

Better Homes & Gardens®

Revive *and* REFRESH

DIY
PROJECTS TO
UPDATE
YOUR HOME

«
CLEVER TRICKS
TRANSFORM
A NEGLECTED
PORCH
p. 134



CELEBRATE THE FOURTH
NEW WAYS WITH PEACHES
COOL SUMMER DRINKS



Cold Brew. Make it your own.

Try **NEW** Gevalia Cold Brew Coffee Concentrate this summer.



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1 PART
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Need some customization inspiration?

GEVALIA Cookies & Cream Affogato Milk Shake

1 cup cookies and cream ice cream
1/2 cup GEVALIA Vanilla Cold Brew Iced Coffee Concentrate,
3 Tbsp. whipped cream,
1 chocolate sandwich cookie

Blend ingredients in blender until smooth. Top with whipped cream and cookie.



GEVALIA Cold Brew Rise & Shine Lemon Iced Coffee

1-1/4 cup water, 1/2 cup sugar,
Zest from 2 lemons, 1/8 tsp. vanilla,
3/4 cup GEVALIA House Blend Cold Brew Iced Coffee Concentrate

Mix 1/2 cup hot water with sugar, vanilla and zest to dissolve; strain.
Combine 3 Tbsp. lemon syrup, 3/4 cup water and Cold Brew over ice.



GEVALIA Iced Salted Caramel Macchiato

1-1/2 Tbsp. sugar, 1-1/2 Tbsp. water,
1/8 tsp. salt, 1/2 cup milk, Ice cubes,
3/4 cup GEVALIA Caramel Cold Brew Iced Coffee Concentrate,
3 Tbsp. whipped cream, 1 tsp. caramel ice cream topping

Combine sugar and water; microwave 30 sec. to dissolve. Mix with milk and pour over ice. Add Cold Brew slowly to layer. Top with whipped cream and caramel.



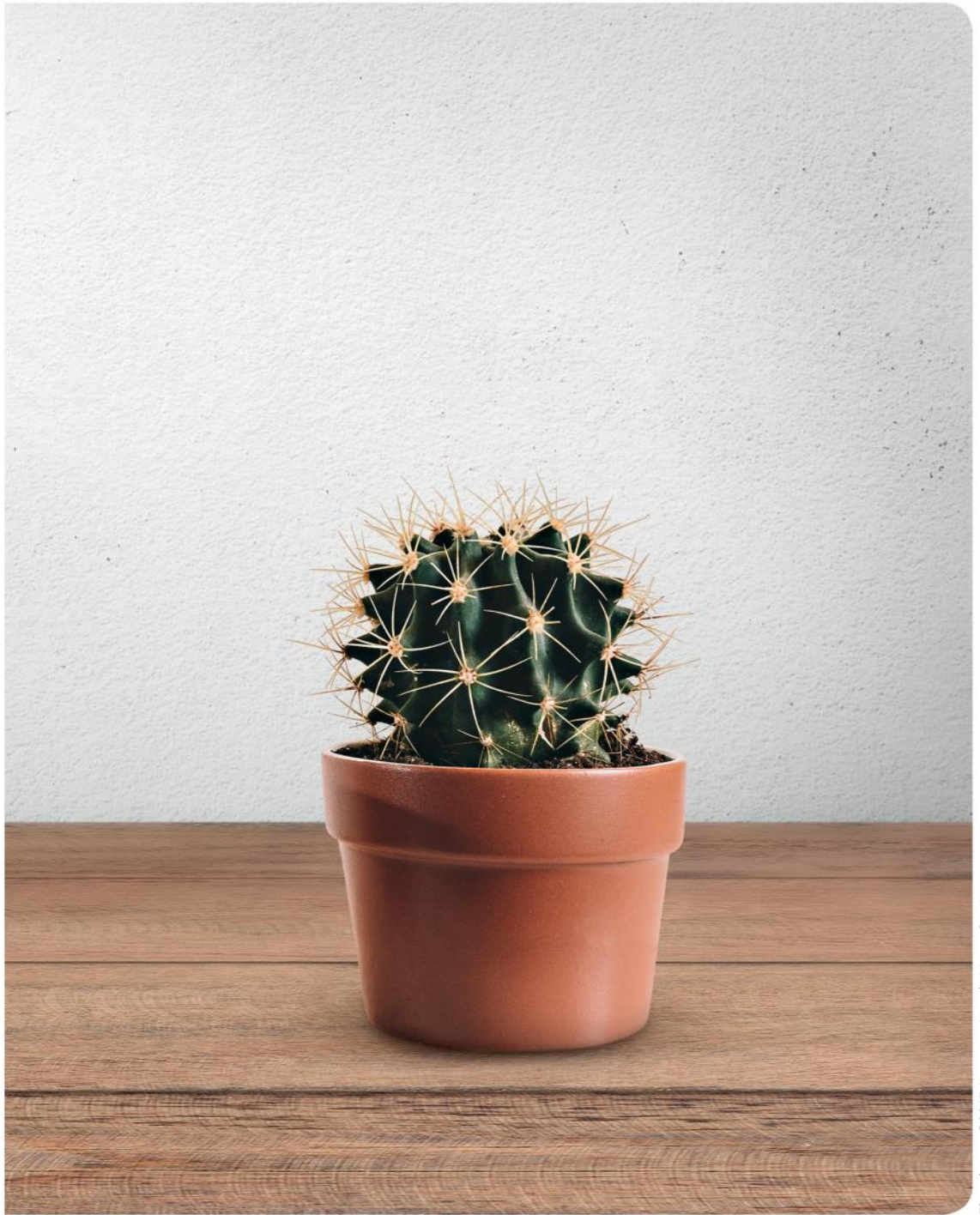
NEW
FIND IT IN THE
COFFEE AISLE.





**A little separation
goes a long way.**

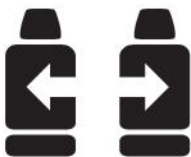




Elite shown. ©2017 American Honda Motor Co., Inc.

The all-new Odyssey with available Magic Slide™ seats.

When things between your kids get a little too prickly, easily separate them with available Magic Slide™ seats. Because sometimes, saying "break it up, you two" isn't enough. It's just one of the many ways to keep the peace in the all-new Honda Odyssey.





Delicates



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PRODUCED BY
JENNIFER BERNO
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NEW!

“WHOLEY CHEESE!”

IT'S LIKE DELICATE CRISPY FLOWERS WERE WATERED BY A CHEESE SPRINKLER! ”



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28!
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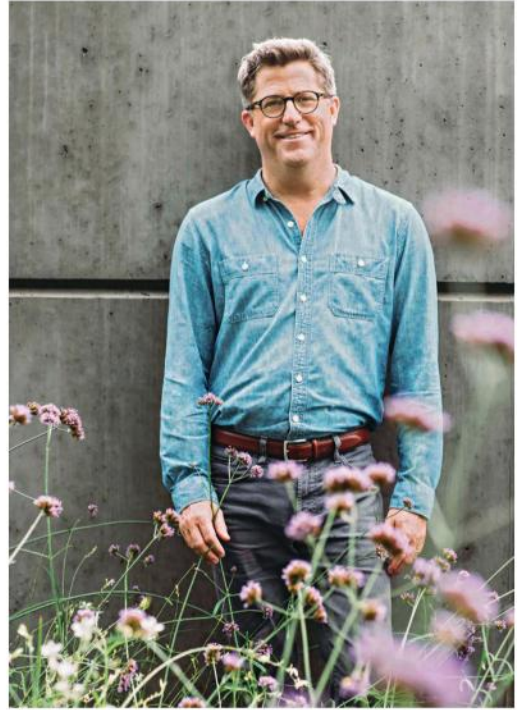
EDITOR'S LETTER

Several months back we conducted focus groups with our readers in several cities to hear what they think about *Better Homes & Gardens*® magazine. One of my takeaways was how many people keep at least two or three home improvement projects going at any given time. I remember the joyful way one mom in Atlanta

DONE AND DONE

described rotating through her weekend tasks. It made her happy to have a constant short list of creative ideas to work on when she wasn't tending to her kids' needs or thinking about work. Hearing her made me realize that all those little DIYs we take on give us time to ourselves and are part of the bond we have with our homes.

I keep a few project ideas in rotation to develop and work on as well. They fall into two categories. First, the more creative projects, like making an unusual piece of wall art or plotting garden beds and starting seeds indoors. Those are easy to dive into and accomplish. Then there are the more practical things, like fixing a broken gutter, reorganizing the garage, or figuring out why the freezer creates more frost than the Arctic tundra. These have-to-do projects are the ones that seem to troll me in my everyday life. "You're going to have to fix me one way or another. I won't be ignored," they seem to say naggingly.



But ignore them I often do. Maybe you're one of those people who is on top of everything in your domestic life. I, however, am the King of Procrastination when it comes to certain tasks. It amazes me how long I can kick some of those DIY cans down the road, and then, all of a sudden, I'll have a Sunday like yesterday when I checked off about 10 projects in one afternoon. After giving myself a pat on the back, I think, *Why am I not like that every day?* It turns out that putting things off is actually a big part of my process. I like the chance to reevaluate what I want to do and hone my concept and execution—at least that's what I keep telling myself.

Whatever your weekend goals, we hope this DIY-theme issue gives you lots of ideas for projects that will keep you happily occupied all summer.

STEPHEN ORR,
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twitter @orrsteporr

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Better Homes & Gardens.

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 Beauty blogger Christina reveals why Dove Bar gets her top rating.



These paper stars are used to test for mildness. They dissolved on Christina's favorite bar soap revealing harsh cleansers.



Dove was gentler, earning a 5 star rating in the test.

Proven to be gentler than pricier cleansing bar soaps. **Dove.** It's not a soap, it's a beauty bar.



Christina Brown
Lovebrownsugar.com

WHAT'S TRENDING ON BHG.COM

1 JULY 4TH PARTY
We've got festive ideas for the ultimate red, white, and blue party. BHG.com/JulyBash

2 REFRESH FOR LESS Give your home a fresh look in a weekend with these DIY-friendly projects. BHG.com/WinTheWeekend

3 BACKYARD BASH Host a stress-free summer gathering using our easy outdoor party ideas. BHG.com/PartyOutside



FREEZE EDIBLE FLOWERS IN LEMONADE. MORE FUN POPS ON PAGE 108 AND BHG.COM/ICEPOPS.

[EXCLUSIVE OFFER]

PEONY TRIO

These beauties have a heady scent that perfumes a garden or a room.



'EDEN'S PERFUME' produces delightfully fragrant, double, bright pink flowers up to 7" across.



'FESTIVA MAXIMA' is a classic with crimson-flecked big, blowsy white blooms that have a powerful scent.



'RASPBERRY SUNDAE' emits a sweet perfume from cream petals suffused with a raspberry shade.



ORDER YOURS NOW AT BHG.com/PeonyTrio, or call 1-800-420-2852; refer to code BHS15, item GM083531. \$45 for three bare-root peonies, plus shipping. They ship at the proper planting time for fall. Best in Zones 3-7S/8W. ■

[GET SOCIAL]

#BHGCELEBRATE

Say cheers to summer by whipping up a batch of Salty Dogs a la @freutcake: 1 part simple syrup, 2 parts vodka, 3 parts grapefruit juice. Serve it in ice-filled glasses rimmed with salt.

And tag your coolest entertaining ideas #BHGCelebrate on Instagram for a chance to be featured like she is here and in the @betterhomesandgardens Instagram feed.



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way,
way,
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fresh



OBSESSED WITH NAUTICAL

Ride this summer's seafaring wave with a crisp new take on an old genre: think *The Official Preppy Handbook* meets *Moby-Dick*. Classic maritime motifs—anchors, knots, signal flags—are uncomplicated, supersized, and celebrated for their graphic punch. Hardworking symbols of the sea get reinvented: sails as pillows, buoys as pendant lights. It's all about scale and simplicity.

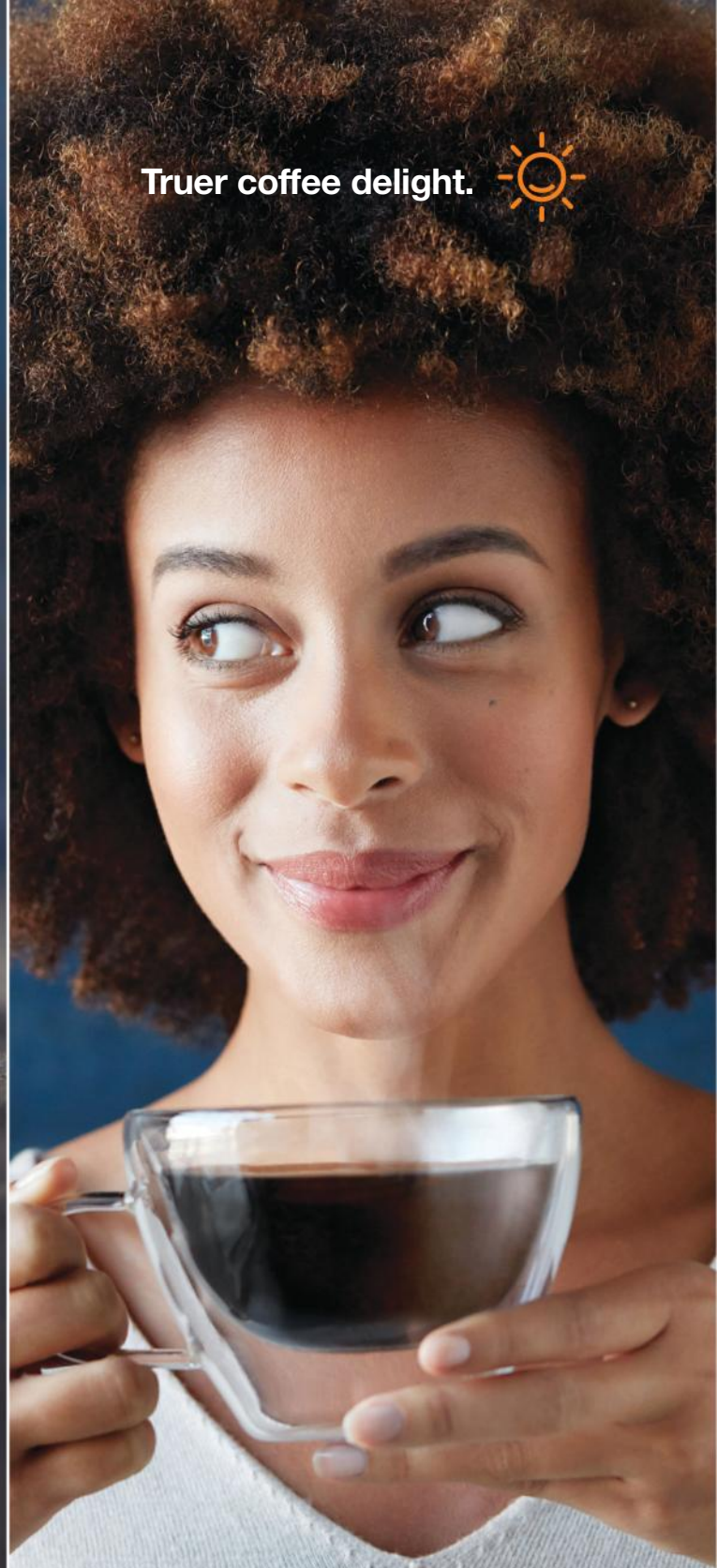
Clockwise from top left: **NAUTICAL BOBBER HANGING BUOY WALL SCENCE** \$139; [woodwaves.com](#) ■ **NAUTICAL KNOT COTTON THROW** \$150; [faribaultmill.com](#) ■ **ANCHOR WALL HOOK** \$11.50, and **ANCHOR STAMPED GLASS BOTTLES** \$28 for small, \$36 for large; [areohome.com](#) ■ **SAILOR CRAFT KNOTS DOORSTOP** \$70; [the-commons.us](#) ■ **CASTAWAY MELAMINE OVAL SERVING TRAY** \$49.99; [homeandpatiodecorcenter.com](#) ■ **ANCHOR PILLOW** \$80; [seabags.com](#)



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A delightful cup begins with the details. The KRUPS Savoy coffee maker brews at the optimal temperature for a fuller, more balanced, truer coffee flavor and features small-batch brewing for more robust taste, even if you're only making one cup. **Delight in the Details at [KRUPSUSA.com](https://www.krupsusa.com).**

KRUPS
DELIGHT IN THE DETAILS



A splash of drama for the wall. Custom mural wallpaper, from \$27.50/sq. ft.; www.audreysterk.com



1 NAUTICAL PENNANT FLAG GARLAND Drape this garland made from old sails above an outdoor table. \$60; seabags.com



2



3



2 WHITE ANCHORS THROW The crisp motif pops in quilt form. \$145; utilitycanvas.com

3 SIREN SONG SWIZZLE STICKS Horn stirrers elevate highballs. \$22 each; food52.com

4 NAUTICAL FLAGS COASTER SET

Dock your drink on these hand-screened cotton squares. \$90 for 26; shophomaspaul.com



5



4

5 MARITIME JOURNAL Record summer adventures in a notebook that looks like an old captain's log. \$20; sevencolonial.com



6



7



8

6 WHALE BASKET At 30" wide and 17" deep, it'll swallow up toys. \$99; potterybarnkids.com

7 CREW VOTIVE HOLDERS These designs mimic signal flags used at sea. \$3.50 each; shop.designideas.net

8 PORTHOLE MIRROR A borrowed-from-the-boat look also works on the mainland, \$105 (8.5"); shiplights.com

»
BASED ON THE SYMBOLS ON FLAGS USED TO RELAY MESSAGES BETWEEN SHIPS.

MATE GALLERY

Marine reigns supreme in this Montecito, CA, shop.

Matt Albiani and Ron Brand channel the sea at Mate Gallery, their filled-to-the-brim tiny ode to maritime culture. A rotating collection of vintage seascapes, English pottery, and gifts mingles with a sand-and-surf lifestyle. If a trip to California isn't in the cards, check out the shop's pop-ups this summer in Montauk, NY, (at Montauk Mainstay) and NYC (at Todd Snyder), or visit mategallery.com. ■





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BRING OUT THE BOLD™

erica explores CONCEALERS

This sleep-deprived mom is on a quest for some serious under-eye camouflage.

I'm going to be fired for the foreseeable future. (With a new baby and a sassy 6-year-old, a full night's sleep is my ultimate fantasy.) Still, that doesn't mean I have to look exhausted, right? After all, "a good concealer can perform miracles for dark circles," says Gita Bass, a celebrity makeup artist for Simple skin care. My lower lids throw more shade than a blackout curtain, and the skin is dry, too, so Bass suggests using a creamy stick, pot, or liquid. She says, "They provide good coverage without caking or creasing." Happily, I find a few formulas that fake a decent catnap. And as for mornings when the shadows are borderline scary, a smidge of pink or peach corrector layered underneath concealer works wonders. (Try Cover FX Correct Click in Peach, \$18; sephora.com.) The tint neutralizes blue or purple shadows, so I end up needing to use less makeup.



Erica Metzger
Beauty & Fashion Director
instagram
[@embeautycoach](https://www.instagram.com/embeautycoach)



RANGE OF SHADES

Although a shade slightly lighter than your foundation brightens shadows, it can also highlight puffy bags. I found an exact match in this 16-shade range.

Lancôme Teint Idole Ultra Wear Camouflage, \$31; sephora.com



TRAVEL-FRIENDLY

This cute crayon has a permanent home in my bag for on-the-go applications and quick touch-ups. Swipe, blend, and boom—I look more alive.

Maybelline New York Dream Brightening Creamy Concealer, \$7.99; drugstores



ANTIAGING EFFECT

The cult-classic tinted brightener does a nifty job at perking up the sunken area between the lower eyes and upper cheeks. Apply an upside-down triangle and blend.

Trish McEvoy Instant Eye Lift, \$39; trishmcevoy.com



HEATPROOF

As the weather warms up, my eye makeup starts to slip and slide. Not the case with this waterproof yet still-creamy formula. **Benefit Boi-ing Airbrush Concealer**, \$20; benefitcosmetics.com ■

[MUST-HAVE TOOL]

FINGERS ARE FINE WHEN YOU'RE IN A RUSH, BUT A QUALITY BLENDER GIVES YOU WAY MORE PRECISION. TRY: LAURA MERCIER SECRET CAMOUFLAGE BRUSH, \$26; SEPHORA.COM





LET LIFE IN
to your hair and your head



NATURAL GLOW

Beauty products spiked with plant and fruit oils infuse your hair, skin, and nails with a healthy boost of hydration.



