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SPRING 2020

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# CONTENTS

SPRING 2020



## GARDEN

### 29 Spring Gardener's Guide

#### 30 Flamboyant Flowers

BY CAROL BROCK

Plant these "bulbs" this spring for exotic-looking flowers come summer

#### 32 Awesome Annuals

BY CAROL O'MEARA

These annuals are stellar garden performers

#### 36 Pollinator Pleasers

BY CAROL BROCK

Curious flowers for pollinator-friendly yards

#### 40 Healing Herbs

BY CAROL BROCK

Three herbalists share their favorite herbs for good health

#### 44 How to Build an Upcycled Trellis

BY AMY ANDRYCHOWICZ

How to turn old tools into a garden fan trellis

#### 10 Where to Go | News to Know

BY LISA TRUESDALE

Spring has sprung, and so have a lot of events and good news

#### 18 GREEN GUIDE

##### How Diet Impacts Climate Change

BY AMANDA MCCrackEN

Choices matter when it comes to what we eat

#### 22 NATURE'S MYSTERIES

##### Trees Are Talking

BY AMANDA MCCrackEN

How trees communicate and help each other through underground networks

#### 66 FEATURE GARDEN

##### Possessed by a Vision

BY LISA TRUESDALE

Learn how a Longmont couple's barren landscape became a tour-worthy garden

PHOTO BY ELENA ELISSEVA/SHUTTERSTOCK.COM

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# CONTENTS

SPRING 2020



## HOME

- 26 **SUSTAINABLE LIVING**  
Eco-Conscious Home Goods  
BY JENNIFER RHODE  
These home products are pretty and planet friendly
- 46 **ARTS FOCUS**  
Meet Artist Cha Cha  
Her medium du jour is digitally manipulated photos
- 48 **FEATURE HOME**  
From Damnation to Sanctuary  
BY SARA BRUSKIN  
How a severely neglected home became a serene haven

- 63 **Wood & Water**  
BY MAGGIE WOODLAND  
Discover wood's versatility in rooms where it's traditionally verboten
- 76 **CATEGORIZED AND ALPHABETIZED**  
Advertiser Indexes  
Find a pro for your projects on these pages
- 78 **Boulder Reads...And Cooks!**  
BY BOULDERREADS LEARNERS  
English learners practice their skills by writing out recipes from their homelands

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# WHERE TO GO | NEWS TO KNOW

Ready or not, spring is here! Here are some of our favorite events and classes to get you prepared for spring projects

## ONGOING

### Classes at Harlequin's Gardens

Harlequin's Gardens, a sustainable nursery and garden center, offers low-cost, hands-on classes from March to September. Topics include beekeeping, mushroom cultivation, composting, pest management, landscape design and more. The nursery is at 4795 N. 26th St. in Boulder. Visit [harlequingardens.com](http://harlequingardens.com) for a schedule.

## SECOND WEDNESDAYS

### Bloomin' Seniors Garden Club

This garden club for seniors meets once a month in Louisville and holds an annual plant sale in May. For info, email [ktotte@louisvilleco.gov](mailto:ktotte@louisvilleco.gov) or call 303-335-4908.

## FOURTH WEDNESDAYS

### Hoe and Hope Garden Club

New members are always welcome at Longmont's Hoe and Hope Garden Club. Meetings are fourth Wednesdays (August-April) at 11:30 a.m. at First Evangelical Lutheran Church, 803 Third Ave. in Longmont. May through July, meetings are held at members' gardens or local parks. Visit [hoeandhopegardenclub.com](http://hoeandhopegardenclub.com).

## THROUGH APRIL 22

### Waterwise Seminars

Resource Central hosts free landscape seminars throughout the county for beginners and pros. Topics include Rain Barrels: The Basics, The Benefits and How to Install Your Own (April 6, Longmont); Design the Waterwise Garden of Your Dreams (April 7, Boulder); and Xeriscapes that Bring Life to Your Yard (April 14, Louisville). Find more seminars and register at [resourcecentral.org](http://resourcecentral.org).



MARCH 20-22

### Denver Home Show

Renew and refresh your home and garden after gathering inspiration at this annual show. Highlights include Japanese Flower Arranging demos, a tiny houses display, demo gardens, a cooking stage and children's activities. The show runs 10 a.m.-9 p.m. (until 5 p.m. Sunday) at the National Western Complex, 4655 Humboldt St. in Denver. Visit [homeshowdenver.com](http://homeshowdenver.com).

PHOTO COURTESY MARKETPLACE EVENTS

## MONDAYS

### Interfaith Quilters Quilting Sessions

Interfaith Quilters is a volunteer group of all faiths that meets nearly every Monday year-round to make quilts for its annual March sale, with proceeds benefiting local nonprofits. Beginning and expert quilters are always welcome any Monday from 9 a.m.-3 p.m. at First Evangelical Lutheran Church, 803 Third Ave. in Longmont. Visit [interfaithquilters.com](http://interfaithquilters.com).

