKYLL ISLAND, GA  
[jekyllclub.com](http://jekyllclub.com)  
Returning to this family-friendly resort is the Cooking Camp for Kids (July 9-12), ideal for 8 to 14 year olds. Graduation dinner features dishes made by the students.



4



5



6

# FARM STAYS

*Lend a hand with the daily chores or just relax and enjoy the pastoral scene.*

1 & 2 SIBBY BARRETT, OWNER OF ONION CREEK KITCHENS  
3 & 4 THE ANDAZ AND ITS OPEN-AIR KITCHEN  
5 GLAMPING TENTS AT WILLOW-WITT  
6 THE MAIN HOUSE AT VALLEY FARMS

## WILLOW-WITT RANCH

ASHLAND, OR  
[willowwitranch.com](http://willowwitranch.com)  
This 440-acre ranch is home to goats, chickens, and a range of wild birds (making it a top spot for bird watchers). Stay in one of the furnished wall tents or in the three-bedroom farmhouse.

## INN AT VALLEY FARMS

WALPOLE, NH  
[innatvalleyfarms.com](http://innatvalleyfarms.com)  
The centerpiece of this 105-acre organic farm is a 1774 Colonial

house. In it, you live—for a few nights—like a well-to-do 18th-century farmer. Collect eggs from the chicken coop, hike wooded trails, help with the sunrise chores in the barn, and eat produce from the vegetable garden.

## BROTHERS FARM

LA GRANGE, NC  
[brothersfarmexperience.com](http://brothersfarmexperience.com)  
You'll stay in an 1853 farmhouse and get

a close look at how Warren and Jane Brothers grow 47 vegetables, much of it supplying Vivian Howard's (host of *A Chef's Life*) restaurant, Chef & the Farmer.

## GLENDEVEN INN

MENDOCINO, CA  
[glendeven.com](http://glendeven.com)  
The 1867 main house overlooks the Pacific Ocean to take advantage of the 8-acre farm's spot on the rugged coast. Llamas graze near

a wine bar[n], where inn guests can sip Mendocino County varietals.

## BUTTERMILK FALLS INN

MILTON, NY  
[buttermilkfallsinn.com](http://buttermilkfallsinn.com)  
Collect eggs in the morning; get a spa treatment in the afternoon. Alpacas, miniature donkeys, and heritage-breed chickens are your neighbors at the 1764 main house. ■

# ARRR you ready for adventure?



Pirate's Booty is perfect for movie night munching!  
They're the deliciously baked rice and corn snack puffs made  
with aged white cheddar cheese. Join our crew today!

[piratebrands.com](http://piratebrands.com)



© 2017 Pirate Brands, LLC

## Disney PIRATES of the CARIBBEAN

DEAD MEN TELL NO TALES  
ONLY IN THEATRES



© 2017 Disney

SOLD AT FINE BOUTIQUES EVERYWHERE

Coobie Seamless Bras are ultra comfortable, supportive and perfect for everyday wear! Our versatile one-size fits 32A-36D, with 7+ styles, 70+ colors/patterns, with adjustable straps & removable pads! You need this amazing bra in your life!

Your New Favorite Bra(s)!



SCOOPNECK



YOGA FUSION



NURSING



COMFORT

HAVEN'T TRIED A COOBIE YET? HERE'S YOUR CHANCE!

2x BOGO - Buy 2 Get 2 FREE!  
Use Code: BHG17

\*offer ends without notice  
\*must add all 4 bras to cart

Coobie®  
Seamless Bras

www.shopcoobie.com  
1-888-789-1037

GET SOCIAL WITH US!

Follow us for exclusive promos, offers, and giveaways

facebook.com/thecoobiestore

@shopcoobie

@shopcoobie

Better  
Homes  
and Gardens®

FREE  
**travel & home**  
INFORMATION AND OFFERS

**2 EASY WAYS** to  
get **FREE** information:

 **ONLINE**  **BY MAIL**

**travel offers** 

To receive Travel offers, use the order card or go to [TravelMeredith.com](http://TravelMeredith.com)

Circle **A111** to receive **ALL TRAVEL OFFERS**

**ALABAMA**

- 1 Gulf Shores & Orange Beach**—Come be transformed by our sugar-white sand beaches and sparkling turquoise waters.