The fats in beauty oils are similar to those naturally occurring in our skin and hair. "By trapping in water and not letting it escape, oils act as great emollients. Their lipids also smooth hair and prevent frizz," says dermatologist Anthony Rossi.

EVENING PRIMROSE OIL

Got sensitive skin? This seed oil's high level of gamma linolenic fatty acid may help. "Evening primrose oil soothes skin, and some studies show it even alleviates conditions like eczema," says New York City dermatologist Anthony Rossi, M.D.

TRY Burt's Bees Complete Nourishment Facial Oil (\$19.99; drugstores) and Yes To PrimRose Oil 2-in-1 Cleansing & Moisturizing Facial Wipes (\$5.99; walmart.com)



AVOCADO OIL

This fruit oil feels lavish thanks to the dense fatty acid called oleic. "It's very rich so is great for people with super-dry skin and hair," says dermatologist Karyn Grossman, M.D. "It also acts like an anti-inflammatory." If you're acne-prone or have fine hair though, it may be best to skip this one.

TRY Nivea Nourishing Body Oil Avocado and Macadamia Oil (\$11.99; drugstores) and Suave Professionals Avocado + Olive Oil Smoothing Shampoo & Conditioner (\$3 each; walmart.com)



ARGAN OIL

The Moroccan hair and skin multitasker delivers a trio of potent hydrators: linoleic acid, oleic acid, and squalene, which is gentle enough to use on sensitive skin. Argan oil's vitamin E content helps prevent free radical damage.

TRY Garnier Whole Blends Illuminating Moroccan Argan & Camellia Oil (\$6.99; drugstores) and Sally Hansen Color Therapy Nail Polish (\$8.99; drugstores)



COCONUT OIL

What's the obsession with the delicious-smelling oil? "It offers great moisturizing benefits and is easy to formulate with," says New York cosmetic chemist Ni'Kita Wilson. Another major beauty bonus: It's safe for adult acne or rosacea. "Coconut oil is predominantly made of lauric fatty acid, which has antibacterial and antiviral properties," Grossman says.

TRY Butter London Sheer Wisdom Lush Lip Oil (\$22; butterlondon.com) and St. Ives Exfoliate & Nourish Coconut Oil Scrub (\$6.99; drugstores) ■



PHOTOS: (OILS) GRAENE MONTGOMERY/TRUNK ARCHIVE, (PRODUCTS) CARSON DOWNING

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AGELESS



FACT-CHECK THIS AD AT GOODHOUSEKEEPING.COM

pretty COOL

Summer brings sun, fun, and sometimes lackluster skin and hair. These beauty refreshers help perk things up.



HEALTHY GLOW
Physicians
Formula Murumuru
Butter Blush,
\$12.95; drugstores



POSTSUN PAMPERING
Vaseline Intensive
Care Aloe
Soothe Lotion,
\$2.99; walmart.com



OIL ABSORBER
L'Oréal Paris Hair
Expert Extraordinary
Clay Pre-Shampoo
Mask, \$6.99;
lorealparisusa.com



PEDI PARADISE
Essie Nail Polish
in Blue-La-La, \$9;
essie.com



FRIZZ CONTROL
René Furterer
Sublime Curl
Nutri-Activating
Cream, \$28;
renefurtererusa.com

SILKY SUDS
Dove Cucumber &
Green Tea Shower
Foam, \$5.97;
drugstores



BODY BUFFER
Bath & Body Works
CocoShea Cucumber
Foaming Scrub,
\$13.50; bathandbodyworks.com ■



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home



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STUDIO.COM.



COLOR GOLDEN YELLOW

The color of sunflowers and buttercups, this saturated hue captures the sun-drenched glow of summer. Gray undertones, rather than white, give it an intensity that pairs well with primary colors. Or look to the season's wildflower meadows and accent it with any shade of green.

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WALL
BABOUCHE
223
FARROW
& BALL



SIDE CHAIR
Elloree in
Ochre Vine,
\$245; onekingslane.com

LAMP SHADE
Custom
Round (10") in
Linen Curry,
\$28; fenchelshades.com



RUG
Kilim collection in
Yellow, \$235 (5'x8');
safaviehhome.com



THROUGH BOLD USE OF COLOR, designer Katie Ridder creates rooms that feel cheerful and sophisticated—a combination once thought mutually exclusive. For a statement shade like yellow, she likes to simplify by painting the same color and finish on baseboards, walls, and crown molding. “It’s more elegant to read one solid block of color,” she says. To calm the space, Ridder’s golden rule is to pull in accent colors from surrounding rooms. “This creates a common thread, and the repetition of color is restful.”



BOWLS
Potterseed
hand-painted
ceramic,
from \$30;
kcolette.com

SUNNY STROKES



SPICED BUTTERNUT
A happy color that’s gender-neutral for a child’s bedroom.
OL617.4 Olympic



JONQUIL YELLOW
This ashy shade elevates living room walls in a matte finish.
40YY71/335 Glidden



BRIGHT IMPRESSION
A mustard hue that transforms woodwork.
C4-1 Dutch Boy



GOLD THREAD
This luminous tone pairs well with chalky lavender accessories.
P280-2 Behr



SHOWTIME
Glossy white trim and brown accents tame this rich shade.
293 Benjamin Moore ■

Cleaner gets you closer.

Each tasty DENTASTIX™ treat helps your dog maintain a clean, healthy mouth, so you can get closer. Pedigree.com

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them to my School
every Day.

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of America®

DIY DRAMA

An Atlanta-area homeowner pulls off some decorating theatrics (hello, black ceilings!) to make a no-frills home live beautifully.



HANG TIME
Brass supports for ballet bars hold a custom-cut acrylic rod purchased online from Nationwide Plastics.

CEILING
TOTALLY BLACK
HDC-MD-04
BEHR

Twin mirrors visually expand Kristin Jackson's small living room. The black ceiling was a gamble that paid off. "It feels like it's lifting away, not encroaching," she says.



THE DETAILS

THE FAMILY

Kristin Jackson, a designer and the blogger behind *Hunted Interior*; her husband, Rob; and kids, Chloe, 6, and Todd, 17.

THE HOUSE

A 1,000-square-foot 1963 Sears, Roebuck & Co. kit house in Smyrna, GA.

THE GOALS

Add personality and max out every space.

► Built using pressure-treated 1×4 boards, the pergola, Kristin says, “provides shade while still maintaining a true outdoor space.” Artificial turf covers boards that had become a splinterfest. “It feels amazing,” Kristin says.

DIY IN A DAY

For privacy on a deck, hang curtains made from heavy outdoor fabric. Use steel pipe as a rod.

► Kristin got drama by painting over a thrift store painting (she liked the frame and size) with random brushstrokes. The acrylic desk, on the other hand, recedes.



WALL GRID

Kristin laid out her grid design with painters tape and applied panel and picture moldings with a nail gun.



Stop scuffs in their tracks.

*BEHR PREMIUM PLUS® Interior Paint and Primer Rated #1 by a Leading, Independent Consumer Study, "V.O.C. <5g/L."
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GOOD. BETTER. BEHR.®



SIDESHOW
Subway tile
from
Home Depot
looks chic
installed in a
herringbone
pattern.



TILE STYLE

Three things to
consider when
filing a wall:

THICK OR THIN?

You can use floor
tiles, but lighter and
thinner wall tiles
($\frac{1}{4}$ to $\frac{3}{8}$ inch)
are easier to work with.

MASTIC OR MORTAR?

Mastic is premixed
and sets faster than
thin-set mortar,
making it a good
choice for a vertical
surface.

DARK OR LIGHT?

Using a contrasting
grout color, such
as charcoal against
white, makes
tiles stand out and
accentuates
a pattern.



▲ After having the kitchen remodeled, Kristin added the crowning touch to the windows: plywood transoms embellished with molding. One unit marks the end of the tile backsplash.

◀ To save time building the banquette, Kristin had a home center cut the large pieces.

◀ Kristin tricked out the closet door, far left, with panel molding and painted on an umbrella using hers as a template.

DIY IN A DAY

Unify a wall of art with matching frames.



**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.



“WITH DIY, KNOW YOUR STRENGTHS AND WEAKNESSES, THEN GET COMFORTABLE LEARNING.” KRISTIN JACKSON



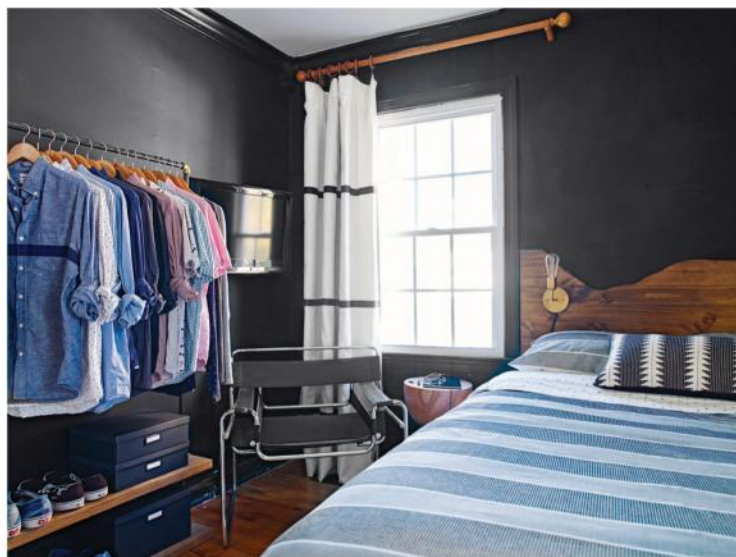
GO GROSGRAIN
Spiff up plain curtains with ribbon ironed on with fusible tape.

▲ Doors removed, the closet morphed into an out-of-traffic storage and study spot. Side-by-side dressers topped with a heavy countertop work as a desk. “In a small home, you learn to make things multifunctional,” Kristin says. Shiplap on the back wall masks damaged drywall.

► Black paint (the same as on the living room ceiling) was a strategic move. “Painting everything the same color de-emphasizes a room’s details,” Kristin says. “The fluted trim was a bit fancy for a boy, so I wanted it to blend in.” She made the pine headboard using a belt sander to create a free-flowing live-edge look.

DIY IN A DAY

Attach a plug-in wall sconce to a headboard for space-saving lighting.





WHAT MAKES YOUR BREED **MAGNIFICENT** MAKES IT UNIQUE.

Your German Shepherd is known for his incredible strength and sensitive stomach. These details are the reason we tailor-made a diet with nutrients to support his digestive health. When you feed your dog ROYAL CANIN® GERMAN SHEPHERD formula, you'll see him become his magnificent best.

34 unique breed formulas, and a reason for every one. See why breeders recommend them at RoyalCanin.com/breed.



Rumor,* Best in Show,
2017 Westminster Kennel Club Dog Show
2015 AKC™ National Championship Dog Show

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*Lockenhaus' Rumor Has It V Kenlyn. Image used with permission.

Royal Canin is not a sponsor of or affiliated with the Westminster Kennel Club Dog Show.

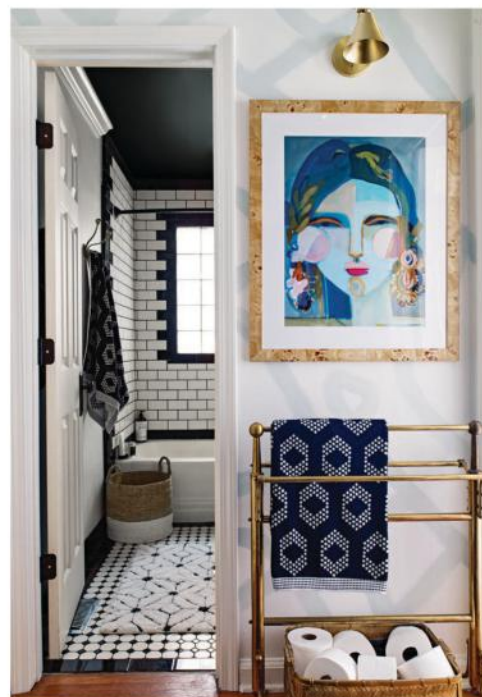


LAYERED LOOK

A \$50 ceiling medallion (find them in lighting sections) adds interest to a fan or fixture.



“DECORATING A HOME DOESN'T HAPPEN OVERNIGHT. YOU HAVE TO BUILD YOUR STYLE OVER TIME AND HUNT FOR PIECES THAT YOU LOVE.” KRISTIN JACKSON



◀ Kristin built the vanity, a small-scale knockoff of a desk she loved, out of MDF. “I used a Sharpie to draw the shape, and cut it with my jigsaw,” she says. Knobs give the illusion of drawers. As in other rooms, she applied wall and crown moldings. “Paneled walls add subtle depth and texture,” she says.

▲ “We need storage, so I do what I can to get it,” Kristin says. Outside the only bathroom, an antique quilt rack holds towels and a big basket stores rolls of toilet paper. The pattern on the wall is Kristin’s free-form brushstrokes.

DIY IN A DAY

Make windows look wider by extending the curtain rod up to 12 inches past the frame, so curtain panels cover only the outer trim. ■

HEADS *UP*

Make your bed... and your headboard, too. You'll rest easy knowing each of these dreamy DIY designs starts with a single sheet of plywood and costs less than \$100.

»
**ALL THREE
 HEADBOARDS
 ARE DESIGNED
 TO HANG ON
 THE WALL
 BEHIND THE
 MATTRESS.**



A headboard in saturated colors and a painterly pattern gives the bedroom an instant focal point. Pair it with visually quiet bedding for maximum impact.

MORE »

bold brushstrokes

It only looks like something displayed in a gallery. Really, it's a \$50 fabric wall hanging wrapped around a board padded with an egg crate foam mattress topper. Genius!

MATERIALS

4'x8' sheet of underlayment plywood ■ 2"x3"x8' pine boards (2) ■ 2" finishing nails ■ 1" wood screws (20) ■ spray adhesive ■ 1½"-thick twin foam egg crate mattress topper ■ ½"-thick foam mattress pad ■ twin-size flat white sheet ■ patterned fabric (we used 68"x80" fabric wall hanging) ■ self-covering upholstery buttons (4) ■ upholstery needle ■ florists wire ■ large D rings (2)

TOOLS

saw (table, circular, or jigsaw) ■ drill and assorted bits ■ ruler ■ scissors ■ iron ■ staple gun and ⅜" staples

CUT plywood to 62"x32".

CUT 2"x3"x8' boards to length to build



frame the same size as plywood. Nail boards together using butt joints.

SCREW plywood to frame every 3".

SPRAY adhesive on plywood front. Lay egg crate topper, textured side down, on plywood. Trim even with plywood.

SPRAY adhesive on egg crate topper, and center the foam pad on top. Do not trim.

IRON sheet, lay flat on work surface. Place headboard facedown on sheet. Trim sheet and foam pad to 6" larger than plywood on all sides.

WRAP foam pad around headboard to back. Staple at center top of frame. Continue stapling at 1" intervals to corners. Repeat with bottom and sides. Repeat with sheet, folding at corners as if wrapping a gift.

IRON fabric and lay flat, right side down. Place headboard facedown on fabric; stretch and staple as in previous step.

For tufted headboard: **COVER** buttons with fabric according to package instructions. Follow steps at *right* to attach to headboard.

HANG headboard with D rings using instructions on *page 46*.

D RINGS SCREWED TO THE BACK OF THE HEADBOARD MAKE IT EASY TO HANG.



TUFT IT

Button tufting adds extra detail. Here's how to do it.

1

Before upholstering plywood, mark button placement for tufts and drill ⅛" holes at marks. Complete upholstering steps.

2

Cut 2 feet of florists wire. Thread needle, push through drilled hole through foam and fabric. Thread wire through button and back down through headboard.

3

Tug wire snug at back of headboard. Bend flat against plywood; staple. Fold wire back over staple toward hole; staple. Repeat for each button.



« DRESS THE BED

Subtle texture gives light color bedding interest.

1 HEADBOARD

FABRIC Palette No. Seventeen tapestry, medium, \$50.15; society6.com

2 SHEETS Scroll Sheet Set, \$128-\$228; serenaandlily.com

3 PILLOW Linen Cushion Cover, \$12.99; hm.com

4 DUVET COVER Roar + Rabbit Organic Bold & Fine Jacquard Duvet Cover + Shams, \$24-\$173; westelm.com

THE BEST ALMONDS



MAKE THE BEST ALMONDMILK



round & round

A cascade of circular cutouts and gray stain that lets the wood grain shine through turn a hunk of hardware-store plywood into a handsome headboard.

MATERIALS

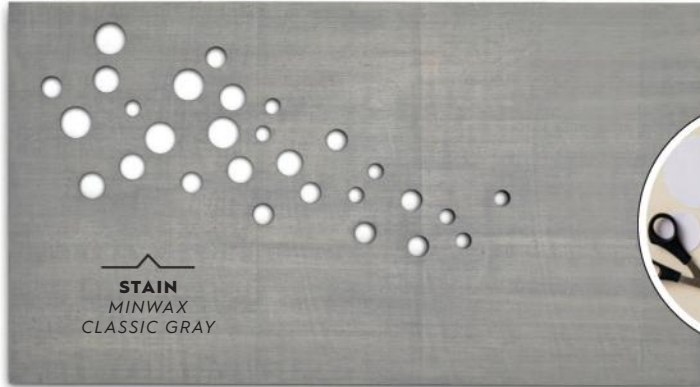
4'x8' sheet of underlayment plywood ■ paper ■ pencil ■ scissors ■ tape ■ 150-grit sandpaper ■ 1"x3"x8' pine boards (2) ■ 1½" finishing nails ■ wood glue ■ 1 pint paint or stain ■ large D rings (2)

TOOLS

saw (table, circular, or jigsaw) ■ awl ■ drill ■ ⅛" drill bit ■ 1½", 2", 2½", 3" bimetal hole saw blades and one arbor ■ clamps ■ rags or staining brush

CUT plywood to 62"x36".

LAY OUT your design. Make templates by tracing hole saw blades onto paper. Cut out, arrange, and tape to the plywood, leaving at least



1" between circles.

MARK center of each circle with awl, pushpin, or nail. Remove paper cutouts, noting diameter on wood.

DRILL a ⅛" pilot hole at the marked points. Saw each hole using corresponding blade size. Saw all circles of one size before switching to a different-size blade.

SAND inside edges of holes with 150-grit sandpaper.

CUT 1"x3"x8' boards to length to make a frame 1" smaller than perimeter of plywood. (The frame holds headboard away from the wall to create dimension.) Nail boards together using butt joints. Glue frame to plywood;

clamp; allow to dry.

SAND edges of headboard.

APPLY two coats of stain or paint to front, allowing to dry between coats. If desired, paint frame to match headboard or wall color.

HANG headboard with D rings using instructions on page 46.

MAP OUT THE DESIGN WITH PAPER CIRCLES THE SAME SIZES AS THE HOLE SAW BLADES.



SAW & STAIN

Pro tips for the best-possible results.

SAVE SOME DOUGH

A hole saw is a round blade that fits on the end of a drill. An arbor is the rod the blade attaches to. Blades come either with or without arbors, but you'll only need one arbor. Save cash by buying the rest of your blades without arbors.

SKIP SPLINTERS

Begin sawing holes from the backside of the plywood. Cut one-third of the way through, then flip the board over and finish sawing from the front. Practice on scrap wood to get a feel for the drill speed and pressure.

STAIN LIKE A PRO

Apply stain in the direction of the wood grain. Wait for it to absorb according to instructions, then use a clean rag to wipe off excess between coats.



« DRESS THE BED

Jungle green adds a jolt to neutral, geometric fabrics.

1 GOLD PILLOW Better Homes and Gardens Collection® Metallic Gold Faux Fur Pillow, \$12.87; walmart.com

2 SHEET SET Cut Circle Sheet Set, \$128-\$258; serenaandlily.com

3 STRIPED PILLOW Nantucket hand-painted Pillow Cover, \$98; serenaandlily.com

4 GREEN PILLOW Linen Cushion Cover, \$12.99; hm.com

5 GEOMETRIC THROW Origami, \$125; bollandbranch.com

FROM INSPIRATION



TO TEMPTATION



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"CAN I GET YOUR RECIPE?"
RECIPE

BUSH'S®
PICNIC KIDNEY
BEAN SALAD

FOR RECIPES, VISIT
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TRY BUSH'S®
ORGANIC
BEANS



shipshape

Symmetrical rows of cording add graphic pop and visual texture to a headboard painted nautical navy. You weave the cord through drilled holes just like a kid's lacing card.