PHOTO COURTESY INTERFAITH QUILTERS



## MARCH

### Garden in a Box

Sign up online in March for low-cost Garden in a Box kits to pick up in May. Kits contain water-wise perennials and xeric plants for homeowners, communities and HOAs, plus a care guide and plant-by-number map. Resource Central sponsors the program; visit [resourcecentral.org](http://resourcecentral.org).



MARCH 22, APRIL 19, JUNE 23

### Free Days at Denver Botanic Gardens

APRIL 7, JUNE 2

### Free Days at Chatfield Farms

Free days allow everyone to explore Denver Botanic Gardens, 1007 York St., and the nature trails and historic farm and schoolhouse at Chatfield Farms, 8500 W. Deer Creek Canyon Road in Littleton. Visit [botanicgardens.org](http://botanicgardens.org).

PHOTO BY SCOTT DRESSSEL-MARTIN

MARCH 24, APRIL 9, MAY 30

### Battling the Japanese Beetle

Creepy, voracious Japanese beetles are settling in new Front Range communities, so learn to protect the plants you have and find out which ones the beetles prefer (roses) and the ones they avoid (garlic). The class at Denver Botanic Gardens, 1007 York St., is offered on three separate dates. Other spring classes include Amazing Vegetables A to Z (March 31), Creating a Hobby Greenhouse (April 2) and Drip Irrigation for Home Gardeners (June 13). Register at [botanicgardens.org](http://botanicgardens.org).

MARCH 27-29

### Cheesemaking Bootcamp

This three-day bootcamp teaches attendees how to make beginning, intermediate and advanced cheeses, and participants earn bronze, silver or gold cheesemaking certifications. Classes are at Briar Gate Farm, 11227 N. 66th St. in Longmont. Register and find other classes at [theartofcheese.com](http://theartofcheese.com).

MARCH 27-29

### Longmont Spring Home Show

View the latest trends in home design and automation, and find new products for your home and outdoor living spaces. Free admission and parking at Boulder County Fairgrounds, 9595 Nelson Road in Longmont. Visit [longmonthomeshow.com](http://longmonthomeshow.com).

MARCH 28

### Habitat Hero Seminar

Would you like to be a Habitat Hero? That is, a gardener who nurtures and sustains the plants and animals in a given area through ecological gardening practices. Sponsored by the Audubon Society, the seminar features presentations by an entomologist, a bee ecologist, a hummingbird expert and others. Register (and learn the Longmont location) at [rockies.audubon.org](http://rockies.audubon.org) or email Jamie Weiss: [jweiss@audubon.org](mailto:jweiss@audubon.org).

MARCH 29

### Kick-Start Your Garden Workshop

This two-hour workshop covers site prep, seed starting, planting and everything else you need to get your garden going for the new season. The workshop runs 10 a.m.-noon at Lyons Farmette, 4121 Ute Highway in Lyons. Visit [lyonsfarmette.com](http://lyonsfarmette.com) to register and to check for other classes.