**KENTUCKY (FOR ALL, CIRCLE A017)**

- 2 Ashland**—City Fun - Country Adventure. On the US23 Country Music Highway. Family fun, festivals, arts, entertainment, and off-road adventure.
- 3 Cave City**—Where else can you play above and below? Eight awe-inspiring caves, and above ground ziplines, horseback riding, and canoeing.
- 4 Hopkins County**—Western Kentucky's easiest weekend getaway - spend a few days with us exploring your adventurous side.
- 5 Kentucky Tourism**—No weekend plans? Try some of ours! Discover that horses, bourbon and bluegrass are just the beginning.
- 6 Lake Cumberland**—Free Lake Cumberland Visitor Guide with details on lodging, houseboat vacations, waterfront restaurants, outdoor adventure & attractions. Best Vacation Ever!

**MARYLAND (FOR ALL, CIRCLE A020)**

- 7 Beach and Beyond**—Discover Worcester County, Maryland's only seaside. Explore Assateague Island, Ocean City and authentic main street communities offering unique shopping and dining experiences.
- 8 Carroll County**—Home of the Maryland Wine Festival. Quaint Main Streets to explore, scenic beauty, Civil War Trails, Wine Trail & Barn Quilt Trail. Just 45 minutes Northwest of Baltimore.
- 9 Cecil County**—Discover beautiful countryside, shimmering harbors, and quaint historic villages, right on I-95! Experience unique shops, fabulous cuisine, State Parks, Hollywood Casino, award-winning wine, charming inns, and more! Once you visit, you'll return again and again!
- 10 Conference and Visitors Bureau of Montgomery County**—Just minutes from Washington, D.C., you'll find outdoor adventure, historic sites, breweries, fine dining and arts & culture.
- 11 Deep Creek Lake & Garrett County**—Boating, skiing, biking, hiking or taking in the stunning scenery—plan your Deep Creek Experience in Deep Creek Lake & Garrett County, Maryland!
- 12 Frederick County**—Shop Main Street communities, hike on the Appalachian Trail, visit a craft brewery, and tour a battlefield in Frederick, Maryland.

- 13 Kent County**—Quaint waterfront towns of the Chesapeake Bay offer sunset cruises, kayaking, fishing charters, sailing, winery, museums, theaters, shopping, antiques, farmer's markets and local seafood.

- 14 Maryland**—Home to endless adventure. So what are you waiting for? Now is the time to satisfy your five senses.

- 15 Prince George's County**—Minutes from downtown DC—Six Flags America, National Harbor, Gaylord National, MGM casino (fall 2016).

- 16 Somerset County**—Explore our landscape, sample the bounty of the bay, discover the sweeter side of life and celebrate the Chesapeake experience.

- 17 St. Mary's County**—Discover the Mid-Atlantic's best-kept secret in St. Mary's County, MD - a Chesapeake Bay destination brimming with history, outdoor fun & vibrant culture.

- 18 Talbot County**—Enjoy the coastal towns, world-class dining and shopping, and elegant inns. Or bike, kayak, and said the Chesapeake Bay.

- 19 Visit Baltimore**—In Baltimore there's so much to discover, from our colorful neighborhoods and one-of-a-kind arts and cultural attractions to top-notch cuisine.

- 20 Visit Hagerstown**—Best known for our Civil War history, also visit our 5 National Parks, sip local wines, and enjoy outlet shopping!

- 21 Visit Harford**—Create your memories in Harford County, Maryland.

**MISSOURI (FOR ALL, CIRCLE A025)**

- 22 Branson**—Whether it is family time together, escaping with someone special, or reconnecting with friends, you will discover a destination that puts you center stage.