MATERIALS

4'x8' sheet of underlayment plywood ■ 1"x3"x8' pine boards (2) ■ 150-grit sanding sponge ■ wood glue ■ interior paint ■ foam roller and tray for painting ■ 100-foot cotton sash cord ■ fabric dye ■ tape ■ nails or staples ■ large D ring hangers (2)

TOOLS

saw (table, circular, or jigsaw) ■ drill ■ 1/16" drill bit ■ 3/8" Forstner drill bit ■ clamp

USE premarked grid on back of plywood to plot and mark a pattern for drill holes, leaving a 4" border around the pattern.

CUT plywood to 66 1/2"x34 1/2".



DRILL 1/16" pilot holes through plywood at marked spots on back. Flip plywood over. At each pilot hole, drill 3/8" hole using Forstner bit.

SAND cut edges of headboard with sanding sponge.

CUT 1"x3"x8' pine boards to length to make a frame 2 1/2" smaller than

perimeter of plywood. (The frame holds headboard away from the wall to create dimension.)

Nail boards together using butt joints. Glue frame to plywood; clamp; allow to dry.

PAINT headboard (and frame, if desired); let dry.

CUT cord into eight

12 1/2' lengths. Dye one length of cord, if desired. Let dry.

LACE cord: For each column, knot one end of a cord length; wrap other end in tape. Thread taped end through holes starting at top; knot at bottom. Repeat.

HANG headboard via instructions, *right*.

UNDERLAYMENT PLYWOOD COMES PREMARKED WITH EQUALLY SPACED X'S SO IT'S EASY TO PLOT YOUR PATTERN.



HANG IT

D rings are the secret to hassle-free hanging.

1

Attach D rings to frame according to package instructions.

Have a friend help you hold the headboard so its bottom edge hides just below the top of the mattress.

2

Use a level to make sure headboard is straight, then mark screw placement on the wall based on where the D rings sit. Insert double-headed bear claw screws in wall, using anchors if you are not hitting wall studs.

3

Mount headboard by hanging the D rings on the screws. ■



« DRESS THE BED

Navy and yellow is a classic, can't-miss combo.

1 YELLOW PILLOW
Dusen Dusen Outdoor Slash Lines Pillow, \$39; westelm.com

2 NAVY PILLOW
Camille Diamond Medallion Cover, \$68; serenaandlily.com

3 FRINGED THROW
Korman Natural Throw, \$49.95; crateandbarrel.com

4 DUVET COVER AND PILLOWCASE Vårärt, \$39.99; ikea.com

5 SHEET SET Masala Persimmon Sheet Set (similar to shown), \$83.99; dwellstudio.com

dive into *summer*

Charleston event planner Calder Clark threw this birthday bash for her son's fifth. Borrow her ideas for a playful, kid-friendly shindig—with or without a pool.

Turn your backyard into the ultimate party venue and keep guests entertained with a shark photo booth, pool games, and bite-size eats.



1
**OUTSOURCE
DESSERT**

Calder found an ice cream shop with a bicycle “truck” in Charleston, S.C. See if your local treat shop has a similar service, or set up your own with a decorated cooler on a cart.

2
**JAZZED-UP
BALLOONS**

Use a funnel to feed confetti into clear balloons, then inflate with a helium tank.



USE A 1-INCH CRAFTS PUNCH TO MAKE YOUR OWN TISSUE PAPER CONFETTI.



3



4



5

3
FESTIVE FLOATS

Colorful giant pool floats are party decor—and might inspire a few games. Some of our best sources: *bando.com*, *funboy.com*, and *alwaysfits.com*.

4
MINIS ON THE MENU

In short, don't sweat it. Serving kids their favorite foods in tiny form looks fancy and lets them help themselves.

5
GIFT STATION

Gather and display presents in an unusual container, like this antique tub, rather than the traditional gift table.

TURKISH
HAND TOWELS
USED AS
NAPKINS PLAY
UP THE POOL
THEME.

#DOINGOOD IS... SHARING IN THE SILLIEST WAYS.



Whether it's families or juice, when you Put Good In, you Get Good Out.
Tell a parent they are #doingood. Go to minutemaids.com to learn how.

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**Minute
Maid**

6

JAW-DROPPING

"I love the idea of a killer photo booth for wee people," Calder says. A local woodworker made this shark, but you could DIY one using a large cardboard box, crafts paint, and streamers.

7

SNAP HAPPY

Keep smartphones out of the splash zone by using a waterproof camera instead. Send printed party pics as thank-yous.

8

FRY BOUQUETS

Serve ketchup and fries in glass bottles that fit little hands and contain the drips.



PARTY TIME

Make a splash with bright accessories.



MELAMINE CUPS

Durable color for the table, \$42.99 for six; ricebyrice.com



HAVANA CAMERA

Capture underwater adventures, \$19; sunnylife.com



CACTOSS GAME

Play on land or in the water, \$25; nordstrom.com




ROUND TOWEL

Doubles as a picnic blanket, \$19.77; walmart.com ■



Treating Yourself is a Picnic this Summer.

1. Make a pan of Krispies Treats.
2. Shape with cookie cutters or your hands.
3. Decorate with fruit and frosting.

 Visit Rice Krispies on Pinterest for more fun and easy no-bake treats.
www.pinterest.com/ricekrispiesusa



HOW MANY WAYS CAN YOU
SNAP, CRACKLE, POP?

DESIGNING *WOMAN*

A Seattle entrepreneur treats herself to a light-filled home office for running her textile business, plus a super-organized workshop you'd never guess was her garage.

MAGNETIC BOARDS

A \$30 piece of sheet metal from a home center makes two boards. Just add frames.



Janna Lufkin's home office and her line of cotton canvas aprons share the same aesthetic. "I have always loved an American-feeling design: rugged, rustic, authentic."

PRODUCED BY: JANNA LUFKIN

IF YOU ARE 
WHAT YOU 
EAT
BE  RADIANT



GRAB SOME
SUNSHINE™



“MOM, CAN I USE YOUR OFFICE?”

It's so light and pretty up there.” Janna Lufkin gets that request a lot when daughter Kate visits, and the answer is always yes. The Seattle designer, stylist, and entrepreneur turned a second-floor guest room into the design studio of her dreams. From this snug, light-flooded space, Janna dreams up aprons, bags, kitchen towels, and napkins for Raw Materials Design, the company she and her husband, Kent, started eight years ago. Given all that natural light (she wouldn't dream of curtains) and the creative purpose of the room, a white color scheme was a no-brainer. But, Janna cautions, “Whites are never going to match so you might as well blend them.” Cream, ecru, oatmeal, and light grays are fair game, just steer clear of paint colors that have pink or yellow undertones. Honey-tone woods warm the white, and black adds a modern edge.



WALL
SIMPLY WHITE
OC-17
BENJAMIN
MOORE

MULTIPLE CHOICE

Where most of us would put one armoire and call it good, Janna lined up three, *above*. Ditto for the drawer units, *left*: nine on one side of the window, three on the other. Multiples make for major storage and a tidy, almost built-in look. Liatorp bookcase, \$379; Helmer drawer unit, \$39.99; ikea.com

ADAPT & REUSE

To furnish the room, thrifty Janna shopped her house. The desk, *page 58*, was once her dining table. The table below the window, *left*, came in from the porch. Sheepskin softens a hand-me-down wood chair. “I don't buy anything that can't be used in more than one room,” she says. “It's my rule.”



CHRONIC MIGRAINE

DOESN'T HAVE TO KNOCK ME DOWN



If you've been getting hit by 15 or more headache days a month, each lasting 4 hours or more, it's time to talk to a headache specialist about the impact of Chronic Migraine.

Discover treatment options you may not have tried at

MyChronicMigraine.com

COVER-UPS

Apron samples, *below*, hang in the garage. Raw Materials Design does a brisk business in custom aprons for restaurants, markets, and flower shops.

HEAD TABLE

Janna's husband, Kent, made the centerpiece of the garage workroom, a counter-height table on casters, *right*. Galvanized bins hold packing supplies.



MEET THE MAKER

JANNA LUFKIN

She's the design eye; husband Kent is the marketing brain.

ORIGIN STORY

When three styling gigs fell off the books in one day in 2011, Janna heard a wake-up call. She decided to pursue an idea she'd had in the back of her mind for years: designing and selling affordable, high-quality, American-made textiles.

BEST ADVICE

Kent always says, "You don't know what you don't know." So don't be afraid to ask questions. People want to help you, and everybody knows somebody.

BIGGEST FAIL

The raw, frayed edge on our first aprons. I loved how it looked, but people thought it was falling apart. Cool on jeans; not cool on an apron.

ON WORKING WITH YOUR SPOUSE

Two words: separate offices. Kent's is in our daughter's old playhouse in the backyard. We call it world headquarters.

ON MAKING NICE WITH NEIGHBORS

The garage is always open for a last-minute gift, and family and friends get a discount. ■



PACK IT IN The shipping department is a potting bench, *left*. Janna is strictly anti-plastic: Orders are packed in kraft paper bags and sealed with paper tape printed with the logo she and Kent designed.

TAKING STOCK Inventory sits on wire shelves lined with kraft paper, *above*. The Lufkins installed beaded board to cover wall studs and insulation and to make a nice background for product photos.

Your dog shares the spirit of the wolf.
And his love for meat.



BLUE Wilderness® is made with more of the chicken, duck or salmon dogs love.

All dogs are descendants of the wolf, which means they share many similar traits – including a love for meat. That's why we created BLUE Wilderness.

Made with the finest natural ingredients, BLUE Wilderness is formulated with a higher concentration of the chicken, duck or salmon dogs love. And BLUE Wilderness has none of the grains that contain gluten.

If you want your dog to enjoy a meat-rich diet like his ancestors once did, there's nothing better than BLUE Wilderness.

WildernessDogFood.com

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Love them like family. Feed them like family.®

June & DECEMBER

Plucking inspiration from their garden, a husband-and-wife duo launches a line of botanical stationery and textiles from their Michigan dining room.



MEET THE MAKERS

For Katie and Nick Forte, work is personal. They named their company, June & December, after the birth months of their kids and run their business face-to-face at a partners desk in their dining room. Katie illustrates the designs; Nick is a one-man marketing department.

WHAT'S YOUR DESIGN PROCESS?

I'll begin drawing and photographing different subjects, looking to capture the natural imperfections.

I retouch, tweak, and create patterns in (Adobe) Illustrator, then select colors and materials that complement the design, working to deliver a product that tells the story.

FAVORITE PRODUCT?

Our kitchen towels and napkins. We use them every day.

FAVORITE PLANT IN YOUR GARDEN?

Thyme and basil. In the summer, I'll bring in bunches from our herb garden and make little bouquets for our tables. ■

KITCHEN TOWEL

They screen-print tea towels and napkins by hand. \$13 each



NOTEPAD

Your to-do list has never looked better. \$10



STATIONERY SET

Flowery note cards pretty enough to frame. \$16 for eight

KATIE PULLS DESIGNS FROM HER GARDEN, HIKES, AND FIELD GUIDES.



NAPKINS

A different herb decorates each napkin in this set of four. \$38 All products are available at junedecember.com.

PILLOW COVER

Mixed herbs and ferns on 100 percent cotton. \$48 each



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

vintage *couture*

Armed with online shopping savvy, a blogger from Missouri masters romantic vintage style on a modest budget.



MEET RACHEL PEREIRA

She has a knack for unearthing great vintage finds on Craigslist and beyond. Her top tips:

LOOK FOR

Old items that still have value: solid-wood furniture, art, chandeliers, quilts, and linens.

SKIP THESE

Anything that easily absorbs smells and would be expensive or difficult to clean, like upholstery.

USE KEYWORDS

Search singular, plural, and misspelled versions of what you're looking for. Include materials.

SET BOUNDARIES

I travel no more than 1 hour for furniture and 30 minutes for smaller items.

MAKE FRIENDS

Like a particular seller? Ask to be notified when they're selling, and alert them to items you're looking for.

For more, visit her blog, *shadesofblueinteriors.com*.

WE'RE
PUTTING
Caramel
INSIDE **m&m's**[®]

OH, LIKE
RIGHT NOW?



WE'RE MAKING CARAMEL FUN

“I’M NOT AFRAID TO REFINISH SOMETHING SEVERAL TIMES TO GET IT RIGHT.” RACHEL PEREIRA



1



2



3



4

INSIDE RACHEL'S HOME

1

HEADBOARD

Spring for a great antique headboard and skip the bed frame. (Today's mattresses are larger and may not fit.)

2

COFFEE TABLE

Her coffee table is a chicken crate outfitted with casters formerly used on a tool cart in a mechanic's shop.

3

DINING ROOM

This table was one of Rachel's first Craigslist finds. The \$50 resale chandelier was missing a few crystals, so she bought replacements online.

4

ACCESSORIES

Group mismatched thrifted objects like bottles and jars on a tray as a centerpiece. ■

VINTAGE STYLE

Repurpose your treasures with ideas from *100 Ideas Flea Market Style*. \$9.99; on newsstands June 27.

NEW!

My bladder get in the way of this?
"NOT ANYMORE!"

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Thanks to New **TENA® intimates**. Its unique **ProSkin Technology™** is designed to quickly wick away moisture, helping to maintain your skin's natural balance. It goes beyond Triple Protection from leaks, odor and moisture so you can feel fresh and free to get as close as you want.

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make sparks *fly*

Bring the fireworks to your front door with some easy red, white, and blue DIYs. No pyrotechnics required.



USE PLANTS WITH SOME HEIGHT TO HELP HIDE THE DOWELS.

A wreath of layered plastic stars jumps off a crimson door, and faux firecrackers on dowel rods erupt from planters. Flip the page for how-tos.

PRODUCED BY: JENI WRIGHT

Out with the Grain.

IN WITH THE FARM-RAISED CHICKEN.



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FLAVORFUL.
— PURINA —
Beneful —

Try this new Beneful® Grain Free premium recipe with real chicken as the #1 ingredient.

Learn more at Beneful.com/grainfree





STAR WREATH

MATERIALS Roll of white plastic flashing ■ 18-gauge wire ■ White duct tape ■ 18" wire wreath form

TRACE & CUT Trace star templates on the dull side of flashing. Cut them out.

FOLD Crease stars from points to center (1). Fold points together to create creases between them (2).

ATTACH Use duct tape to secure two 3"-4" pieces of wire to back of each star (3). Wrap wires around wreath form (4), creating overlapping layers of stars.

OPTIONAL Spray-paint wire wreath to match door before adding stars.

PLAY WITH
SPRAY CAN
ANGLES AND
DISTANCES
TO GET OMBRÉ
EFFECTS.



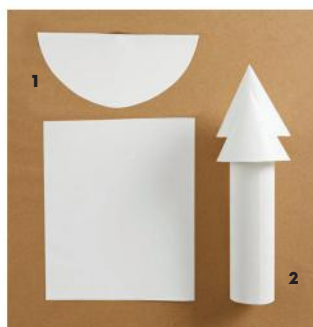
PLANTER ROCKETS

MATERIALS White plastic poster board ■ Permanent adhesive dots or strips ■ E6000 adhesive ■ Red and blue spray paint ■ 1/4" dowels

TRACE & CUT Trace rocket templates onto poster board and cut them out (1).

ASSEMBLE Roll rectangle into a tube and semicircle into a cone (2); secure using adhesive dots. Run a bead of E6000 adhesive around top of tube; place cone on top; let dry.

FINISH Spray-paint rocket; let dry. Glue a dowel inside tube using E6000. Let dry; push dowels into planter at varied heights.



*Free
projects!*

Get the templates
for making these
projects at [BHG.com/
JulyCrafts](http://BHG.com/JulyCrafts).



WELCOME MAT

MATERIALS

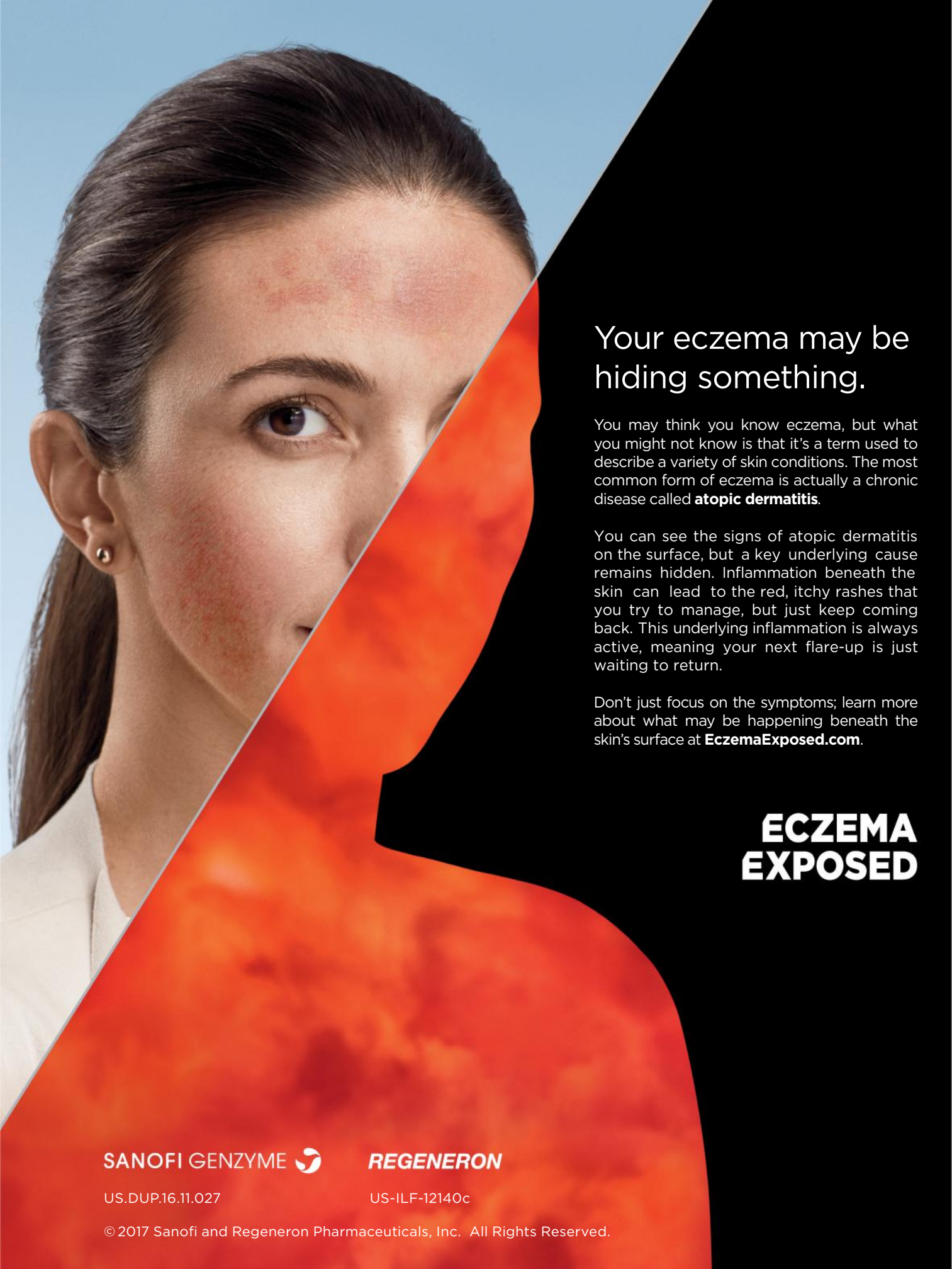
- Stencil plastic
- Crafts knife
- Repositionable spray adhesive (optional)
- Woven or low-pile rug
- Latex paint
- Stencil brush

TRACE & CUT Trace star template onto stencil plastic; cut out with crafts knife.

STENCIL Use spray adhesive to secure stencil to rug. Apply paint using stencil brush. Repeat as desired.

GET THE LOOK

Swedish Stripe woven cotton rug, \$38; dashandalbert.com ■



Your eczema may be hiding something.

You may think you know eczema, but what you might not know is that it's a term used to describe a variety of skin conditions. The most common form of eczema is actually a chronic disease called **atopic dermatitis**.

You can see the signs of atopic dermatitis on the surface, but a key underlying cause remains hidden. Inflammation beneath the skin can lead to the red, itchy rashes that you try to manage, but just keep coming back. This underlying inflammation is always active, meaning your next flare-up is just waiting to return.

Don't just focus on the symptoms; learn more about what may be happening beneath the skin's surface at **EczemaExposed.com**.

ECZEMA EXPOSED

SANOFI GENZYME 

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10TH ANNIVERSARY

I DID IT!

What began in 2007 as a spotlight on readers and their projects has become one of our most popular regular features. To celebrate our DIY decade, we caught up with a few doers from the past. No surprise—they “did it” again.



THERE'S A
CAMERA
HIDDEN IN
THIS MOBILE.



COURTNEY & BRENT RICHARDSON

- **OCTOBER 2015** They filled a wall with shelves made from wood planks and enough plumbing parts to clean out the bins at several Houston-area home centers.
- **SINCE THEN** The Richardsons launched a YouTube channel of DIY projects, and their blog, *Gray House Studio* (studiograyhouse.com), was voted one of the top 10 DIY/decorating blogs by *Better Homes & Gardens*® magazine readers and editors. But their most special milestone: the birth of son Connor. His outdoor-theme nursery includes a chalkboard wall (with Brent's jaw-dropping chalk mural) and a clever baby monitor: They concealed a security camera in a hole drilled into the center of a slice of basswood hanging above the crib.
- **GOOD TO KNOW** Courtney and Brent bought an inexpensive upholstered chair from Target, removed the legs, and built a rocker base out of pine.
- **LOVE THE INDUSTRIAL SHELVES?** Download the how-to at BH&G.com/Shelves.

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.
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AMY WIEGERT

■ **JANUARY 2011** She spent only two weeks and \$500 fixing up her laundry room with beaded board, tile, and trim.

■ **SINCE THEN** Amy and her family moved from Roswell, GA, to Portland, OR. She runs her own home-staging business, Jackson H. Interiors (jacksonhinteriors.com), decorating rooms, such as the one above, for real estate agents selling the homes. "It took off so much faster than I ever expected," Amy says. "My first six months of work, I did more

than 30 houses." Her twins, Max and Audrey, now 7, help her fold towels, hang art, and assemble beds. "It's like playing dress-up with a house," Amy says.

■ **GOOD TO KNOW** Amy started her business by investing in furnishings to outfit three houses. She now rents an 1,800-square-foot storage space to keep furniture for 12 houses.



BECKIE FARRANT

■ **MAY 2013** She couldn't find the perfect fabric for a DIY headboard, so she made her own with a stencil and paint.

■ **SINCE THEN** This year marks the 10th anniversary of Beckie's blog, Infarrantly Creative (infarrantlycreative.net). She has sawed, painted, hammered, sewed, and glued her way to more than 2,000 home improvement and holiday-decor projects—all based on using repurposed items and resourceful thinking. One example: She took a beat-up dresser with her when her family moved from Indianapolis to Columbus, OH, because she had a creative, inexpensive plan for it: Glue paint stir sticks to the drawer fronts, then stain, below.

■ **GOOD TO KNOW** Buy sticks in bulk from online sources, including amazon.com.

LO SAVARESE

■ **JANUARY 2015** Lo fashioned a wall display of shallow shelves from two wooden shoe racks to hold the toy cars of her twins, Ben and Tyler.

■ **SINCE THEN** Lo and her husband, Andy, launched a business selling a revamped custom version of the rack on the website Mom! Where's My Car? (momwheresmycar.com). They've sold more than 2,000 racks in two years and hope to expand their business into a few stores in the Pasadena, CA, area. Their family has grown to include 9-month-old Cody, a future car enthusiast.

■ **GOOD TO KNOW** Lo's customers have discovered that the racks suit other toy collections, such as Shopkins figurines.



“THIS DOESN'T
TASTE LIKE
REGULAR MAC
AND CHEESE.”



IT'S NOT MAC AND CHEESE.
IT'S MACARONI & CHEDDAR.



BEN & AMANDA BOWE

- **OCTOBER 2014** They built a space-smart walnut vanity with a stainless-steel countertop in their master bath.
- **SINCE THEN** The Bowes, who write the blog *Our Humble Abode* (ourhumbleabodeblog.com), have continued to work on their Billings, MT, home with a focus on DIY carpentry—building furniture, cabinetry, and shelves. In one room, though, their best trick involved removing woodwork. They turned a room with a wall of 1970s oak built-ins, *above right*, into a cute guest bedroom, *right*, by cutting out a nook in the shelves, painting the built-ins, and installing reading lamps. Snuggling the bed into the nook added floor space for a dresser on the opposite wall.
- **GOOD TO KNOW** For a simple headboard, Amanda and Ben covered a plywood panel with batting and linen, securing them on the back using a staple gun.



VANESSA HUNT & HEATHER PATTERSON

These sisters, who write the blog *At the Picket Fence* (atthepicketfence.com), appeared in separate "I Did It" articles in, coincidentally, similar sweaters.

- **NOVEMBER 2012** Heather upgraded the basic island in her Dry Ridge, KY, kitchen.
- **JANUARY 2016** Vanessa built a plate rack for the kitchen in her Salem, OR, home.
- **SINCE THEN** Heather moved to the Atlanta area and was featured in *People* magazine's 2016 Half Their Size issue after losing 130 pounds. Vanessa frequently shares crafts on a local TV show. Last fall, they had a book of inspirational stories and home tips published (*Life in Season*, \$11.55; amazon.com). Their second will be out in 2018.



SHAVONDA GARDNER

- **FEBRUARY 2014** She updated her kitchen by painting cabinets, installing hardware, and tiling the backsplash for less than \$700.
- **SINCE THEN** Shavonda and her family moved within Sacramento to a fixer-upper bungalow half the size of their previous home. Now, Shavonda says, there are "lots of DIY projects happening all the time." She shares them on her blog, *SG Style* (sgstyleblog.com). Her favorite makeover so far: turning a plain porch into extra living space with bold paint, drop cloth curtains, a lattice privacy wall, and boho accessories. As she did in the kitchen in her last house, Shavonda perked up the porch floor with paint and an allover stencil pattern.
- **GOOD TO KNOW** She recommends using Behr's Porch and Patio Floor Paint (starts at \$24.98/gallon; homedepot.com) on concrete. Wait a day between applying the base coat and the stenciled pattern, then two days before walking on it.



“IT’S BEEN FUN TO SEE OUR LITTLE HOUSE EVOLVE.” SHAVONDA GARDNER

Show us!

Send photos of you with your latest project to IDidIt@meredith.com and post on Instagram with #BHGI DidIt.

CHARLOTTE SMITH



■ **MARCH 2015**
She made over a metal multidrawer office cabinet into dining room storage with an ombre paint treatment.

■ **SINCE THEN**
Charlotte's family of seven moved around the corner in their Southport, CT, neighborhood to another fixer-

upper, where Charlotte continues to DIY, add color and personality to rooms and furniture, and write the blog *At Charlotte's House* (atcharlottehouse.com). She went bolder in her new dining room, with walls and furniture in a navy-and-coral scheme. Charlotte still has her shades-of-lavender file cabinet. Fittingly, it's now in her home office.

■ **GOOD TO KNOW** For a matte look on furniture, Charlotte uses chalk-base paint. To get a shiny finish, she likes DecoArt's Americana Decor Maxx Gloss (decoart.com). "The paint self-levels beautifully, and after three coats, it's shiny smooth, almost like a lacquer," Charlotte says.

NICOLE BAUS

■ **APRIL 2011** Nicole turned an old dresser into a potting bench, complete with pegboard for holding tools and a tile countertop.

■ **SINCE THEN** Nicole's furniture makeover hobby grew into a side business while she continued her work as an architectural residential designer. She also came up with a clever way to get a deluxe gardener's workstation in the backyard of her Campbellsport, WI, home. When her sons outgrew their play set, she removed the slide, swings, and monkey bars, then enclosed the fort and installed a window and a workbench. "I researched selling the play set and building a garden shed," Nicole says. "Costwise the conversion made more sense. But most important to me is the nostalgia factor—so many happy memories."

■ **GOOD TO KNOW** To lower the fort, Nicole's neighbor held the play set up with his tractor while her husband shortened the supports with a chainsaw: "The only power tool I won't use," Nicole says. ■



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jewel box garden

An eye-catching mix of materials and low-maintenance plants ensures this compact yard is all play and no work.



Small gardens require careful thought. With little space to work in, every choice counts a lot—more so when strict goals narrow the choices. Michael Bykhovsky wanted a low-maintenance, sophisticated space where he and his kids could hang out. Ive Haugeland, a landscape architect and owner of Shades of Green in Sausalito, CA, delivered a hardworking design of terraces, nooks, and tightly choreographed details. A jazzy pattern of limestone pavers and smooth black

pebbles on the lower terrace, for example, is designed to look terrific from every angle. Seating areas nestled into corners make the space feel larger. “It’s a great place to throw a party,” Michael says. Even better, it requires few chores, leaving more time for those get-togethers. No lawn means no mowing, and a zoned drip irrigation system caters to each plant’s needs. Dense planting and generous mulching limit weeds. And Haugeland’s plant choices won’t outgrow the scheme, so pinching and pruning aren’t necessary either.

SEE-THROUGH SAFETY

There’s a considerable drop but no visible barrier between the garden’s upper and lower terraces. Instead, the transition is marked by a row of New Zealand flax (*Phormium* ‘Firebird’) clearly seen through a 42-inch-tall wall of tempered safety glass.



START WITH

SPINNING CLAY
STRETCHING
A PLAN
POSITIVE THINKING
TAKING THE STAIRS
A CHECKUP
WHOLE WHEAT PASTA
MORE CARDIO
FLOSSING
STEP CLASS
MEDITATION
MORE LEAFY GREENS
GETTING MORE H2O
A SPIN CLASS
A WORKOUT BUDDY
FALLING IN LOVE
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BREATHING EXERCISES
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WEIGHTLIFTING
A GOOD BREAKFAST
A FLU SHOT

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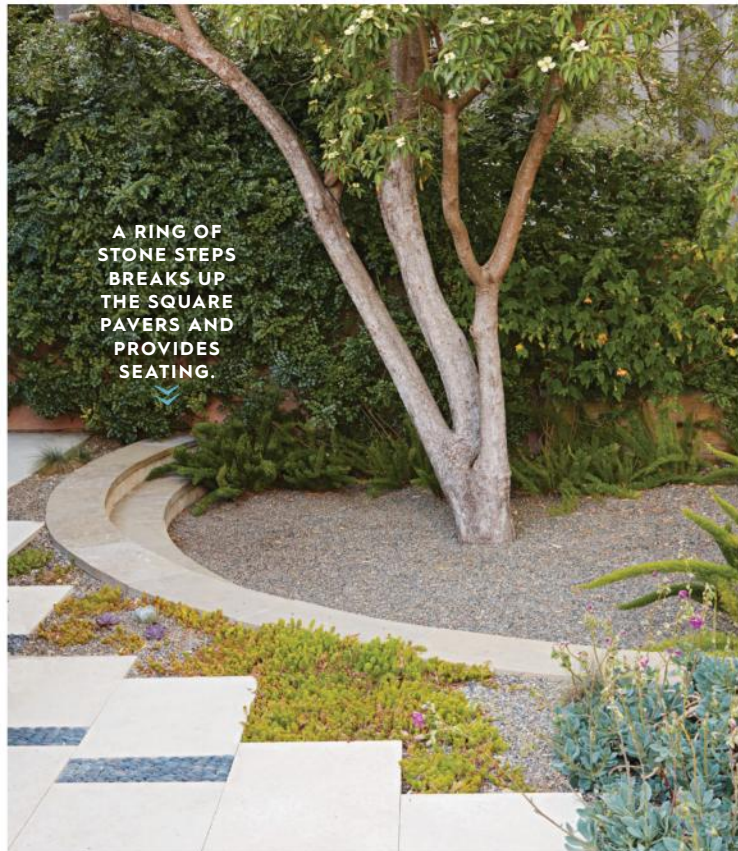
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AN EASY TRANSITION

Limestone steps connect the garden's upper and lower terraces, *right*. Landscape architect Ive Haugeland softened the hard edges of the steps with planters filled with a cheerful tumble of low-maintenance perennials and succulents. There's always something in bloom, she says. The bright pink flowers of *Cistanthe* 'Jazz Time' echo the variegation in the strappy flax leaves.



“IT’S A FUN GARDEN, A HAPPY SPACE. THERE’S RANDOMNESS AND COLOR, AND PLANTS POPPING UP HERE AND THERE.” IVE HAUGELAND



A RING OF STONE STEPS BREAKS UP THE SQUARE PAVERS AND PROVIDES SEATING.



FILL IT IN
The drought-tolerant groundcover 'Angelina' sedum spreads across gravel areas that get little foot traffic, *left*.

PLAY IT UP
Rows of black river stones set on edge between limestone pavers, *above*, amp up texture and color. "It adds playfulness," Haugeland says.

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CERAMIC FIRE
BALLS BUBBLE
UP FROM
THE CUSTOM
FIRE PIT.

PUT POTS TO WORK

Flowerpots are an important sculptural element in the garden. The gray terra-cotta pots, *above far left*, in his garden are 24 and 36 inches tall. Smaller pots lack visual impact and would have been easy to trip over, Haugeland says.

FINDING THEIR PLACE

Haugeland refers to the garden as a jewel box “because it’s over-running with colors and textures and small, interesting things.” Along the steps, patches of blue chalksticks (*Senecio serpens*) pop amid the collection of other yellow and green succulents.

PLAY WITH OPPOSITES

Pots put plants at eye level so unusual ones get the attention they deserve. The handsome foliage of an agave, *above right*, stands out like a star against the fine greenery behind it. ■



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CALADIUMS

Brighten shady spots with the addition of caladiums—now available in all-new colors, patterns, and habits, thanks to breakthroughs in modern breeding.



The showy, heart-shape leaves of caladiums turn a garden's sun-dappled spots into destinations. They're made for shade, but some tolerate sun.

1

'FLORIDA SWEETHEART'

A coquettish ribbon of green edges ruffled pink leaves. 12-18" tall

2

'RADIANCE'

Glowing red veins pump up these extra-large leaves. 18-24" tall

3

'WHITE CHRISTMAS' Bold graphic contrasts make this one of the most popular caladiums. 18-24" tall

4

'GINGERLAND'

A charmer with winsome pink freckles on a field of green and white. 12-18" tall

5

'CHINOOK'

Elegant, wavy-edge leaves have salmon pink centers. 18-24" tall

6

'POSEY PINK'

Morning sun brings out a rich pink blush. 12-18" tall

7

'FRECKLES'

A sun-tolerant caladium with a pink heart and snazzy white spots. 12-18" tall

locks in moisture with
a touch of lotion



new



So **your touch** is always a **soft touch**.

CALADIUMS HAVE SHY FLOWERS. IT'S THEIR MAGNIFICENT LEAVES THAT STAR IN THE SHADE GARDEN.



Each caladium tuber will produce 30–50 leaves. *Right:* A pot of caladiums is like an exuberant exclamation point in the garden.



Caladiums are splashy tropical and semitropical plants native to Central and South America. Their spectacular leaves grow from knobby tubers—a little like shriveled potatoes. Whether you buy tubers or plants growing in pots, wait until the air and soil temperatures have warmed up before planting: When you're comfortable outside in short sleeves, it's time.

■ GROWING CONDITIONS

Caladiums are easy to grow in well-drained garden soil or potting soil in a spot that gets dappled light. They need moisture to produce an extravagant show, so choose a place where it will be easy for you to

water and add a layer of mulch to preserve soil moisture. Caladiums are hardy in Zones 9–10.

■ HAPPY TOGETHER

Plant in groups of three, five, or seven tubers spaced 6–8 inches apart. Once they're up and growing, they quickly form a mass of colorful foliage.

■ WHICH END IS UP?

Look for the growth eyes, which resemble the eyes on potatoes. Plant the tubers with the eyes facing up, about 2 inches below the surface of the soil.

■ GIVE THEM A NUDGE

A light application of slow-release fertilizer encourages plants to produce lots of leaves. Don't overdo it though; too much will weaken the stems.

■ PROBLEMS

Tubers rot if planted before the weather warms up. Too much sun may burn the leaves; too little moisture eventually causes leaves to wither.

■ COMING BACK

To save caladiums for next year: In fall, dig up tubers, cut off the leaves, wash off the soil, and let the tubers dry thoroughly. Store them in a paper bag or a box in a warm place (60°F–70°F) through the winter. Or treat them as annuals, and buy more next year.

■ WHAT'S NEW

Hybridizers have been introducing vigorous caladiums featuring rich colors and sturdier stems. Look for 'Puppy Love', 'White Cap', and 'Day Dreamer'. ■

PERFECT PARTNERS

Caladiums look great with these other shade-loving plants.



COLEUS

White-splashed caladiums combine with any showy coleus for an annual display.



WAX BEGONIA

Pairing pink wax begonias and pink-leaf caladiums makes a no-fail combination.



HOSTA

Other large-leaf plants like hostas do especially well alongside caladiums.

the dirt



ENLIGHTENED LAWNS

GROWING A HEALTHY LAWN REQUIRES A CHANGE IN HABITS...AND MIND-SET.

For many eco-conscious homeowners, it's time to leave their father's lawn-care advice behind. We spoke to the experts at Cornell University's Turfgrass program (turf.cals.cornell.edu) about the latest recommendations for getting a beautiful green lawn while protecting the environment.

FEED RESPONSIBLY Current guidelines for cool-season grasses (like fescues and Kentucky bluegrass that thrive in areas with freezing winters) are to apply fertilizer once a year in the fall. Fertilize warm-season grasses (like zoysia and Bermuda) when the grass begins greening up in the spring and again in late summer. Set your mower to its highest level, and skip collecting your clippings and leaves, which will decompose and boost your soil.

WATER LESS You'll use a lot less water if you plant a grass (or alternative) appropriate for your region. Regardless of the species of grass you are growing, applying a ¼ inch of compost annually improves water retention.

CONTROL WEEDS Pull isolated weeds, or try an organic weed killer like EcoSmart. But know that not all weeds are bad. Clover, for example, works as a natural fertilizer by returning nitrogen to the soil.

ADJUST EXPECTATIONS Committing to a healthier lawn-care regimen means accepting flaws; it won't look perfect, like one achieved with chemical treatments. Instead, you will have a beautiful lawn that pleases you while offering a safe haven for your pets, family, and friends—plus the birds, bees, and butterflies.

STEP ON IT

Consider replacing high-maintenance grass with these low-growing perennials.



IRISH MOSS

Irish moss (*Sagina subulata*) does well in moist areas and in between stepping-stones.



BRONZE DUTCH CLOVER

Turn to clover's cousin *Trifolium repens* 'Atropurpureum' to cover hot, dry patches.



CREeping THYME

This fragrant herb (*Thymus serpyllum*) is a tough groundcover for small sunny areas.

MYTH vs. REALITY KEEPING YOUR LAWN THICK AND GREEN REQUIRES EFFORT, BUT WRONG INFORMATION MAKES IT THAT MUCH MORE DIFFICULT.

— MYTH —
SPRING
IS THE
BEST
TIME TO
SEED.

Not necessarily. Different grasses germinate at different times.



TALL FESCUE, for example, is best started in fall so it has time to establish before enduring the brutal heat of midsummer. Check to see what type of turfgrass you're growing before investing your time, energy, and money.

— MYTH —
GOLF
COURSES
KEEP THEIR
GRASS
SHORT, SO IT'S
A GOOD IDEA
TO DO
THE SAME.



Lowering blades in an effort to mow less frequently can cause significant damage.

It might expose roots to sunrays, causing your lawn to turn brown. Ensuring the blade cuts your grass to the proper height provides the roots' needed shade. Check the appropriate mowing height for your grass species (ipm.ucanr.edu), but never cut off more than a third at a time.

— MYTH —
DETHATCHING
EVERY YEAR
IS ESSENTIAL.

Actually, leave this brown layer of living and dead plant material alone as long as it is less than 1 inch thick. This accumulation of grass roots and dead grasses that don't decompose on the lawn benefits microbes and earthworms. Plus, spring's new growth will cover the brown. However, once it's thicker than an inch, pull out your dethatching rake to prevent problems such as increased pests and shallow grass roots.

— MYTH —
TURF PERFORMS BETTER THE MORE IT'S WATERED.

MORE TURF IS DAMAGED BY OVERWATERING

than underwatering. Although lawns need sprinklers to supplement rainfall to maintain color and density, wait to turn them on until you see the initial signs of stress. Those include the grass turning bluish gray (it isn't producing enough chlorophyll to stay green) and not bouncing back from footprints within a few seconds. With the exception of the hottest weeks, watering once each week is usually sufficient.



— MYTH —

GRUBS ARE BAD.

Grubs do eat roots just below the soil surface. That isn't all bad. In **small numbers, they help by aerating the soil.** If you see dead patches, however, the population is getting too large and an organic treatment may be necessary.