- 23 Greater St. Charles Convention & Visitors Bureau**—Discover Missouri's largest historic district with unique shopping, dining, and historic attractions in a charming, nostalgic setting.

- 24 Lake of the Ozarks**—Centrally located with year round attractions, events and festivals. Request your free vacation guide today.

- 25 St. Joseph**—Make a memory in St. Joseph. Downtown Sculpture Walk, 13 unique museums, KC Chiefs Summer Training Camp, live music all year.

**MONTANA**

- 26 Yellowstone Country**—Montana's gateway to Yellowstone with mountains, hot springs, rivers, powder, cuisine, and endless trails. Discover the Yellowstone you haven't seen yet.

**NEW HAMPSHIRE**

- 27 New Hampshire Lakes and Mountains**—Crystal clear lakes, stunning mountain views, legendary attractions, tax-free shopping, year-round family fun!

**NEW YORK (FOR ALL, CIRCLE A032)**

- 28 Albany County Convention & Visitors Bureau**—An Amazing Discovery. Relive more than four centuries of American history in the modern city. Your next great getaway.

- 29 Cayuga County/Finger Lakes**—Lakes and waterways set the backdrop for a dream vacation - history, arts, outdoor adventure and Finger Lakes wines.

- 30 Discover Long Island**—Sparkling ocean beaches and castles of sand. Seaport villages, scenic vineyards and watersport adventures. All just outside NYC.

- 31 Distinctly Dutchess!**—Savor world-class cuisine and craft beverages. Explore the outdoors. Appreciate the arts. Rethink history with a Great States Pass.

- 32 Hudson Valley/Orange County**—Explore. Stay. Dine in New York's beautiful Hudson Valley. Woodbury Common Outlets, farm to table and more. All just a short drive from NYC.

- 33 Lake George Area**—Experience the Original Vacation. Pure waters, grand mountains, and authentic Adirondack living. Pioneer your vacation in the Lake George Area today.

- 34 New York State**—Get the latest fantastic getaway information in glorious New York State.

- 35 Sullivan Catskills**—Home to the 1969 Woodstock Festival, offering outdoor adventure, arts, culture and history for family fun.

**NORTH DAKOTA**

- 36 North Dakota**—Rugged Badlands, rich history, outdoor fun and vibrant cities - Adventure awaits. Request a free Travel Guide today.

**RHODE ISLAND**

- 37 South County Tourism Council**—We invite you to enjoy one of nature's best kept secrets - South County, Rhode Island. Free South County RI Vacation Guide.

**TEXAS**

- 38 The Great State of Texas**—Find your #TexasToDo - Unique flavor. Breathtaking scenery. Chances to play cowboy, or art critic. Explore like a local with our #TexasToDo Films and #TexasToDo Gallery

**HOTELS/RESORTS/SPAS**

- 39 Discover Red Lion Hotels**—Dedicated to introducing travelers to fresh local experiences. Our family of brands serve as the perfect home base for exploration and relaxation in equal balance.

**SOUTHEAST**

- 40 Visit South's Family Vacations**—Register to win a free getaway to Panama City Beach, FL; Shepherdsville/Bullitt County, KY; Winston-Salem, NC.

More FREE travel offers & prizes at [TravelMeredith.com](http://TravelMeredith.com)

» **hurry!** Offers expire 10/18/2017

# BONE SMART

Your thigh bone is connected to your hip bone; your hip bone is connected to your back bone, and it's all connected to your strength, flexibility, and mobility. Keeping your framework solid starts at a much earlier age than you think. We delve into what the latest research shows are the best ways to protect your bones.

## EAT YOUR CALCIUM

### YOU KNOW

Calcium is critical for bone growth.

### BUT CONSIDER

*Getting enough isn't about taking a pill.*

The advice for women (who are at a higher risk for bone thinning than men) has been to take a daily calcium supplement. There's some debate about whether calcium supplements raise heart disease risk, but foods rich in calcium don't seem to impact that risk, so experts advise getting most of your calcium from your diet. (Your body absorbs it better from food.) Women need 1,000 mg daily until menopause, then 1,200.

Guys need 1,000 mg until age 71, then 1,200.

"It's not hard to get enough in your daily diet," says Susan Ott, M.D., a bone specialist at the University of Washington Medicine, Seattle. Get ideas for a day's worth of calcium, [page 166](#).



### HOW DO YOUR BONES GROW? >

We build bone tissue throughout our lives. Around age 30, we reach peak bone mass, and we start to lose more tissue (mass) than we gain. Eating healthy and exercising in your 20s is crucial to help build as much bone mass as possible and to slow the loss that happens later.



10g protein

=



17g protein

=



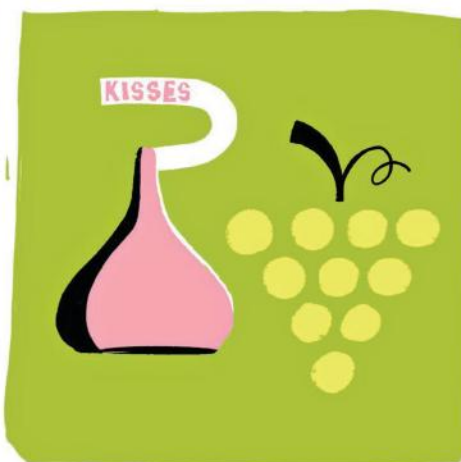
## They say you are what you eat. So which one are you?

Eating that bagel has the same effect on your blood sugar as eating over seven teaspoons of sugar.\* Surprising, right? We call it the "Hidden Sugar Effect." But that delicious Atkins Bar? Its effect is about a 1/2 teaspoon of sugar. We reduced the carbs but not the deliciousness.

**Find out more about "hidden sugars" at [Atkins.com/simple](http://Atkins.com/simple).**



\*Based on a glycemic load calculation, which is the blood glucose-raising potential of a food.



One cup of fortified orange juice contains 35% of your daily calcium requirement. Shake before pouring; calcium tends to settle on the bottom.



Go yogurt  
To get the bone benefits from nondairy yogurts, look for alternatives that contain at least 15% of your daily calcium intake.

**I'LL HAVE THE CALCIUM** > This day's worth of eating

from Willow Jarosh and Stephanie Clarke, registered dieticians with C&J Nutrition, gives you calcium from dairy and nondairy sources to add up to 1,000 mg.

**ORANGE-SPICE MUESLI**

Whisk together ½ cup low-fat plain yogurt, ½ tsp. honey, ¼ tsp. orange zest, and a pinch of pumpkin pie spice. Stir in ½ cup rolled oats, ¼ cup orange juice, half a grated Granny Smith apple, and 1 Tbsp. sliced almonds. Cover; let sit at least 1 hour. Top with half a peeled, chopped orange and 1 tsp. sliced almonds.

**EDAMAME, AVOCADO & CORN SALAD**

For dressing: Whisk together 1 tsp. fresh lime juice, 1 tsp. apple cider vinegar,

2 tsp. olive oil, ½ tsp. cumin, ½ tsp. salt, a pinch black pepper, and ¼ tsp. honey. Set aside. Toss ½ cup shredded cooked chicken breast, ½ cup cooked edamame, ½ cup cooked brown rice, quarter of an avocado (chopped), ¼ cup corn, ¼ cup chopped red pepper, and 2 Tbsp. black olives. Toss with dressing.

**SESAME-CRUSTED SALMON & GREENS**

Mix ½ tsp. each salt, pepper, smoked paprika, garlic powder, and chili powder with 2 Tbsp. sesame seeds. Press mixture onto

a 6 oz. salmon fillet. Bake salmon in 425°F oven until it flakes easily, 8 to 12 minutes. In a large skillet heat 2 tsp. toasted sesame oil over medium heat. Add 1 chopped clove garlic, ¼ cup sliced red onion, and ½ tsp. soy sauce; cook and stir 4 minutes. Add 2 cups chopped collard greens; cook 4 minutes. Serve greens and fish over ½ cup cooked quinoa.