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the dirt **LAWN CARE**

GREEN UP

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- 2 TORO SMARTSTOW** The mulching 22" mower stows upright to save space. \$349; homedepot.com
- 3 COLORSTORM 4-PATTERN SPRINKLER** Dramm's sprinklers water up to 40 feet in diameter. \$34.95; amazon.com
- 4 DRAMMATIC LAWN CARE** Organic fertilizer that keeps pets and children safe. \$25.30 for 32 oz.; amazon.com
- 5 EARTHTURF** A blend of low-maintenance turfgrass and dwarf clover seeds. \$39 for 5 lb.; earthturf.com
- 6 ECOSMART ORGANIC LAWN FOOD** A microbial formula promotes healthy roots. \$19.99 for 15 lb.; target.com

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FREE APPS FOR THE LAWN AND GARDEN

Of course, there's an app for gardening. Dozens, in fact. Our favorites include:



GROWIT! Connect to a community of plant-lovers to see what others are growing near you, find the right plants for your yard, then show off the results.



HOME OUTSIDE Julie Moir Messervy's app lets you map your property then tap and drag 700-plus elements to design your landscape.



LEAFSNAP Now you can identify plants on the fly. Snap a plant's photo against a white background and submit it instantly for analysis. ■

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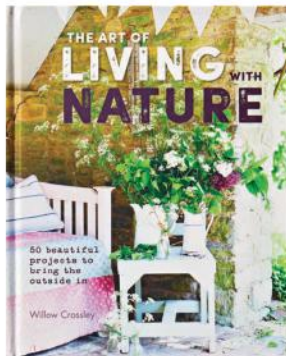
armchair inspiration

Gardeners spend much of the summer biding their time. A shelfful of handsome new books will tide them over.



HANDPICKED

A tutorial on simple, seasonal arrangements. By Ingrid Carozzi; Abrams, \$24.95; abramsbooks.com



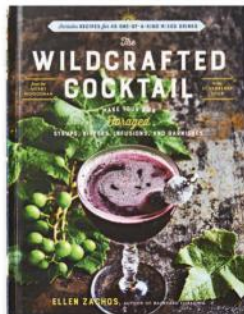
THE ART OF LIVING WITH NATURE

Fifty nature-inspired projects. By Willow Crossley; Cico Books, \$21.95; rylandpeters.com



CACTUS

Celebrate cacti through art, literature, and culture. By Dan Torre; Reaktion Books, \$27; press.uchicago.edu



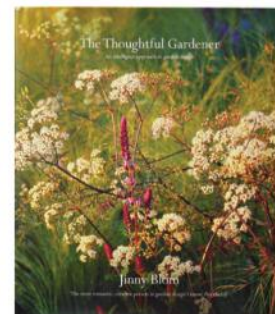
THE WILDCRAFTED COCKTAIL

Forage for ingredients for the makings of your next drink. By Ellen Zachos; Storey Publishing, \$18.95; storey.com



BOTANICAL SKETCHBOOKS

A treasury of botanical art. By Helen and William Bynum; Princeton Architectural Press, \$40; papress.com



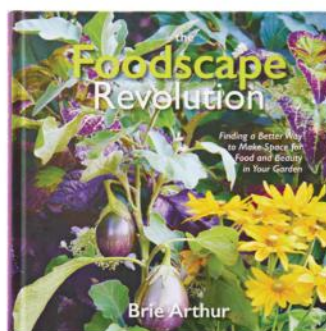
THE THOUGHTFUL GARDENER

A prolific London designer shares her creative process. By Jinny Blom; Jacqui Small Books, \$50; quartoknows.com



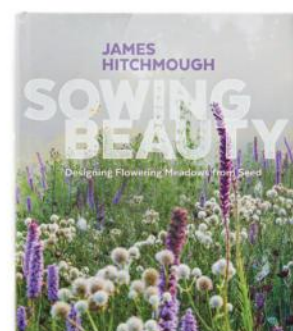
GLORIOUS SHADE

How to take advantage of shade. By Jenny Rose Carey; Timber Press, \$24.95; timberpress.com



THE FOODSCAPE REVOLUTION

Transform your yard into an edible haven. By Brie Arthur; St. Lynn's Press, \$21.95; stlynnspress.com



SOWING BEAUTY: DESIGNING FLOWERING MEADOWS FROM SEED

By James Hitchmough; Timber Press, \$39.95; timberpress.com ■



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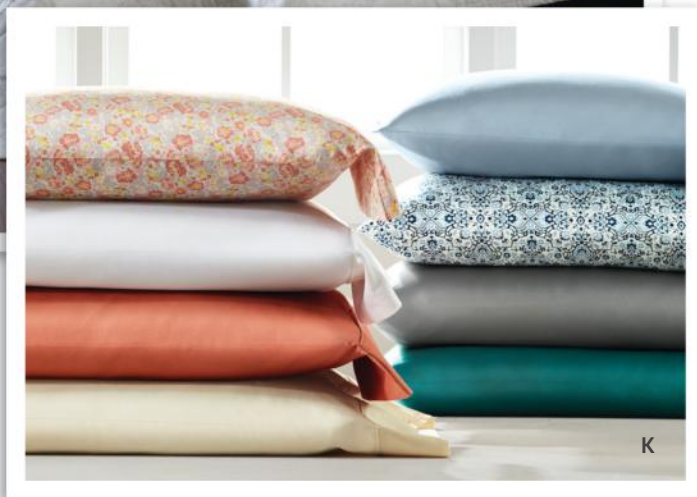
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NEW WAYS WITH **OKRA**

If you love okra in gumbo but not much else, we're here to broaden your taste. The pods' reputation as slimy comes from mucilage (a protein-based substance also found in aloe vera and quinces) around the seeds, which becomes gelatinous when heated, thus making the veggie a great thickener for stews. Hot and fast cooking—grilling, frying, roasting—reduces the slippery texture. You can find okra at its seasonal peak (including purple varieties) May through October. Large pods can be tough and fibrous, so choose those less than 4 inches long.

BY: MAGGIE GLISAN; PROP STYLING: SUE MITCHELL



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





FRIED OKRA SALAD

For dressing: In a small bowl stir together $\frac{1}{3}$ cup **mayonnaise**, $\frac{1}{4}$ cup **buttermilk**, and 1 Tbsp. **lemon juice**. Stir in $\frac{1}{2}$ cup crumbled **blue cheese**. Season to taste with **salt** and **pepper**. In a Dutch oven heat 2 inches vegetable oil to 350°F. In a medium bowl combine $\frac{1}{2}$ cups **buttermilk**; 6 oz. **okra**, cut into $\frac{1}{2}$ -inch pieces; 6 **green onions**, trimmed and halved crosswise; and 2 **jalapeños**, quartered lengthwise and seeded. In a resealable plastic bag combine $\frac{3}{4}$ cup **flour**, $\frac{3}{4}$ cup **cornmeal**, and $\frac{1}{2}$ tsp. **salt**. Remove a quarter of the okra from buttermilk mixture, shaking gently to remove excess. Add okra to flour mixture; seal. Shake to coat. Fry coated okra in hot **oil** 3 to 5 minutes or until golden brown. Remove with a slotted spoon to paper towels. Repeat with remaining okra. Serve with **butter lettuce** and dressing. Makes 4 servings.

SHEET PAN SUCCOTASH

Heat a 15×10×1-inch pan in a 450°F oven for 10 minutes. Meanwhile, in a large bowl combine 12 oz. **okra**, halved lengthwise; 2 chopped **orange, yellow, and/or red sweet peppers**; one 10- to 12-oz. package frozen shelled **edamame**; $\frac{1}{4}$ cup **olive oil**; and 1 tsp. **salt**. Transfer to the heated pan. Roast 20 to 25 minutes or until just tender, adding 16 oz. halved **cherry tomatoes** the last 5 minutes. Remove from oven. Stir in $\frac{1}{4}$ cup **fresh dill weed** and 2 Tbsp. **apple cider vinegar**. Makes 8 servings.

GRILLED OKRA TACOS

For berry salsa: In a medium bowl combine 2 cups fresh **raspberries** and/or **blueberries** and $\frac{1}{2}$ cup **salsa**. In a large bowl combine 1 Tbsp. **chili powder**, $\frac{1}{2}$ tsp. **cumin**, $\frac{1}{2}$ tsp. **coriander**, and $\frac{1}{2}$ tsp. **salt**. Add 1 lb. **okra** (halve larger pods) and 2 Tbsp. **olive oil**; toss to coat. Thread okra onto six sets of two parallel 10-inch-long skewers, leaving $\frac{1}{4}$ inch between each piece. Grill, covered, over medium-high heat 5 minutes or until charred and crisp-tender, turning once. Remove okra from skewers. Serve in **corn tortillas** with berry salsa, **sour cream**, and **feta cheese**. Makes 8 tacos. ■



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POP ART

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KIWI-
STRAWBERRY
ICE TEA POPS

WELL PLACED

To control fruit placement for the prettiest pops, reserve some of the sliced fruit and berries, freeze pops for 30 minutes until slushy, then add reserved fruit. The ice crystals will keep the fruit suspended.

PHOTO: JASON DONNELLY; FOOD STYLING: DIANNA NOLIN



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dinosaurs. They're made with
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Keep it Tyson.**



FREEZE FRAME

These recipes were made in 3-ounce frozen pop molds (under \$10; big-box stores or *amazon.com*). But 3-ounce wax-lined paper cups work, too. Pour ice pop mixture into cups, cover with foil, and insert flat wooden crafts sticks. Remove foil and paper cup before serving.

KIWI-STRAWBERRY ICE TEA POPS

Apple juice rounds out the earthy tea flavor and adds sweetness to this pop. You can customize this recipe with other favorite teas, too.

HANDS-ON TIME 20 min.

TOTAL TIME 3 hr. 20 min.

- 1½ cups water
- 3 bags vanilla rooibos tea
- ½ cup apple juice
- 1 tsp. honey or agave syrup
- 1 cup strawberries, sliced
- ½ cup peeled and sliced kiwi

1. In a small saucepan bring the water to boiling. Remove from heat. Add tea bags; cover and let stand 4 to 6 minutes. Remove bags, squeezing out excess liquid. Stir in juice and honey.

2. Divide strawberries and kiwi among ice pop molds; fill with tea mixture. Cover and freeze at least 3 hours or until firm. To help release pops, dip the molds in warm water 30 seconds. Makes 8 servings.

Tip For Peach Tea-Raspberry Ice Tea Pops, prepare as directed, except substitute peach tea for vanilla rooibos tea, white grape juice for apple juice, and ½ cups raspberries for strawberries and kiwi.

PER SERVING 23 cal, 3 mg sodium, 5 g carb, 1 g fiber.



ROASTED CHERRY-ALMOND MILK POPS

ROASTED CHERRY-ALMOND MILK POPS

HANDS-ON TIME 15 min.

TOTAL TIME 7 hr. 20 min.

- 1½ cups unsweetened almond or chocolate-almond milk
- ¼ cup plain whole-milk Greek yogurt
- 3 tsp. honey or agave syrup
- 1 tsp. vanilla
- 2 cups unsweetened frozen pitted dark sweet or tart red cherries
- ¼ tsp. ground cinnamon

1. Preheat oven to 425°F. In a medium bowl whisk together milk, yogurt, 2 tsp. honey, and the vanilla. Divide half of the mixture among ice pop molds, filling each about one-third full. Freeze

1½ hours or until nearly firm. Chill remaining milk mixture until needed.

2. Meanwhile, arrange cherries in a 2-qt. square baking dish. Roast 25 to 30 minutes or until juices start to thicken, stirring once. Transfer cherries to a blender or food processor. Add cinnamon and remaining 1 tsp. honey. Cover and blend or process until smooth; let cool.

3. Spoon cherry mixture over milk mixture in molds; swirl slightly. Freeze 1 hour or until nearly firm. Top with reserved milk mixture; swirl slightly. Cover and freeze at least 4 hours or until firm. Let stand 10 minutes before serving. Makes 8 servings.

PER SERVING 47 cal, 1 g fat, 1 mg chol, 36 mg sodium, 8 g carb, 1 g fiber, 1 g pro.

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PINEAPPLE PREP

Pineapple tends to foam when blended.

Allow the strained juice to sit for a few minutes before skimming off and discarding any foam.

PINEAPPLE, MINT, AND COCONUT WATER POPS

HANDS-ON TIME 20 min.

TOTAL TIME 12 hr. 30 min.

- 2½ cups unsweetened plain or flavored coconut water**
- 2 cups fresh pineapple chunks**
- ⅓ cup packed fresh mint leaves**
- 2 tsp. lime juice**
- 1 tsp. honey or agave syrup**

1. In a blender or food processor combine coconut water, 1½ cups pineapple, the mint, lime juice, and honey. Cover and blend or process until smooth. Press through a fine-mesh sieve into a bowl; discard solids. (You should have about 2½ cups juice.)

2. Pour strained mixture into ice pop molds, filling each about two-thirds full. Thinly slice remaining ⅓ cup pineapple and divide slices among molds. Cover and freeze overnight or until firm. Makes 8 servings. ■

PER SERVING 43 cal, 6 mg sodium, 11 g carb, 1 g fiber.

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A nod to Vietnamese banh mi—a sandwich with pork, pickled veggies, and chili sauce—this vegetarian version packs similar heat and tang.



TOFU & PICKLED VEGETABLE SANDWICH

BY: MAGGIE GLISAN; FOOD STYLING: GREG LUNA; PROP STYLING: SUE MITCHELL

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TOFU & PICKLED VEGETABLE SANDWICH

Tofu, a soy-based protein, can be found in the refrigerated section in two types, silken and regular. Blend silken into smoothies, dressings, etc. Regular—sold based on moisture content as medium, firm, and extra-firm—is ideal for baking or stir-frying.

TOTAL TIME 45 min.

- 3 cups thinly sliced cucumbers, radishes, and carrots
- 1 shallot, very thinly sliced
- ¼ cup rice vinegar or cider vinegar
- ½ tsp. sugar
- 16 oz. firm tofu, drained and cut crosswise into 8 slices
- ¼ cup mayonnaise
- 2 tsp. sriracha sauce
- 1 Tbsp. lime juice
- 4 hoagie rolls, split and toasted
- ½ cup fresh cilantro leaves

1. For pickled vegetables: In a medium bowl combine vegetables, shallot, vinegar, sugar, and ¼ tsp. salt; let stand at least 10 minutes.
2. Wrap tofu with paper towels; press firmly to squeeze out excess moisture. In a small bowl stir together mayonnaise and sriracha. Spread half the mixture in a thin layer on one side of each tofu slice.
3. Heat an extra-large nonstick skillet over medium-high heat. Add tofu slices, mayonnaise mixture side down; cook until golden brown, 2 to 3 minutes. Turn; cook 2 to 3 minutes more. Remove pan from heat. Drizzle tofu with lime juice.
4. Spread rolls with remaining mayonnaise mixture. Top with tofu, drained pickled vegetables, and cilantro. Makes 4 servings.

EACH SERVING 401 cal, 17 g fat, 6 mg chol, 648 mg sodium, 45 g carb, 4 g fiber, 19 g pro.

Pin it! BHG.com/TofuSandwich



**COCONUT
SUMMER
SQUASH SOUP**

COCONUT SUMMER SQUASH SOUP

Curry powder is a blend of spices, often including cardamom, cinnamon, cumin, chiles, and turmeric—among others. Grocery stores tend to carry two styles: standard and Madras. The latter tends to have more kick.

HANDS-ON TIME 20 min.

TOTAL TIME 45 min.

- ½ cup finely chopped yellow onion
- 2 Tbsp. finely chopped fresh ginger
- 2 Tbsp. vegetable oil
- 1 tsp. Madras curry powder
- 1 tsp. ground turmeric
- 2 lb. yellow summer squash, chopped
- 2½ cups reduced-sodium chicken broth
- 1 medium yellow or orange sweet pepper, chopped
- 1 14-oz. can unsweetened light coconut milk

- 1 lime, juiced (2 Tbsp.)
- Plain yogurt
- Toasted unsweetened coconut chips

1. In a large pot cook and stir onion and ginger in hot oil over medium heat 3 to 4 minutes or until beginning to soften. Add curry powder, turmeric, and 1 tsp. salt. Cook and stir 2 minutes. Add squash, broth, and sweet pepper. Bring to boiling. Reduce heat. Simmer, covered, 12 to 15 minutes or until tender. Stir in coconut milk. Remove from heat; let cool 10 minutes.

2. Using an immersion blender, puree mixture until smooth. Stir in lime juice. Season to taste with salt and black pepper. Top with yogurt and coconut. Makes 6 servings.

EACH SERVING 171 cal, 11 g fat, 1 mg chol, 622 mg sodium, 14 g carb, 3 g fiber, 5 g pro.

Pin it! BHG.com/SquashSoup

OUR SECRET IS SIMPLE

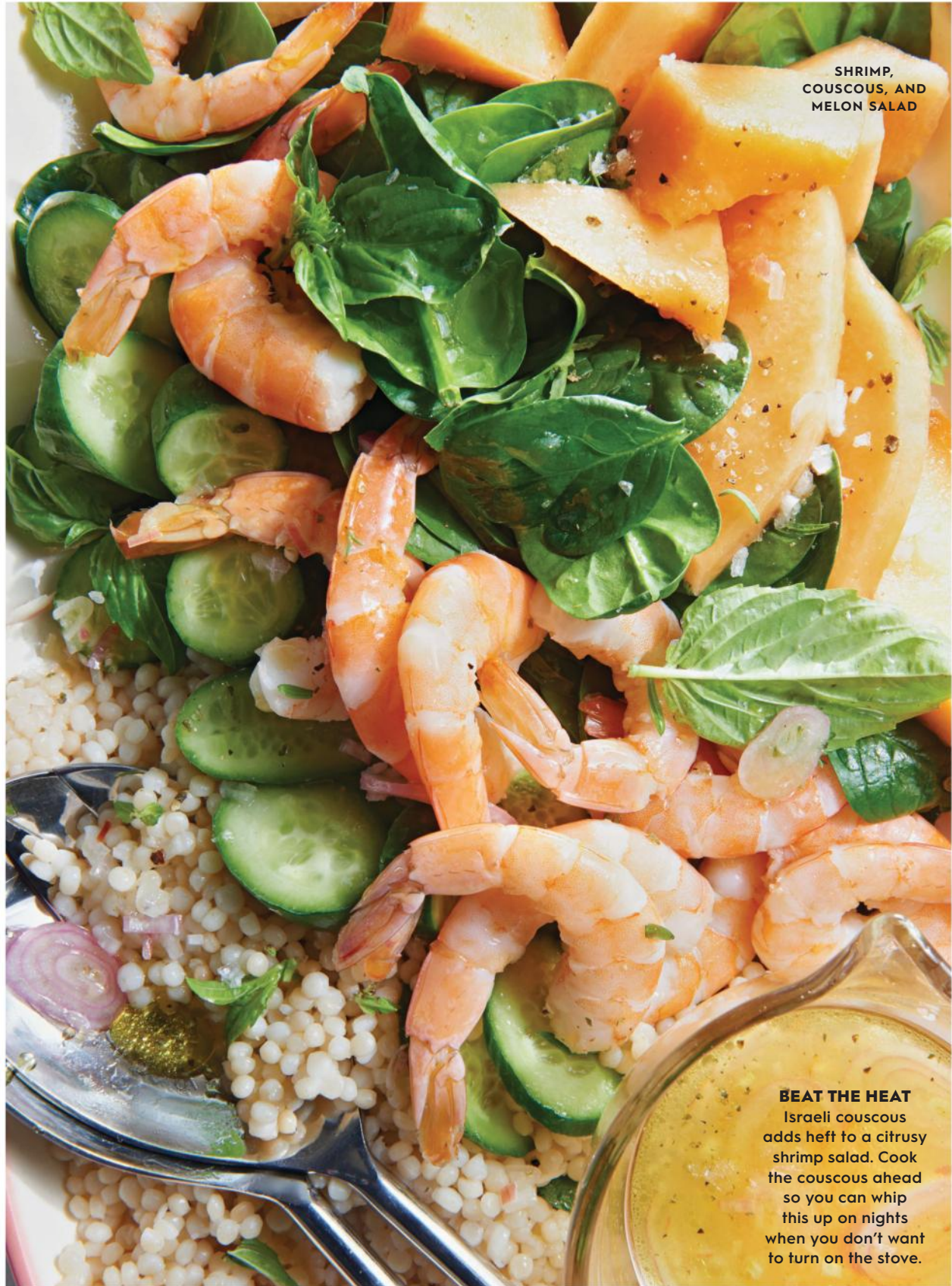
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**SHRIMP,
COUSCOUS, AND
MELON SALAD**

BEAT THE HEAT
Israeli couscous adds heft to a citrusy shrimp salad. Cook the couscous ahead so you can whip this up on nights when you don't want to turn on the stove.