**CHEDDAR-GRAPE SKEWERS**

Thread 1½ oz. cheddar cheese, cubed, and eight halved grapes on toothpicks.

*treat yourself*

Delicious ways to add more calcium to your diet ■ **LATTE** (16 oz. = 350 mg) ■ **PARFAIT** made with ¼ cup part-skim ricotta, strawberries, and 1 Tbsp. almonds (½ cup = about 200 mg) ■ **ICE CREAM** (½ cup = 84 mg) ■ **CHIA SEEDS** (2 Tbsp. = 179 mg) ■ **CHOCOLATE PUDDING** (1 cup = 250 mg) ■ **DARK CHOCOLATE HERSHEY'S KISSES WITH ALMONDS** (4 = 42 mg)

Thank you for my  
new SHOES. I wear  
them to my School  
every Day.

THIS IS WHY WE DO WHAT WE DO.®



Volunteers  
of America®

## MORE BONE-CRUCIAL NUTRIENTS

■ **VITAMINS C AND K, MAGNESIUM, POTASSIUM** Eating a wide variety of fruits and vegetables is the best way to get your fill of these basics, which help you absorb calcium and build bone mass. ■ **PROTEIN** To build muscle that protects bones, you want to get just the right amount; too much can actually harm bones. Women need about 5 oz. daily, which you can get from one serving of fish, chicken, or lean beef. One egg, ½ cup nuts or seeds, and ¼ cup cooked beans each have 1 oz. of protein. ■ **PROBIOTICS** Early research shows they may help prevent bone loss, says Clifford Rosen, M.D., director, Center for Clinical and Translational Research at Maine Medical Center. He recommends a supplement with at least 1 billion CFUs lactobacillus.

## VITAMIN D FACTOR

### YOU KNOW

Vitamin D helps your body absorb calcium.

### BUT CONSIDER

*The right amount of D differs from person to person.*

The official daily D recommendation is 600 IU per day for men and women up to age 70 (800 after). When the guideline was last updated in 2010, some experts argued for a range of 700 to 1,000; other experts say healthy people don't need that much. The best way to know how much D you need is to have a blood test, says Andrea Singer, M.D., clinical director at the National Osteoporosis Foundation. And although vitamin D is in fatty fish (like salmon, tuna, and mackerel) and added to dairy products and cereals, "It's difficult to get enough from food," says Chad Deal, M.D., head, Center for Osteoporosis and Metabolic Bone Diseases at Cleveland Clinic.



**WATCH THE ALCOHOL** Excessive drinking (more than two a day) *may speed up bone loss in women.* Smoking is bad for your bones, too.