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GROUND GAME

Try this flavor-packed stir-fry with any ground meat or poultry.

If you like spice, add a fresh or dried red chili (or crushed red pepper) when sautéing the ginger and garlic.

SHRIMP, COUSCOUS, AND MELON SALAD

Here's a trick for easing the process of cutting a bowling ball-size melon: First, cut a sliver of peel from the end of the fruit to create a flat surface for it to stand on your cutting board. Then carefully cut in half, and place halves cut side down. Cut away the peel, working from the top downward.

TOTAL TIME 30 min.

- 1 large shallot, thinly sliced
- 2 limes, juiced (¼ cup)
- 2 lemons, juiced (¼ cup)
- ¼ cup olive oil
- 8 oz. uncooked Israeli (large pearl) couscous (1½ cups)
- 1 lb. cooked, peeled, and deveined large shrimp
- 1 medium cantaloupe, peeled, seeded, and cut into chunks (5 cups)
- 2 cups sliced cucumber
- 3 cups fresh spinach
- ¼ cup fresh basil leaves

1. For dressing: In a small bowl combine shallot, lime and lemon juice, and ½ tsp. each salt and black pepper. Whisk in the olive oil.

2. In a medium saucepan bring salted water to boiling. Add couscous; cook 6 to 8 minutes or until tender. Drain and rinse with cold water. Drain again.

3. Arrange couscous, shrimp, cantaloupe, cucumber, spinach, and basil on platter. Drizzle with dressing. Toss before serving. Makes 6 servings.

EACH SERVING 346 cal, 10 g fat, 122 mg chol, 284 mg sodium, 44 g carb, 2 g fiber, 22 g pro.

Pin it! BHG.com/ShrimpSalad



GINGER PORK WITH SWEET PEPPERS

GINGER PORK WITH SWEET PEPPERS

For short-term storage of fresh ginger, wrap the unpeeled root in a paper towel and refrigerate. For longer storage, immerse peeled slices in vodka and store in a container in the fridge up to 3 months. (Bonus: The ginger-infused vodka is great in cocktails!)

TOTAL TIME 25 min.

- 1 Tbsp. toasted sesame oil
- 1 lb. ground pork
- 2 Tbsp. chopped fresh ginger
- 2 Tbsp. minced fresh garlic
- 2 medium sweet peppers, cut into strips
- ½ cup water
- ½ cup reduced-sodium soy sauce
- 2 tsp. packed brown sugar
- ½ cup chopped dry roasted peanuts
- Hot cooked rice

1. In a 12-inch skillet heat sesame oil over medium-high heat. Add pork and 1 Tbsp. each of the ginger and garlic. Cook until pork is browned and crispy, stirring to break into smaller pieces. Remove from skillet with a slotted spoon.

2. Add peppers to skillet in a single layer. Cook, without stirring, 2 to 3 minutes or until peppers begin to blacken and blister. Stir peppers. Add remaining ginger and garlic, the water, soy sauce, and sugar. Reduce heat to medium. Cover; cook 2 minutes more or until peppers are crisp-tender. Stir in pork. Cook and stir to heat through. Top with peanuts and fresh basil. Serve with rice. Makes 4 servings.

EACH SERVING 543 cal, 31 g fat, 77 mg chol, 819 mg sodium, 37 g carb, 3 g fiber, 29 g pro.

Pin it! BHG.com/GingerPork

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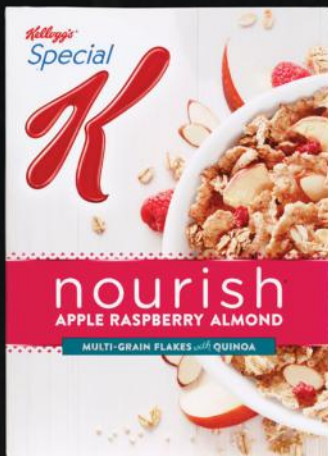
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PASTA WITH NO-COOK TOMATO SAUCE & MOZZARELLA

No need to cook tomatoes when you want fresh sauce. Simply combine them with a few glugs of your best olive oil, garlic, salt, and a ladle or two of the pasta's cooking liquid. Any variety of ripe tomato works: heirloom, roma, cherry, beefsteak.

HANDS-ON TIME 20 min.

TOTAL TIME 40 min.

- 6 Tbsp. olive oil
- 4 garlic cloves, thinly sliced
- 2 lb. tomatoes, cored and cut into chunks
- 1 lb. dried rigatoni
- ½ lb. small fresh mozzarella balls
- 1 cup torn or sliced fresh basil leaves
- ⅓ cup chopped fresh chives

1. In an extra-large bowl combine oil and garlic. Add tomatoes and 1 tsp. salt; toss to coat.

2. Cook pasta according to package directions. Drain, reserving ½ cup cooking liquid. Add pasta and ¼ cup cooking liquid to tomato mixture; toss to combine. Stir in mozzarella. Cover bowl; let stand 10 minutes.

3. Add basil, chives, black pepper, and a drizzle of additional olive oil to pasta mixture. Add remaining pasta water as needed to reach desired sauciness. Serve at room temperature. Makes 4 servings.

EACH SERVING 532 cal, 24 g fat, 27 mg chol, 309 mg sodium, 63 g carb, 5 g fiber, 18 g pro. ■

Pin it! BHG.com/NoCookSauce



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What we sip this summer should do more than just quench our thirst. Mix up these drinks for a flavor-packed way to cool down.

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Iced coffee sweetened with a simple syrup flavored with orange, lemon, ginger, and honey peps up your afternoon pick-me-up.

WATERMELON-BERRY LIMEADE

Blend watermelon, strawberries, coconut water, and lime juice and you've got a tall glass of summer. Add a little tequila, vodka, or rum and you've got a party.

TURMERIC-MANGO TONIC

Shake a dash of turmeric—a spice generating major buzz for its anti-inflammatory health benefits—into mango puree and pineapple juice, and top with a splash of sparkling water. ■

RECIPES ON
PAGE 152.



TRY THIS Channel your inner barista! Ready-made cold-brew concentrate makes it easy to get creative with custom flavor combinations. Pour over ice with water or milk, add mix-ins, and adjust the strength to taste. **Get it** Gevalia Cold Brew Iced Coffee Concentrate House Blend, \$6.99, in grocery stores.

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PEACH &
TOMATO
SALAD



Fresh peaches and tomatoes star in this salad, *opposite*, with basil, goat cheese, and pecans. To make sure the peaches taste their best, slice and add them just before serving the salad. Case Fischer, co-owner of Das Peach Haus in Texas, recommends rinsing peaches to remove excess fuzz.

RED, WHITE & *PEACHY*

In Texas Hill Country, the Fourth of July means parades, fireworks, and...peaches. One family celebrates with a simple feast inspired by their favorite fruit.

BY **PAIGE PORTER FISCHER** PRODUCED BY **NANCY WALL HOPKINS** PHOTOS **BUFF STRICKLAND**
FOOD STYLING **MARIAN COOPER CAIRNS** PROP STYLING **ADAM FORTNER**



Fredericksburg, TX, swells with tourists every Fourth of July, when crowds line historic Main Street for its Norman Rockwell-style parade. Visitors know this holiday happily coincides with peak season of one of the town's other main attractions: peaches.

It's the best—and busiest—time of year for Case and Deanna Fischer, who run Das Peach Haus, the first permanent fruit stand in the county. “I’ve never seen a person more passionate about something than my husband is about peaches,” says Deanna, who “settled down” with Case in a farmhouse in the middle of the orchards he has tended since high school. They raised their three children on this 60-acre farm and, with business partner Mark Wieser, built the specialty foods business Fischer & Wieser, known internationally for its locally made preserves and sauces.

“The peaches come in waves all summer, but early July is when the very best are in season,” Deanna says. “They’re called freestones because when you slice them the fruit pulls right away from the pit.” Bright red around the center, with deep amber-color flesh, these peaches are heavy with sweet, nectar-like juice—a benefit of ripening on the trees.

The Fischers celebrate the harvest on the Fourth of July by driving their 1949 red Ford truck in the town parade before heading to the farm for a family picnic dinner. “When you’ve got this much ripe fruit, you put it into everything, from cocktails to dessert,” Deanna says.

“We snack, swim, and sip on sangria before a steak supper,” she says. “Our kids are grown now, but the summer harvest has always lured them home. I hope it always will.”

RECIPES BEGIN
ON PAGE 146.

TEXAS
PEACH
SANGRIA



TEXAS PEACH SANGRIA Deanna's sangria is, of course, full of peaches, but it's delicious with any combination of ripe fruit. Substitute watermelon chunks or sliced nectarines, and swap the grapes for plump summer blueberries. **BLACK-EYED PEA & QUINOA SALAD** "I never met a bean I didn't like," says Deanna, who adds quinoa to up the protein in her take on cowboy caviar. Her sons call this dish "beanoa."

BLACK-EYED
PEA & QUINOA
SALAD





ABOVE, FROM RIGHT Case Fischer and Mark Wieser drive the company's vintage truck in the parade with ride-along family members Dietz Fischer, Simon, Elle, Piper the dog, Deanna Fischer, Jack Henderson, and Jenny Wieser. **RIBEYE STEAKS AND PEACHES** Case grills ribeye steaks, *opposite*, alongside peaches, which he allows to caramelize and char for intense flavor. Deanna's global textiles and Mexican pottery make a colorful backdrop to food served family-style on the picnic table.



RIBEYE
STEAKS
AND
PEACHES

***Peaches,
plus more***

Keep the flames going and try our fruitiest barbecue recipes at BHG.com/GrilledFruit.



PEACH ICE CREAM The family's favorite dessert can be made ahead, but Case and Deanna love the day-of approach. "There's something fun about making ice cream together," she says. "It's a form of entertainment." A splash of bourbon gives it an "irresistible something extra," Deanna says. **CLOCKWISE, FROM ABOVE RIGHT** Christmas tree lights outline the dock edge where the family enjoys their annual fireworks show. "It used to be Case shooting the fireworks off, but now our kids are old enough to put on the show for us," Deanna says. ■







GAME ON

GRAB A PADDLE, A PLATE, OR
A PAGE-TURNER. THIS
RENOVATED CALIFORNIA PORCH IS
MADE TO SUIT ALL MOODS
(AND PING-PONG SKILL LEVELS).

BY **KATY KIICK CONDON** PHOTOS **KIM CORNELISON**
PRODUCED BY **JENNIFER BERNO DECLEENE**

NOW SERVING

Photographer Kim Cornelison and her husband, Alfie Ferreyra, *this photo*, gained 700 square feet of living space in their Ojai, CA, home when they outfitted a covered but bare back porch, *inset*.



◀
PAINTING THE CEMENT FLOOR FARROW & BALL'S BLACK BLUE NO. 95 HIDES IMPERFECTIONS AND ADDS PERSONALITY TO THE ALL-WHITE ROOM.

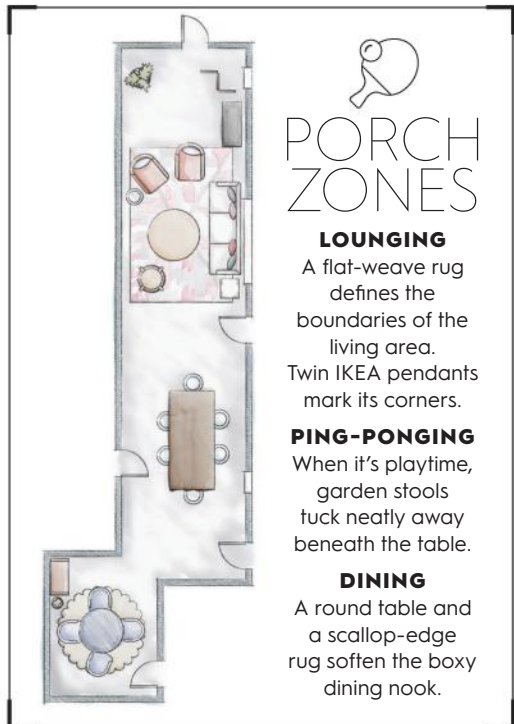
A coral color flashes across the Ojai, CA, sky most nights at dusk. It's called the Pink Moment and, though fleeting, it has left an impression on photographer and native Midwesterner Kim Cornelison and her husband, Alfie Ferreyra. Building on the freshly painted navy-black floors and flat white walls of their covered and screened porch, they animated the space with rosy pink on a Dutch door here, a rug and throw pillow there.

A set of sunset-hue Ping-Pong paddles on the wall is the punctuation mark. They hang beside an eight-person dining table that transitions to accommodate table tennis with the easy addition of a foam-back top. For casual dinners, a painted bamboo table, one of many rehabbed vintage finds, sits in a sunny corner. And at the other end of the porch, a comfy couch holds down a living area meant for lively talks or full-on lounging. Pink moment meet Zen moment.

LIVING AREA
At one end, a vintage rattan screen makes an artsy backdrop while blocking an interior bathroom window.

FOR LARGE-SCALE
PATTERNED
FABRICS, BUY
EXTRA SO YOU CAN
CENTER THE
DESIGN JUST SO.





TOP Opening the top half of the Dutch door connects the kitchen and porch spaces. Brass hardware and two coats of Sherwin-Williams Oleander SW6603 make the cottage-style door feel California mod.

LEFT Kim used a nail gun to hang wood fence boards on a

focal wall. She first blocked out the chevron pattern with painters tape. Tibetan terrier Millie helped.

ABOVE Tiered custom shelves display paddles as art and hold extra Ping-Pong balls, beverages, and even a mounted bottle opener and cap catcher.



▶
**EXPOSED STUDS
 ARE STURDY
 SPOTS TO SCREW
 IN HOOKS
 FOR HANGING
 PLANTS.**

SMART STORAGE

ABOVE During dinner parties, this wheeled cart from Target facilitates trips between the kitchen and table. When it's not full of dishes and utensils, it pulls duty as a plant stand.

RIGHT Kim uses a World Market sideboard as a bar and storage for party supplies like an ice bucket and extra glasses. She painted the dark slotted doors to lighten the piece so it blends with the rest of the room. Above it, they used Command hooks to hang a gallery wall on the cement blocks.



#BHG FIRSTS

*Celebrating
 brag-worthy
 accomplishments.
 Tag your pics
 #BHGFirsts.*



LESSONS LEARNED

With five house renos under their belts, Kim and Alfie are seasoned DIYers. But that doesn't mean they're done learning. Here are their lessons from this project:

LET GO OF PERFECT

Sometimes good enough is just that. Installing a new floor and covering the brick walls would have looked great but at a steep price. Paint tied the mishmash of textures together and looks tidy while leaving the budget intact.

ALWAYS BE LOOKING

Even if you're not in a design store, Kim says, keep your eyes open for something that could work or be remade to suit your space. Case in point: Kim found those serapes hanging near the Ping-Pong table for \$6.99 at a roadside gas station. The round dining table was a bright teal thrift-store find, but it was well made, so worth some effort to restyle.

SOURCES: (THIS PAGE) DOORMAT: LULU & GEORGIA. (OPPOSITE) WINDOW SHADES: SELECTBLINDS.COM. JUTE RUG: WAYFAIR.COM. PLANTERS: HAYNEEDLE.COM

“

Friends and family are always coming and going. It's a great space for entertaining guests, but nothing out here is too precious.

”

HOMEOWNER
KIM CORNELISON

SMART TEXTILES

Lots of windows maximize light and breezes, but for blocking rain and UV rays, Kim and Alfie installed exterior-grade roller shades. On the chairs, indigo indoor/outdoor Duralee fabric counters the pale peaches and stands up to the elements. ■



WHEN DIVIDING A LARGE SPACE, GIVE EACH "ROOM" ITS OWN LIGHT SOURCE.





DYED & TRUE

A TEXTILE ARTIST'S BACKYARD
BRIMS WITH THE PLANTS
SHE USES TO MAKE A RAINBOW
OF NATURAL-FIBER DYES.

BY **DEBRA PRINZING** PHOTOS **MARION BRENNER**
STYLING **KRISTEN FIELDER**



Chris Knowlton and Steve Akeson's California backyard, *this photo*, reveals a rough grid softened by designer Leslie Bennett's purple-and-yellow planting scheme. Dyed fabric, *opposite*, dries on a trellis amid pigment and pollinator plants, including cosmos, feverfew, *Agastache* 'Tutti-frutti', and yarrow.



MEET DESIGNER

LESLIE BENNETT

Owner of Pine House Edible Gardens in Oakland, CA, Leslie specializes in creating beautiful and productive outdoor spaces.

CHOOSING A COLOR PALETTE

Pick two or three colors to repeat, keeping in mind foliage colors. Work within that palette, but feel free to pepper in other colors for interest.

INCORPORATING EDIBLES

Consider adding perennial edibles, such as fruit trees, berry shrubs, and herbs, throughout existing ornamental landscapes.

CREATING A FOCAL POINT

A seating area or a dedicated perennial herb bed serves as an attractive fixed feature in the landscape and draws the eye—and visitors—out to explore.

After taking a class on natural fabric and yarn dyeing, Chris Knowlton reimagined her garden as a rainbow of color-producing plants. “Sustainable textiles are becoming more popular, and I wanted a garden that’s meaningful to me—one that allows me to create my own naturally dyed fabric and yarn,” says Knowlton, a lifelong knitter.

She and her husband, Steve Akeson, found the perfect ally in Bay Area garden designer Leslie Bennett, whose reputation for creating functional, ornamental gardens appealed to the couple. “Plants that produce natural pigments, like citrus, indigo, raspberry, and red cabbage, are easy to grow alongside more traditional garden selections,” Bennett says. “In many cases, these choices also attract pollinators and are beautiful for cutting.”

Chris and Steve’s 30×60-foot yard was laid out in a hexagon, with a concrete path crisscrossing the patio at the center. Along that grid, a color scheme of purple and yellow keeps the extensive list of plants cohesive.

The couple now enjoy a backyard escape that’s pleasing to all the senses. “Before, this felt like a farmyard,” Chris says. “Now it’s a beautiful extra room with plants I can use for dyeing projects.”



The garden encompasses the existing dining patio, where a new trellis supports angel's trumpet (*Brugmansia* sp.) to block an unsightly view. A raised bed, *opposite*, contains a medley of both edibles and dye plants, including 'Berggarten' sage and 'Wild Magic' basil.

DYES FROM NATURE

Grow these plants to use for pigments.

1

MARIGOLD

(*Tagetes* species, including 'Lemon Gem')
Bright yellow, gold, and chartreuse pigments.
12–36 inches

2

YARROW

(*Achillea millefolium*)
Warm ivory or buttery yellow hues.
24–36 inches

3

COSMOS

(*Cosmos bipinnatus* and *C. sulphureus*)
Shades of berry or gold.
12–48 inches

4

JAPANESE INDIGO

(*Persicaria tinctoria*)
The blue comes from its leaves.
12 inches

5

'WILD MAGIC' BASIL

(*Basil herbalea*)
Medium to deep plum.
18 inches

6

DYER'S COREOPSIS

(*Coreopsis tinctoria*)
Golden yellow and rust to reds.
24–48 inches



ECO-PRINTED FLOWER TABLECLOTH

Chris Knowlton learned natural dyeing from Bay Area artist Kristine Vejar, author of *The Modern Natural Dyer* (Abrams, 2015). Find supplies and Vejar's kits at averbforkeepingwarm.com. Her process: Start by treating a clean linen tablecloth in a solution of mordant (a metallic salt that facilitates a bond between the fiber and dye). Press flowers on surface of the wet fabric. Accordion-fold and roll fabric around one end of a wooden dowel; tie tightly with cotton string. Submerge bundle in a pot of water, bring to 190°F; simmer for 1 hour. Cool, remove the flowers, and admire. ■

Decomposed granite covers paths leading through plantings of lavender, yarrow, purple coneflower, and sage to a "secret" seating area. "This is my place to really have quiet time," Chris says.



THE KITCHEN COOKBOOK



RECIPES FROM PAGES 126–133

RED, WHITE & PEACHY

PEACH & TOMATO SALAD

TOTAL TIME 30 min.

- ½ cup balsamic vinegar
- ¼ cup olive oil
- 1 Tbsp. honey
- 6 medium ripe peaches (about 2 lb.), pitted and cut into wedges
- 2 lb. tomatoes, cut into wedges
- 1 cup thinly sliced red onion
- 1 cup crumbled feta cheese
- 1 cup pecan halves, toasted
- ½ cup torn fresh basil

In an extra-large bowl whisk together vinegar, oil, honey, and ½ tsp. each *salt* and *black pepper*. Add peaches, tomatoes, red onion, cheese, and pecans; toss to coat. Top with basil. Serve immediately. Makes 12 cups.