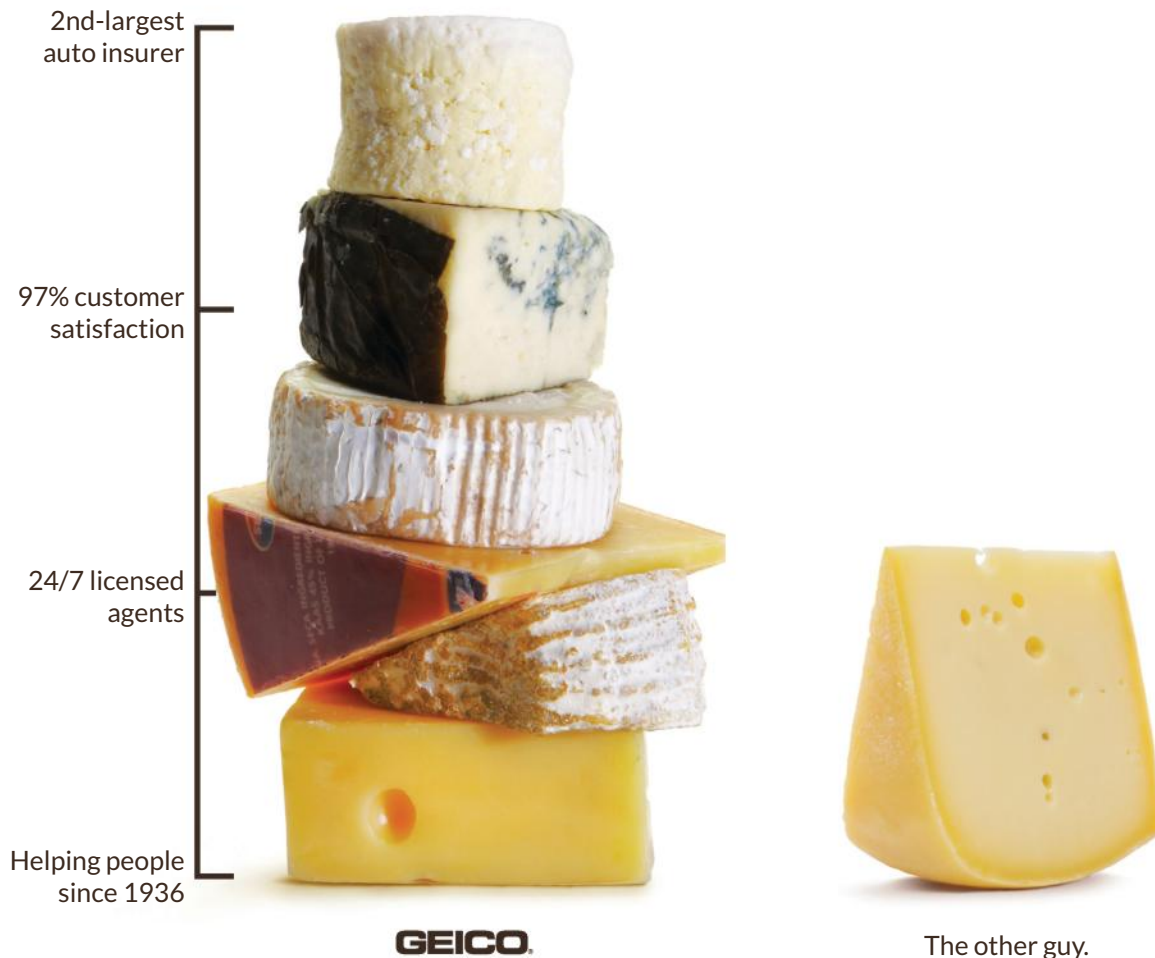
*let the sunshine in* Vitamin D is known as the sunshine vitamin because your body produces it when exposed to sunlight. Thing is, sunscreen blocks that production, which is why it's crucial to make sure you get enough D via diet and supplements.

# FEEL THIS FRESH FROM AM TO PM

Always Daily Liners are so thin and  
absorbent they keep you feeling  
**CLEAN ALL DAY LONG.**

*always*





# The choice is yours, and it's simple.

Why settle for one type of cheese when there are a whole variety of flavors?

The same goes for car insurance. Why go with a company that offers just a low price when GEICO could save you hundreds and give you so much more? You could enjoy satisfying professional service, 24/7, from a company that's made it their business to help people since 1936. This winning combination has helped GEICO to become the 2nd-largest private passenger auto insurer in the nation.

Make the smart choice. Get your free quote from GEICO today.

# GEICO®

geico.com | 1-800-947-AUTO | Local Office

## YOU GOTTA WORKOUT

### YOU KNOW

Weight-bearing exercises like walking and running put the weight of your body on your bones, stimulating bone formation.

### BUT CONSIDER

*That's just one part of the exercise picture.*

When astronauts return from space, their bones are considerably thinner—the result of floating weightlessly instead of making their bodies work against gravity. It works the same way for couch potatoes. You need to put your weight on the ground (or floor or treadmill) to build up bones. Weight-bearing exercise is crucial, but experts recognize that other exercises matter, too. Your best approach: Weave in workouts that increase strength and flexibility to build muscles that support and protect your bones. One study found that women who garden, walk frequently, or are generally active have far fewer hip fractures later in life.