PER 1-CUP SERVING 192 cal, 13 g fat, 11 mg chol, 219 mg sodium, 16 g carb, 3 g fiber, 4 g pro.

TEXAS PEACH SANGRIA

TOTAL TIME 20 min.

- 2 750-ml bottles Chardonnay or other dry white wine
- 2 cups peach nectar
- 1 cup peach schnapps
- 1 cup peach-flavor vodka
- 2 cups ginger ale
- 8 cups fresh fruit, such as sliced peaches or plums, seedless green grapes, and/or raspberries

In a large pitcher combine wine, peach nectar, schnapps, and vodka; chill. To serve, add ginger ale and fruit. Makes 5 quarts.

PEACH MOCKTAIL Omit wine, schnapps, and vodka. Use two 750-ml bottles sparkling apple juice. Increase peach nectar and ginger ale to 3 cups each.

NOTE To keep sangria cold longer, freeze the fruit in a single layer on sheets, covered, 2 to 3 hours.

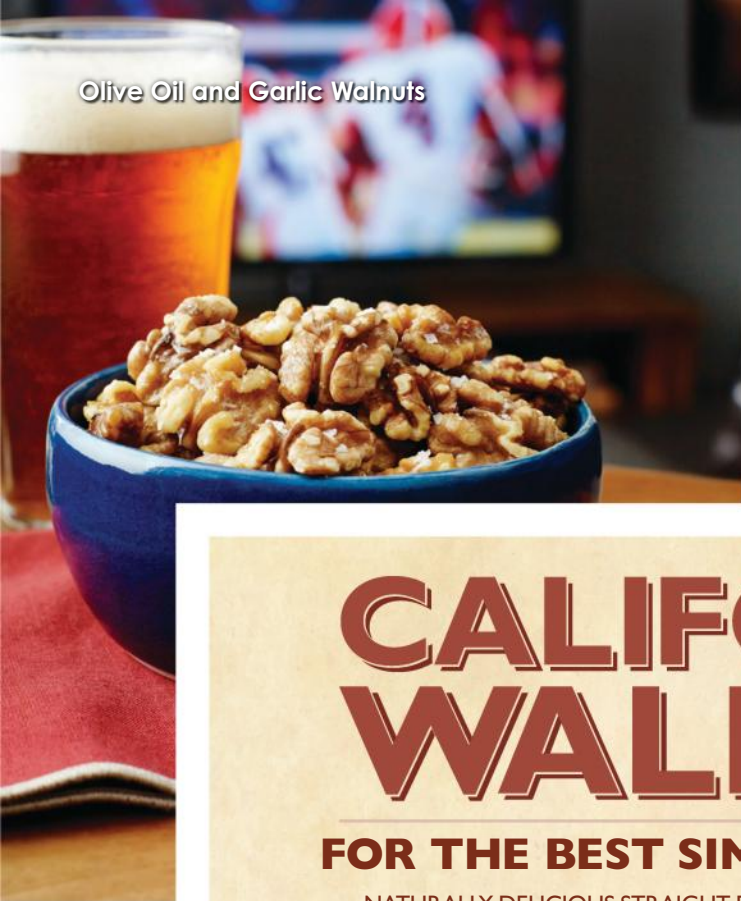
PER 6-OZ. SERVING WITH ½ CUP FRUIT 212 cal, 10 mg sodium, 22 g carb, 2 g fiber, 1 g pro.



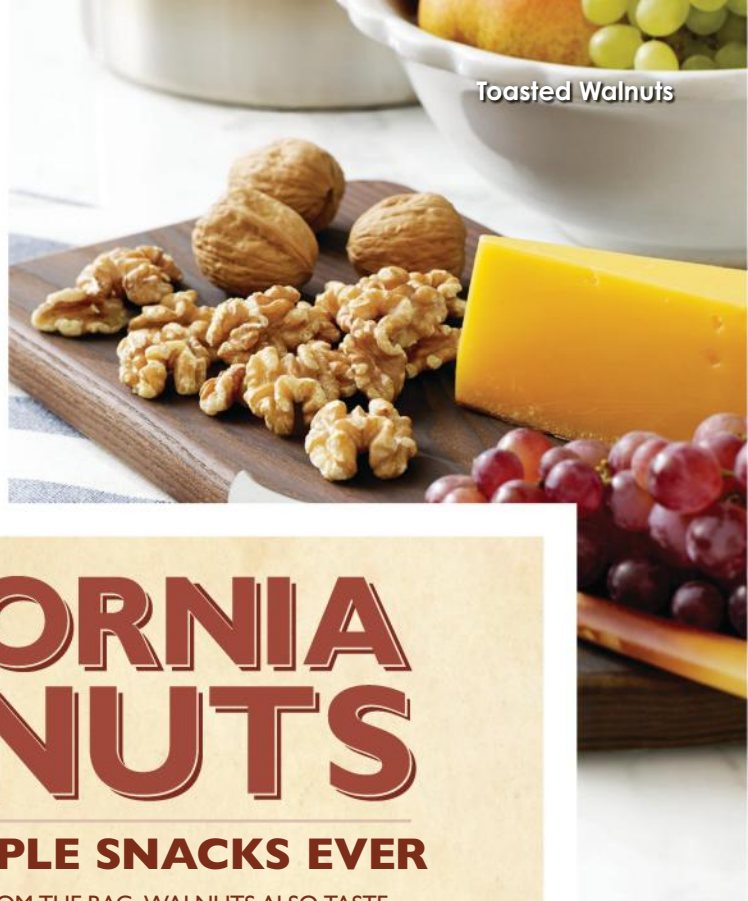
DAS PEACH HAUS

“Seeing people taste peaches straight out of the orchard is what inspired me to get into the specialty food business,” says Case Fischer, *right*, with business partner Mark Wieser. “Seeing that is still what drives our company, almost 40 years after I started working as a high school student, and it’s why we still maintain our orchards and store.”

Olive Oil and Garlic Walnuts



Toasted Walnuts



CALIFORNIA WALNUTS

FOR THE BEST SIMPLE SNACKS EVER

NATURALLY DELICIOUS STRAIGHT FROM THE BAG, WALNUTS ALSO TASTE GREAT TOASTED OR SIMPLY SEASONED. NOTHING BEATS HEART-HEALTHY* CALIFORNIA WALNUTS FOR EASY, TASTY SNACKS. VISIT WALNUTS.ORG/SNACKS.






Per one ounce serving.



So Simple. So Good.™

Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines.

walnuts.org   

Raw Walnuts



Sea Salt Walnuts



*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.

BLACK-EYED PEA & QUINOA SALAD

HANDS-ON TIME 35 min.

TOTAL TIME 4 hr. 35 min.

- 4 limes, juiced (about ½ cup)
- 2 Tbsp. olive oil
- 2 Tbsp. white wine vinegar
- 1 tsp. Dijon-style mustard
- 1 15- to 16-oz. can black-eyed peas, rinsed and drained
- 1 15- to 16-oz. can black beans, rinsed and drained
- 3 ears fresh sweet corn, cut off cob, or 1½ cups frozen whole kernel corn, thawed
- 1 cup cooked quinoa
- 1 medium tomato, chopped (1 cup)
- ½ cup sliced red sweet pepper
- ⅓ cup chopped fresh cilantro
- 3 green onions, chopped
- 1 Tbsp. sliced pickled jalapeño pepper, chopped
- 1 medium avocado, halved, pitted, peeled, and chopped

1. In a large bowl whisk together lime juice, olive oil, vinegar, mustard, and ½ tsp. each *salt* and *black pepper*. Add black-eyed peas, black beans, corn, quinoa, tomato, red sweet pepper, cilantro, green onions, and jalapeño pepper; toss to combine.

2. Cover; chill 4 to 24 hours. Gently stir in avocado just before serving.

Makes 8 cups.

PER ½-CUP SERVING 101 cal, 4 g fat, 249 mg sodium, 14 g carb, 3 g fiber, 4 g pro.

RIBEYE STEAKS & PEACHES

HANDS-ON TIME 20 min.

TOTAL TIME 40 min.

- 1 Tbsp. paprika
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 2 tsp. lemon-pepper seasoning
- 1 tsp. ground cumin
- ½ tsp. crushed red pepper
- 4 1- to 1¼-lb. beef T-bone steaks or six 8-oz. beef ribeye steaks (about 1 inch thick)
- 12 medium ripe peaches (about 4 lb.), peeled, pitted, and halved

- ¼ cup balsamic vinegar
- 2 Tbsp. snipped fresh thyme
- 1 Tbsp. butter, melted
- 1 tsp. sugar
- Fresh thyme sprigs

1. In a small bowl stir together paprika, onion powder, garlic powder, lemon-pepper, cumin, crushed red pepper, and 1 Tbsp. each *salt* and *black pepper*. Rub onto both sides of steaks.

2. Grill steaks on rack of a covered

grill directly over medium coals (for medium-rare, grill 10 to 13 minutes), turning once. Cover; let stand 5 minutes.

3. Grill peaches 5 minutes, turning once.

4. Meanwhile, in a large bowl combine balsamic vinegar, snipped thyme, butter, sugar, and ½ tsp. black pepper. Add peaches; toss. Serve with steak; top with thyme sprigs. Makes 12 servings.

PER SERVING 321 cal, 17 g fat, 71 mg chol, 630 mg sodium, 17 g carb, 3 g fiber, 25 g pro.

“YOU KNOW IF YOU TAKE A BITE AND HAVE A RIVER OF JUICE RUNNING DOWN YOUR ARM, YOU’VE TASTED A PEACH THE WAY NATURE INTENDED.”

DEANNA FISCHER





Real spices. Real taste. No artificial preservatives. Really.

Deli Fresh Blackened Chicken Breast 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.

HAIR LOSS

Annette never felt she had great hair, so she went to the hairdresser 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.



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.



A SWEDISH HAIR TABLET based on apple extract

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.



FOOD RECIPES



Bonus recipe

Deanna Fischer likes to serve sliced peaches dusted with hot chili powder for a pick-me-up snack. Cucumbers and jicama add refreshing crunch to this spicy-sweet bite.

MEXICAN CHILES AND PEACHES

TOTAL TIME 20 min.

- ¼ cup dried red chile peppers, such as chiles de árbol (about 15)
- 2 dried chipotle peppers, stemmed
- 4 to 5 ripe peaches (about 1½ lb.), pitted and cut into wedges
- 8 oz. jicama, peeled and cut into 4-inch sticks
- 1 medium cucumber, cut into 4-inch sticks
- 4 to 5 limes, quartered
- Flaky sea salt

peppers; set aside. On a platter arrange peaches, jicama, and cucumber. Squeeze limes over. Sprinkle lightly with ground chile and salt. Makes 8 to 10 servings.
PER SERVING 54 cal, 875 mg sodium, 13 g carb, 3 g fiber, 1 g pro.

PEACH ICE CREAM

HANDS-ON TIME 30 min.
 TOTAL TIME 1 hr. 45 min., plus freezing overnight

- 4 medium ripe peaches (about 1¼ lb.), peeled and chopped into small chunks (4 cups)
- 1 cup packed brown sugar

In a spice grinder finely grind dried red chiles and chipotle

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.

- ½ cup granulated sugar
- 3 Tbsp. lemon juice
- 2 tsp. vanilla
- ¼ tsp. almond extract
- 2 cups whipping cream
- 2 Tbsp. bourbon, optional

1. In a large bowl combine peaches, brown sugar, granulated sugar, lemon juice, vanilla, and almond extract. Let stand 15 minutes. Add whipping cream and, if using, bourbon; stir to combine. Place in an airtight container; chill 1 to 2 hours or overnight.

2. In a 2-qt. ice cream freezer churn mixture according to manufacturer's directions. Transfer to a freezer container; freeze overnight. Makes 7 cups.

PER ½-CUP SERVING 224 cal, 12 g fat, 39 mg chol, 14 mg sodium, 28 g carb, 1 g fiber, 1 g pro.



ICE CREAM TOPPINGS

Open your mind to using different flavors this summer. A drizzle of olive oil and flaky sea salt, brown sugar, or organic nasturtiums are delicious options. For added peach flavor on their ice cream, Deanna and Case use a spoonful of Fischer & Wieser preserves, like Amaretto Peach Pecan or Old-Fashioned Peach. \$7.95 each; jelly.com



Incredible flavor in every grain.

Each grain of new UNCLE BEN'S® Flavor Infusions Rice adds to the deliciousness of every meal with the incredible taste of Chicken and Herb. No flavor packets. No fuss. Just amazing flavor every time.

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Begin
with Ben™



GETTING PEACHY



Mark Wieser, co-owner of Das Peach Haus in Fredericksburg, TX, has spent a lifetime working and eating the harvest from his peach farm. Fredericksburg peaches are famous for their flavor, due to the climate and soil of Texas Hill Country. Mark explains how to pick the perfect peach.

LOOK FOR THE BLUSH

Ripe peaches have a yellow glow tinted with a rosy hue. Look for them in markets during their peak: June and July.

DON'T SQUEEZE

"On the farm, we like to say it hurts their peelings," he says. Soft peaches don't guarantee ripeness. They only ripen—and therefore sweeten—on the tree.

STORE WITH CARE

Keep your peaches at room temperature (never in the refrigerator) for up to four days. Mark says a paper bag isn't necessary, plus the peaches look pretty sitting on the counter.

RECIPES FROM PAGE 124

KICK BACK & DRINK UP

GINGER-CITRUS COLD BREW

HANDS-ON TIME 10 min.

TOTAL TIME 40 min.

- 2 cups water
- 4 oranges, zested and juiced
- 4 lemons, zested and juiced
- ½ cup honey
- 1 2-oz. piece fresh ginger, peeled and sliced (½ cup)
- Ice cubes
- ¾ cup cold brew coffee concentrate
- Orange zest twist

1. For citrus syrup: In a large saucepan combine the water, orange zest and juice, lemon zest and juice, honey, and ginger. Bring to boiling; stirring to dissolve honey. Reduce heat; simmer, uncovered 10 minutes. Remove from heat. Cover; let cool. Strain; discard solids. Transfer to a container; cover. Chill up to 2 weeks.

2. Pour ¾ cup citrus syrup over ice cubes in a glass. Stir in coffee concentrate. Top with orange twist. Makes 1 serving.

PER SERVING 143 cal, 39 mg sodium, 38 g carb.

TURMERIC-MANGO TONIC

TOTAL TIME 15 min.

- 1 medium mango, seeded, peeled, and chopped (1 cup)
- ½ cup pineapple juice
- ½ tsp. ground turmeric
- Ice cubes
- ¼ cup sparkling water
- Cayenne pepper

In a blender puree mango, pineapple juice, and turmeric until smooth. Pour into a glass; add ice cubes and sparkling water. Top with mango slices and cayenne. Makes 1 serving.

PER SERVING 169 cal, 1 g fat, 12 mg sodium, 42 g carb, 3 g fiber, 2 g pro.

WATERMELON-BERRY LIMEADE

TOTAL TIME 10 min.

- ½ cup chopped watermelon
- ½ cup fresh strawberries, hulled
- ½ cup coconut water
- 1 lime, juiced
- Ice cubes

In a blender puree watermelon, strawberries, coconut water, and lime juice until smooth. Pour over ice cubes in a glass. Top with additional strawberries and lime slices. Makes 1 serving.

PER SERVING 72 cal, 32 mg sodium, 19 g carb, 2 g fiber, 1 g pro. ■



RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

DAILY GIVEAWAY SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules available at Win.BHG.com online. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m., E.T. each day. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry only. Void where prohibited.

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Better Homes
& Gardens



TEST KITCHEN
APPROVED

ICE CREAM MAKERS

ZOKU ICE CREAM MAKER

Churn and freeze your ice cream base in the 5-ounce bowl in as little as 10 minutes. Just think, no sharing and built-in portion control in a space-saving package. \$25.99; zokuhome.com



Homemade ice cream in minutes? Absolutely. Here's the scoop from our Test Kitchen. If you're a hands-on person, stir and swirl up a dish in one of the new freeze-and-fold models. If you're a button pusher, give an electric model a whirl for a bowl with the just-right texture of your choice.

BREVILLE SMART SCOOP

For the aficionado, the 12 settings turn out just the right texture for gelato, sorbet, ice cream, frozen yogurt, and more. Bonus: Prefreezing the container isn't required. \$399.95; brevilleusa.com



CHEF'N SWEET SPOT ICE CREAM MAKER

Let kids be master ice cream "chefs" this summer. With a little scraping and folding, they'll turn a custard base and their favorite add-ins into a bowl of ice cream. A 1/2-cup serving is ready in 2 minutes flat. \$49.99; chefn.com



CUISINART FRUIT SCOOP

Make the most of summer's bright berries and stone fruits by turning them into 1 1/2 quarts of dessert. Or if you're feeling decadent, switch out the paddle and pour in a dairy base. \$99.95; cuisinart.com ■



OUR TEST KITCHEN
STAFF LOVED FOLDING
IN CARAMEL
CORN AND SALTY
PEANUTS.



Win!
Go to BH&G.com/WinIceCream July 1-7 for a chance to win an ice cream maker. Entry details on page 152.

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LOVE
NOT WITH
WORRIES



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#DIALUP HEALTHY

*Bacteria include E. Coli, Salmonella, Shigella, and Listeria
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LIFE**

**simple
ACT**

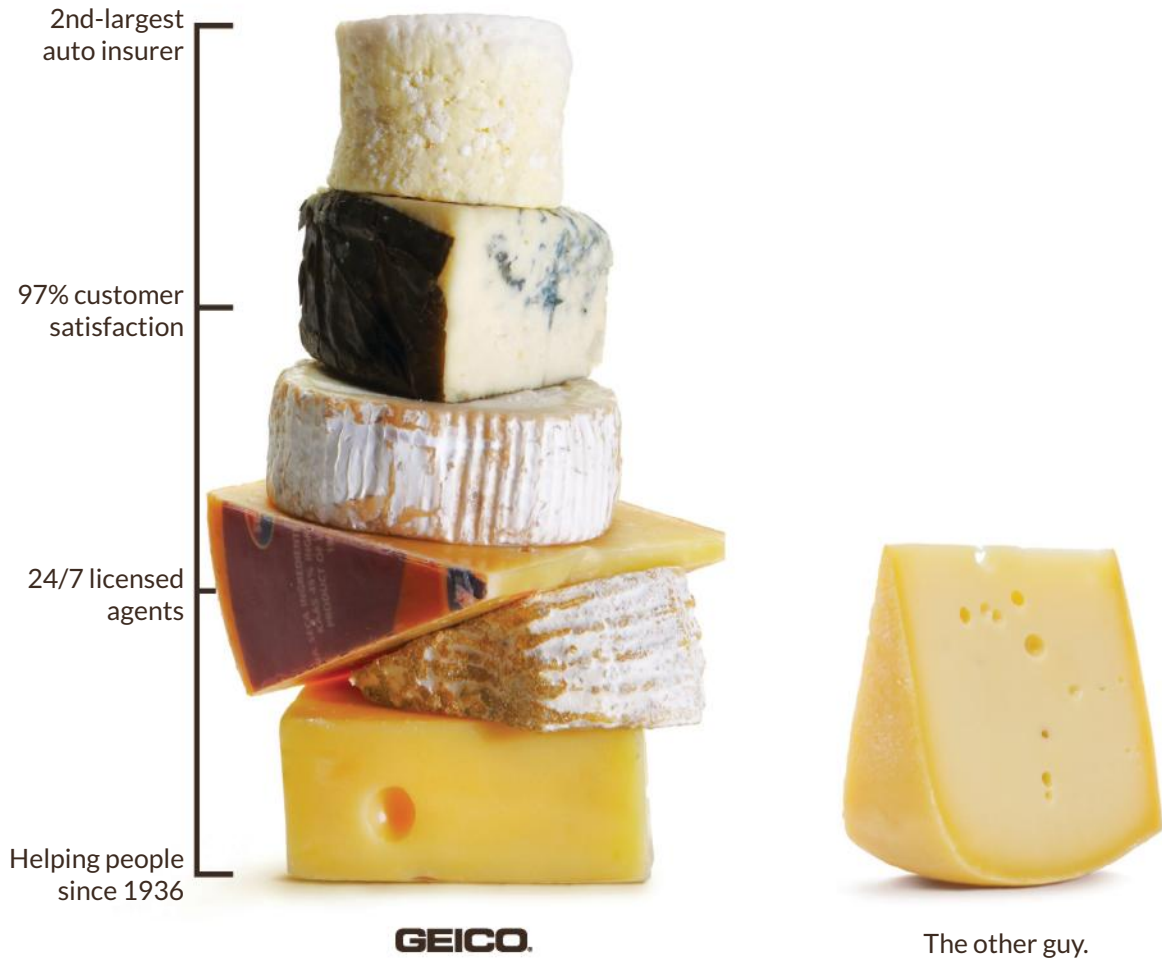
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Why settle for one type of cheese when there are a whole variety of flavors?