## MOVE IT OR LOSE IT > *three great bone- and strength-building workouts*

What you do for exercise is just as important as what you eat when it comes to bone density—not to mention staying trim and strong.

### ■ WEIGHT-BEARING

How to tell if an activity is weight-bearing? Your heel strikes the ground. Ideal activities: jogging, brisk walking, and dancing.

### ■ MUSCLE STRENGTHENING

Strong muscles protect against falls. Your lower body is your anchor, so concentrate on moves that work your legs and thighs (squats, lunges).

### ■ BALANCE BUILDING

Yoga, tai chi, and balance-building moves (like standing on one leg) strengthen your core, which helps you avoid falls.



## < the rheumatoid arthritis-bone health link

Certain conditions can negatively impact your bones, and rheumatoid arthritis (RA)—an autoimmune disease in which your immune system attacks your own tissue—is one of them. Inflammation from the RA is a part of what damages bone tissue, but the good news is that when RA is treated and/or you're in remission, the negative effects are mitigated, Deal says. "Staying as active as you can to stimulate the bone cells, as well as making sure you're getting enough calcium and vitamin D, are especially important for women who have RA." ■



**bright  
LIFE**

**simple  
ACT**

**vibrant  
COMMUNITY**

**SHINE  
ON.  
Recycle.**



Check with your local program for details.

[RECYCLINGPARTNERSHIP.ORG](http://RECYCLINGPARTNERSHIP.ORG)



[EXCLUSIVE OFFER]

## WEDDING GOWN HYDRANGEA

Each full white flower of this lacecap hydrangea looks like a mini bridal bouquet: A ring of large double flowers surrounds a center packed with small double ones. Flowering begins earlier than most varieties of *Hydrangea macrophylla* and continues into fall on new growth if spent blooms are removed regularly. Wedding Gown is cold hardy, stays compact, and prefers light shade.



Ships in a 1-gallon pot at the proper planting time for your hardiness zone. Recommended for Zones 5–9S&W. Item MM063201, \$24.95 each, plus shipping.

Please order online at [BHGgardenstore.com](http://BHGgardenstore.com) or call 1-800-420-2852 and mention Source Code RSG06.

### RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

#### \$25,000 SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules available at [BHG.com/25k](http://BHG.com/25k) online. The \$25,000 Sweepstakes began at 12:01 a.m. CT on 2/1/17 and ends at 11:59 p.m. CT on 6/30/17. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print and at additional URLs at anytime during the sweepstakes.

#### BEAUTY SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules available at [Beautybash.me](http://Beautybash.me). The Vote for Beauty Sweepstakes began at 12:01 a.m. CT on 3/28/17 and ends at 11:59 p.m. CT on 4/24/17. Open to legal residents of the 50 United States and the District of Columbia, 18 years or older. Limit one (1) entry per person and per email address. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print at anytime during the sweepstakes.

#### YOUR BACKYARD SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules at [BHG.com/deeregiveaway](http://BHG.com/deeregiveaway). The Better Homes & Gardens Your Best Backyard Sweepstakes with John Deere began at 12:01 a.m. CT on 3/1/17 and ends at 11:59 p.m. CT on 7/31/17. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address per day. Void where prohibited. Sponsor: Meredith Corporation.



# ON YOUR MARK

Lace up—for the first time or the thousandth—with these smart moves and cool gear picks.



1

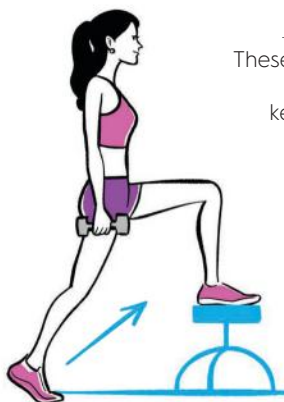
2

3

[FIT IN 15]

## PREP TO RUN

These moves from Scott Carvin, coach at the Mile High Run Club, work the muscles that keep you balanced and strong as you run.