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.

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[YOUR GUIDE TO A HAPPY, HEALTHY LIFE]

▪ JULY 16 ▪

IT'S NATIONAL ICE CREAM DAY

One scoop gives you about 10% of your daily calcium.

DO A NICE DEED FOR YOUR SPOUSE.

The giver gets a **45% greater emotional benefit** than the receiver. Research shows that kindness is a prominent trait in happy marriages. Even the smallest thing—**like picking up a coffee for him on your latte run**—counts.

57

PERCENT OF PARENTS HAVEN'T PLANNED A SUMMER VACATION YET. IF THAT'S YOU, DON'T PANIC.

You can still get away!

BOOK A TRIP

Search for last-minute airfare on expedia.com and cheapoair.com. Then use hoteltonight.com to reserve a discounted room.

HIT THE ROAD

Find a historic stop (Lincoln's birthplace) or quirky site (world's largest toilet) within driving distance at roadsideamerica.com.



78

percent of Americans plan on going to a barbecue or picnic on **July 4th.**



170 CALORIES

About what you'll get in a 12-ounce bottle of summer ale.



155 MILLION

The number of hot dogs eaten on Independence Day.



3 OUNCES

That's one serving of red meat, about the size of a deck of cards. Healthy diets can include up to six servings weekly.

32%

OF FAMILIES KEEP A HOUSEHOLD BUDGET.

GET STARTED USING

- **MINT.COM** Set savings goals and securely connect to your bank and credit card accounts to monitor progress for free.
- **LEVELMONEY.COM** This free app syncs your bank and credit card account histories to make useful estimations, like predicting how much your bills will be this summer.



BE RADIANT™



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BEAT *the*

SUMMERTIME, AND THE LIVING'S EASY...UNTIL THE HEAT INDEX KICKS IN. HOW TO STAY SAFE, DEGREE BY DEGREE.

HEAT

HEAT INDEX 80°F to 89°F

■ HOW YOUR BODY REACTS

Aah, sitting under an umbrella by the pool or ocean, these temperatures feel good. But if you're playing Ultimate Frisbee or baseball, not so much. When you're active in this weather, you may get tired quicker or develop heat rash, caused by pores getting blocked by sweat trapped under the skin.

■ **STAY SAFE** Being well-hydrated before you head outside to be physically active helps your body better tolerate the heat, says Michael F. Bergeron, Ph.D., an exercise physiologist and CEO, Youth Sports of the Americas, and senior vice president of SIVOTEC Analytics in Boca Raton, FL. Also,

wear loose-fitting, lightweight clothing, which allows sweat to evaporate, says Kirk Campbell, M.D., a sports medicine physician at NYU Langone Orthopedics in New York. At these temperatures, adults and older teens can lose up to 2½ liters (about 88 ounces) or more of fluid every hour during strenuous physical activity, and younger children can shed up to 16 ounces of sweat each hour running around. Though sweat levels vary depending on the person and exertion level, drinking ½ to 1 cup of water every 20 minutes for ages 12 and up and 6 cups every hour for teens and adults is generally enough to minimize water loss.

HEAT INDEX CHECK

Compare 101°F in Phoenix with 89°F in New Orleans, and chances are you'll feel hotter in the latter. "High humidity levels make it harder for your body to cool off," explains John Cullen, M.D., a family practitioner in Valdez, AK. That's why scientists developed the heat index: a formula combining air temperature and humidity levels to measure how hot the body feels. Wind speed and shade affect measurements.



HOT to COLD

IS IT DANGEROUS TO GO FROM ONE EXTREME TO THE OTHER?

It may feel like a shock to the system, but most healthy adults adjust quickly and aren't likely to deal with something serious like cardiac arrest. "You're more likely to have a heart attack if you are exposed to hot conditions without cooling off," says John Cullen, M.D.

90

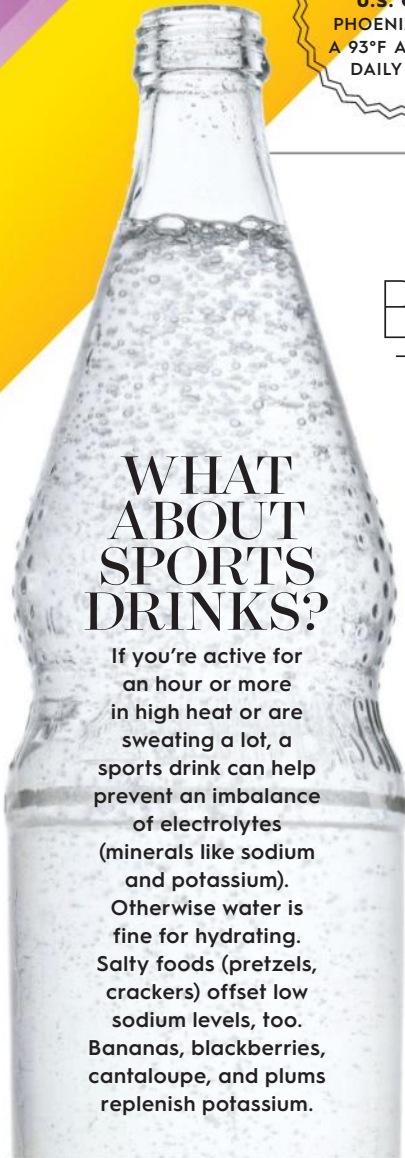
THE HOTTEST MAJOR U.S. CITY: PHOENIX, WITH A 93°F AVERAGE DAILY TEMP

HEAT INDEX 90°F to 104°F

■ **HOW YOUR BODY REACTS** Things are heating up, literally, as your core body temperature—even when you're well-hydrated—can rise rapidly in these conditions, Bergeron says. In response, your body produces a lot more sweat at a faster rate to cool you down. If you're vigorously active outside for longer than 30 minutes and/or are wearing many layers, nonbreathable clothing, or sports equipment (like a helmet), the strain on your body is dramatically greater.

■ **STAY SAFE** Stay out too long or exert yourself too much in these

conditions, and you quickly raise your risk for heat exhaustion and heat cramps (which happen when you've sweat so much that your body pulls fluids away from the space surrounding muscles in order to keep your body cool and maintain vital organs). You may feel dizzy, nauseous, fuzzy-headed, or get a headache. Other warning signs it's time to stop being active and get to a cool place ASAP include achy, flulike feelings; excessive fatigue; confusion; slight chills; pale or cold skin; and dark urine (indicating significant dehydration). Lie down and elevate your legs to get blood flowing to the heart. Take off tight clothing; apply damp, cool towels or take a cool bath; and sip fluids.



WHAT ABOUT SPORTS DRINKS?

If you're active for an hour or more in high heat or are sweating a lot, a sports drink can help prevent an imbalance of electrolytes (minerals like sodium and potassium). Otherwise water is fine for hydrating. Salty foods (pretzels, crackers) offset low sodium levels, too. Bananas, blackberries, cantaloupe, and plums replenish potassium.

HOW YOUR BODY ADAPTS TO THE HEAT

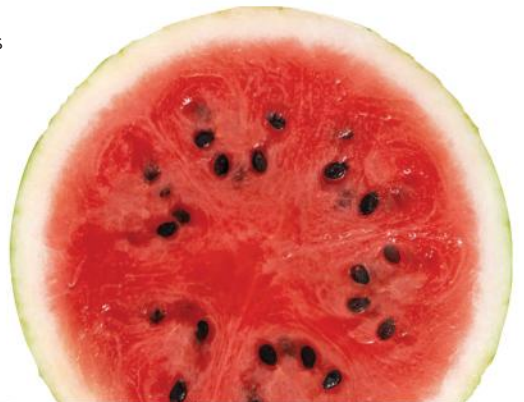
1 YOUR BODY COOLS ITSELF PRIMARILY BY SWEATING. Think of it as built-in air conditioning. (How much you sweat is mostly genetics.) But keep an eye on seniors; they can adjust to the heat, but often aren't well-hydrated, and age-related changes to the skin and circulation affect sweat gland function.

2 ADJUSTING TO EXERCISE IN THE HEAT CAN TAKE TWO WEEKS (OR A LITTLE LONGER). During this time, your sweat rate increases as your body begins to better regulate its temperature. Your kidneys and sweat glands retain more electrolytes, so you lose less salt in your sweat. Go easy on outside activities during those first hot days.

EAT YOUR WATER

Fifteen foods with high H₂O:

- Cucumber 96% Celery 95%
- Radishes 95% Zucchini 95%
- Tomato 94% Green cabbage 93%
- Red cabbage 92%
- Strawberries 92% Cauliflower 92%
- Sweet peppers 92%
- Watermelon 92% Spinach 92%
- Broccoli 91% Grapefruit 91%
- Cantaloupe 90%



WORKS AT THE
SPEED OF LIFE



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HOT DOG

Keep your furry friends cool.

ASK YOUR VET ABOUT THE RIGHT SUMMER CUT

Don't just shave it all off. Coats keep pets warm in the winter, but also shield from sun and insulate against the heat, says Michael Topper, D.V.M., president-elect, American Veterinary Medical Association.

KNOW YOUR BREED

Panting helps dogs keep cool. Flat-nose types like pugs have a harder time; they can't move as much air

in and out of their mouths. Also, dogs with short or thin coats may need sunscreen.

WATCH FOR SIGNS OF HEAT STRESS

Excessive panting and drooling, restlessness, anxiety, unsteadiness, change in gum or tongue color.



HEAT INDEX 105°F to 129°F

■ **HOW YOUR BODY REACTS** Things are feeling (and are!) intolerable, even in the shade. The risk of heatstroke, heat cramps, and heat exhaustion is high, and all happen a lot more quickly.

■ **STAY SAFE** Avoid being active outdoors. Watch for warning signs of heat exhaustion and heatstroke, especially in others since people affected are often not able to recognize the developing situation. Symptoms include red skin, difficulty breathing, a rapid pulse, fainting, lack of sweating,

and a body temperature of 104°F or higher. "Exertional heatstroke is a clear medical emergency that affects multiple body systems," Bergeron says. Call 911 ASAP, and rapidly cool the body using proven techniques. Cold- or ice-water immersion is the preferred, most effective method; applying ice packs to the neck, armpits, and groin, and rotating ice-water-soaked towels to all other areas of the body also works. Note: Heat exhaustion doesn't always precede heatstroke.

SMART BOTTLES

1 HYDRO FLASK Insulation cools for up to 24 hours. 18 oz., \$29.95; hydroflask.com

2 CAMELBAK QUICK STOW FLASK Folds into your pocket when empty. 17 oz., \$18; camelbak.com

3 BOBBLE INSULATE Stainless steel and dishwasher safe, this keeps drinks cold to 12 hours. 15 oz., \$24.99; waterbottle.com

4 NATHAN FLEXSHOT Lightweight silicone packs down easily. 24 oz., \$19.99; nathansports.com

5 50 STRONG GYM BOTTLE The shape makes it easy to hold; a removable sleeve (not shown) holds cards and cash. 30 oz., \$12.99; be50strong.com ■



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shake it *off*

A pinch here, a dash there—what all that salt really means for your health, and how to keep tabs on how much you're eating.

MEASURE IT

Ideally you'd keep your daily sodium intake to around 1,500 mg (about $\frac{1}{2}$ teaspoon). The

American Heart Association says most healthy people can have 2,300 mg daily, but some—especially if you're older than 50—should stick to 1,500 mg.

The main reason: too much salt raises your risk for high blood pressure, which can increase your risk of stroke, heart disease, and kidney problems.

SNEAKY SOURCES

Most of the sodium we get—about 75 percent—comes from restaurant meals and packaged foods. Big culprits include soup, frozen meals, salad dressing, cold cuts, bread, cereal, and cottage cheese.

Check labels to keep tabs. If you're eyeballing: 5 percent of the daily value (DV) (set at 2,400 mg by the FDA) or less sodium per serving (120 mg) is low in salt; 20 percent DV or more sodium per serving (over 480 mg) is high.



THE TRUTH ABOUT SPECIALTY SALTS

All salt has the same amount of sodium, but bigger granules (like those of sea salt and kosher salt) mean you get more flavor in one granule, so you can use less when sprinkling it on top of foods. And yes, specialty salts like Himalayan pink salts have minerals, but in such tiny amounts that you don't get any health benefits.

WHAT THE LOW-SALT CLAIMS MEAN

Many packaged foods market lower-salt versions. Here are the definitions of the terms according to the Food and Drug Administration: *Very low sodium*: 35 mg of sodium or less per serving. *Low sodium*: 140 mg of sodium or less per serving. *Reduced sodium*: at least 25 percent less sodium than the regular product. *Light in sodium or lightly salted*: at least 50 percent less than the regular product.

GOOD TO KNOW

THE IODINE FACTOR

When buying table salt, get iodized. Your body needs iodine for thyroid health (the gland influences metabolism, growth, and body temp) and, if you're pregnant, your baby's brain development.

SALT SWAP

One option if you're trying to reduce sodium intake when you're cooking at home: low-sodium salt. It's a mix of sodium chloride (typical salt) and potassium chloride. This alternative tastes a little less salty.

DON'T FORGET THE KIDS

Pay attention to their salt intake as well. More than 90 percent of children ages 4 to 18 get too much sodium. The upper limit is 2,300 mg for them, too. ■

EXPERTS Janet Brill, Ph.D., R.D.N., author of *Blood Pressure Down*; Melinda Johnson, M.S., R.D.N., clinical associate professor at Arizona State University



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A full family vacation experience in 48 hours? Yes! These locales pack in plenty of fun and relaxation to make the most of a short time.

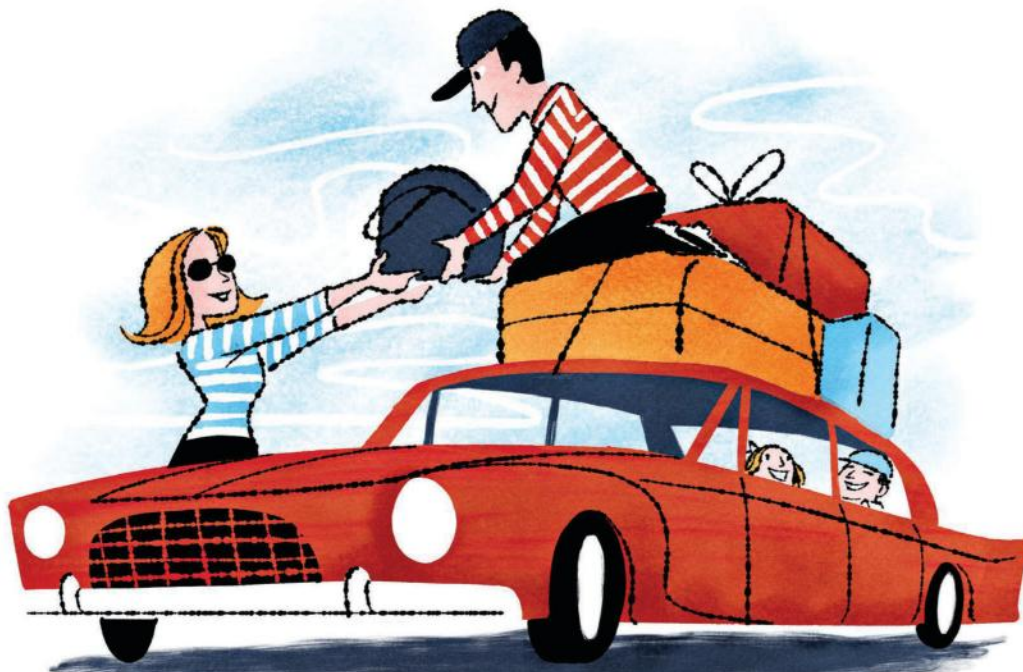
BACK TO CAMP

1 YMCA OF THE ROCKIES, ESTES PARK, CO

You're in the Rockies, so naturally hikes are on the schedule. But so are s'mores, sing-alongs, archery, and everything else you love about camp. Don't miss the craft center, stocked with beads, ceramics, and tie-dye supplies. You'll sleep in bunks or motel-style rooms. Come mealtime, there's something for everyone at the dining hall. ymcarockies.org

2 WOODLOCH RESORT, POCONOS, PA

Family-friendly entertainment is the hallmark of this lakeside resort. Broadway-style shows cap days spent taking art classes, tasting wine (for adults, of course), competing in an *Amazing Race*-style event, or trying to escape from a cell by solving puzzles. Sleep in hotel-style rooms or rental homes. woodloch.com



ROUGHING IT (SORT OF)

3 FROST MOUNTAIN YURTS, BROWNFIELD, ME

It's a backwoods oasis with the comforts of home. Call dibs on the top bunk in these yurts (with coffee presses, skillets, and fondue pots) so you can lie in bed and watch the stars through the clear dome. Pick blueberries for pancakes along trails weaving through 60 acres of woods. A short drive gets you

to Mt. Washington in New Hampshire, where you can ride the cog railway to its windy peak. frostmountainyurts.com; thecog.com

4 FOSSIL RIM WILDLIFE CENTER, GLEN ROSE, TX

See the wild animals of Africa without leaving the States. Fifty-plus species call these 1,800 acres home; look for them on 14 types of guided tours or from your car on the 7.2-mile Scenic Wildlife Drive.

Stay at The Lodge and the Foothills Safari Cabins. In Dinosaur Valley State Park, search for fossilized footprints at the Paluxy River. fossilrim.org; tpwd.texas.gov

GETTING CULTURED

5 HYATT REGENCY TAMAYA RESORT AND SPA, SANTA ANA PUEBLO, NM

Your family experiences the culture of the Santa Ana Pueblo tribe via a variety of activities within this resort. Learn jewelry making, pottery,

and bread baking, or enjoy traditional music and dance performances. In the Srai Wi program, kids make adobe bricks, pueblo pottery, and more. tamaya.regency.hyatt.com

6 ASHEVILLE, NC

The music and arts scene is exploding in this Blue Ridge Mountains town. Time your visit to an event like the 90th annual Mountain Dance & Folk Festival or the percussion festival. Explore the art and architecture of the Gilded Age at the Biltmore Estate. Or create your own masterpiece as part of an artist-led studio walk through the River Arts District. exploreasheville.com; www.ashevilleartstudiotours.com ■

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THE ORIGINAL Carved from a closet, this crafting nook from our 1968 *Decorating Book* includes a dropleaf table that expands the work space beyond a small footprint. Overhead cubbies and pegboard on the door help take advantage of every inch.

THE UPDATE Pegboards are back! We love them in bright colors and with specialized attachments like a spray can holder. A console-turned-desk updates the dropleaf table, and a vibrant mood board turns your inspiration shots into framed art.



1

2



3



1 PEGBOARD Craft and Hobby Kit, \$124.99; wallcontrol.com **BOOKS** Parson Gray Trade Quilts by David Butler, \$19.46; Annie Sloan Paints Everything, \$16.96; amazon.com

BRUSHES AND CANISTERS

I Spy DIY supplies, from \$8.97;

consumercrafts.com **2 INDIGO TEXTILE KIT** \$30; yellowowlworkshop.com

3 MOOD BOARD Neon-frame Bulletin Board, \$18.99; HomeGoods

4 WATERCOLOR MARKERS 10 Royal Talens Ecoline Brush markers, \$29.95; dickblick.com

5 EMBROIDERY KIT Learn to Embroider a Sampler Kit, \$62; purlsoho.com

6 CONSOLE DESK \$194.99; saunder.com

7 SHEARS Amplify Mixed Media Shears, \$29.99; fiskars.com

8 PUSH PIN HOLDER Fred Desk Donut, \$15.87; amazon.com ■



5



6

CHOOSE SHEARS FOR THE TASK AT HAND. THESE ARE FOR THICK MATERIALS.

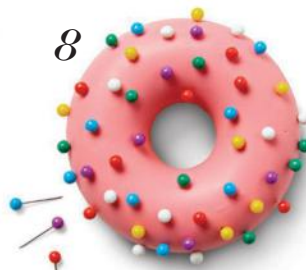
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4

BLURRED LINES: WATERCOLOR PENS UP YOUR HAND-LETTERING STYLE.

8



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