**STEP UP** Strengthen glutes and hamstrings to help push off smoothly with each step.

Place your left foot on a bench or step that puts your knee at 90 degrees. Hold a pair of 5-lb. dumbbells at your sides. Keeping shoulders and hips aligned, lift right foot onto the bench, then slowly step back to the floor. Do three sets of 10 reps per side.

**SINGLE-ARM ROW** Build strong back muscles to keep your torso stable as you run.

Place left knee on a flat bench and left hand on bench directly under shoulder. Hold 5-lb. dumbbell with right arm, extending it straight down, palm facing bench. Keeping abs engaged, head in line with spine, and elbow straight back, lift right elbow toward your ribs. Lower arm. Do three sets of 10 reps per side.

**SQUAT** Develop a stronger butt and thighs to move faster and protect knees and hips.

Stand with feet hip-distance apart, arms crossed in front of you, elbows out. Keeping your weight over your heels, bend knees to about 90 degrees, as if sitting back into a chair. Hold one count, then return to start, squeezing glutes as you stand up. Do three sets of 10 reps.



**WE SEE YOU** When the sun goes down on your jog, stay safe with reflective clothing. **SUGOI ZAP TRAINING JACKET** Breathable and water-resistant, it's perfect for an evening run when the weather's breezy. \$165; [sugoi.com](http://sugoi.com) ■ **ASICS LITE-SHOW** This lightweight shirt's reflective panels mean you're visible from all angles. \$48; [asics.com](http://asics.com) ■ **SHAPE ELEMENT RUN TIGHT** Moisture-wicking material keeps you dry; the all-over reflective pattern keeps you safe. \$68; [shapeactive.com](http://shapeactive.com) ■

## SHOE-INS

Picks that maximize comfort and support.

- 1 BROOKS TRANSCEND 4** It has 20 percent more cushioning and a heel design that reduces foot rotation. \$160; [brooksrunning.com](http://brooksrunning.com)
- 2 ASICS FUZE LYTE 2** Lightweight mesh keeps your feet cool, and a cushioned sole means a smooth heel-to-toe transition with each step. \$85; [asics.com](http://asics.com)
- 3 ALTRA TORIN 2.5** An extra-roomy toe box (great for wide feet) lets your toes breathe. \$125; [altrarunning.com](http://altrarunning.com)

### Calling newbies

Download an ease-into-running plan from Run Farther & Faster coaches, Lisa Reichmann and Julie Sapper, at [BHG.com/RunPlan](http://BHG.com/RunPlan).

# MEALS INSPIRED BY YOU.™



MADE WITH REAL  
INGREDIENTS YOU  
CAN PRONOUNCE



MADE WITH REAL  
GRILLED WHITE  
MEAT CHICKEN



MADE WITH ROASTED  
CORN & RED PEPPERS  
FOR EXTRA FLAVOR



## SMARTMADE™ FROZEN MEALS BY *Smart Ones*

Delicious meals made like you make them, using cooking techniques like grilling and roasting—just like you do at home.





# INTRODUCING REAL MEAT TREATS

FOR DOGS FROM  
RACHAEL RAY™ NUTRISH®



WITH THE WORLD'S  
safely  
**USA**  
cooked  
BEST INGREDIENTS

**GOOD  
STUFF**  
NO  
ARTIFICIAL  
FLAVORS OR MEAT  
BY-PRODUCTS

U.S. FARM  
RAISED  
**MEAT**  
IS #1

LEARN MORE ABOUT ALL 5 DELICIOUS TREAT RECIPES AT [NUTRISH.COM/TREATS](http://NUTRISH.COM/TREATS)

REAL RECIPES. REAL INGREDIENTS. REAL GOOD.™

YOUR **GELATO** MOMENT HAS ARRIVED



A delicious trio of textures.  
Creamy gelato, luscious sauces and gourmet toppings.

**IT'S WAY BEYOND ICE CREAM.**



VANILLA CARAMEL



RASPBERRY CHEESECAKE



PISTACHIO BISCOTTI



CINNAMON ROLL

**Breyers.**  
**GELATO**  
*Indulgences™*