PHOTO BY LOVELYDAY12/SHUTTERSTOCK.COM

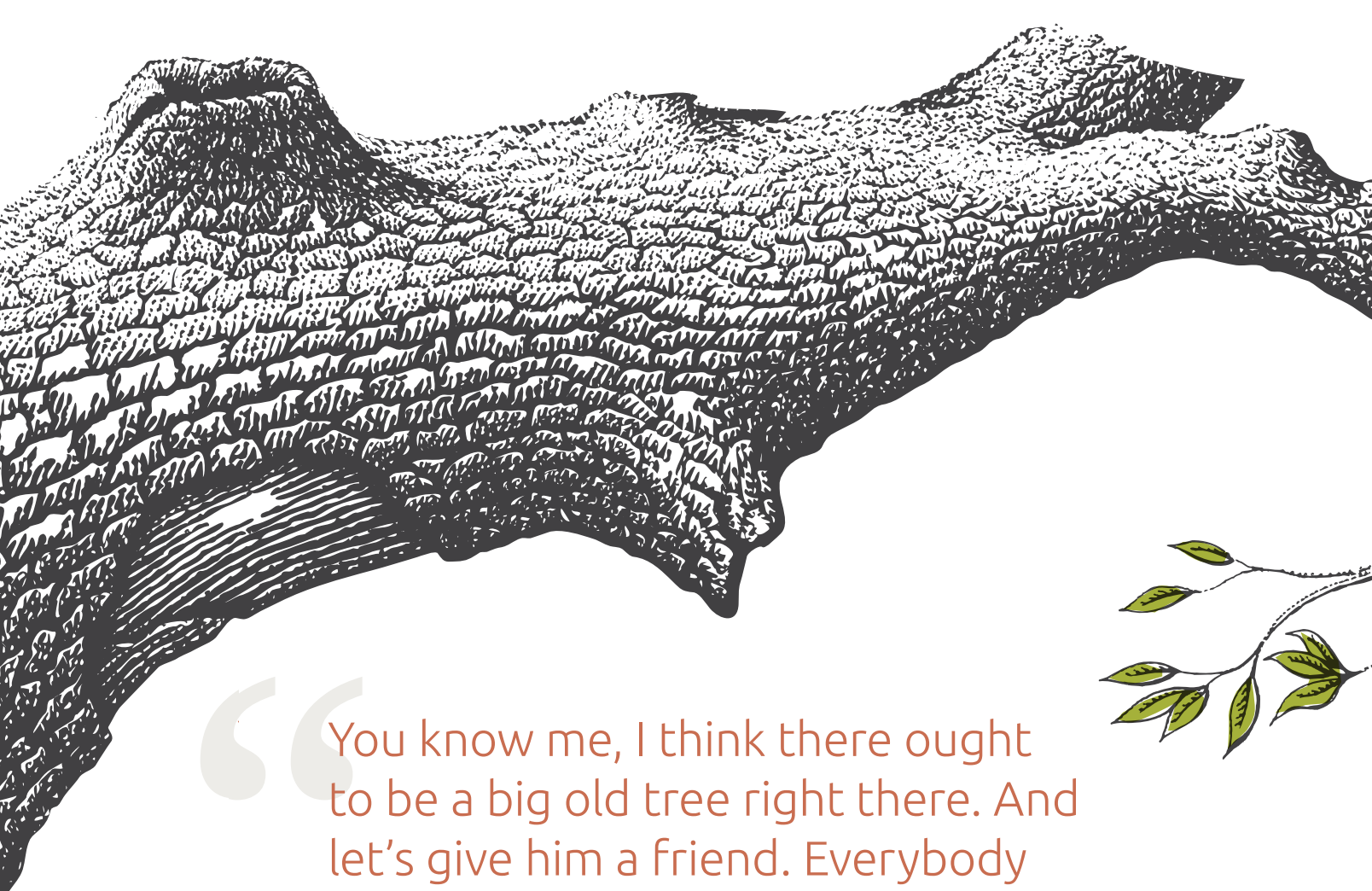


APRIL 8

### Essential Oils 101

Boulder Valley School District's Lifelong Learning presents this helpful class that teaches attendees everything about essential oils, including how to safely use them for their family and pets. Class runs from 6:30-8:30 p.m. at Platt Middle School, 6096 Baseline Road. Register at [bvsd.org/LLL](http://bvsd.org/LLL) and see a schedule of other classes. ►





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## APRIL 18

**Puttin' on the Leash: Bark Deco Gala**

This annual gala helps raise funds for shelter animals at the Humane Society of Boulder Valley. The glam night at the CU Events Center features a silent auction, adoptable dogs, music, food and drinks. Visit [boulderhumane.org](http://boulderhumane.org).

PHOTO BY MONICA CHODAK/SHUTTERSTOCK.COM



## BEGINNING APRIL 4

**Boulder County Farmers Markets**

The Boulder and Longmont farmers markets have the state's longest market season, but all county markets feature local produce, naturally raised meats, cheeses, bread, honey, eggs, coffee, organic wine and other goodies.

**BOULDER:** Saturdays 8 a.m.-2 p.m. starting April 4; Wednesdays 4-8 p.m. starting May 6. On 13th Street between Canyon Boulevard and Arapahoe Avenue. Visit [bcfm.org](http://bcfm.org).

**ERIE:** Thursdays 5-8 p.m. starting May 21 on Briggs Street between Wells and Moffatt streets. Visit [realfarmersmarketco.com](http://realfarmersmarketco.com).

**LA FAYETTE:** Thursdays 4-8 p.m. starting June 4 at 400 E. Simpson St. Visit [bcfm.org](http://bcfm.org).

**LONGMONT:** Saturdays 8 a.m.-1 p.m. starting April 4 at Boulder County Fairgrounds, 9595 Nelson Road. Visit [bcfm.org](http://bcfm.org).

**LOUISVILLE:** Saturdays 9 a.m.-1 p.m. starting May 23 at 824 Front St. Visit [realfarmersmarketco.com](http://realfarmersmarketco.com).

**NEDERLAND:** Second and fourth Sundays 10 a.m.-2 p.m. starting May 10 at 85 E. First St. Visit [nederlandfarmersmarket.org](http://nederlandfarmersmarket.org).

PHOTO BY ARINA P HABICH/SHUTTERSTOCK.COM



## APRIL 17-18

**Beyond Pesticides 38th Annual Conference**

Policymakers, scientists, grassroots organizers, educators, writers and others interested in healthier communities gather to share ideas and create solutions to climate change and biodiversity loss. Sessions are all day Saturday and Sunday at Boulder Public Library's main branch at 1001 Arapahoe Ave. There's also an optional field trip on Thursday, April 16. Find out more at [beyondpesticides.org](http://beyondpesticides.org).

## APRIL 19

**Creating Your Own Medicine Garden**

April is the perfect time to start seeds in your garden. Learn about 12 medicinal plants that are easy to grow, with tips on how to incorporate their healing properties into your life. The workshop runs 11 a.m.-1 p.m. at Three Leaf Farm, 445 S. 112th St. in Lafayette. Register at [threeleafarm.com](http://threeleafarm.com) and see a calendar of other classes.

## APRIL 19

**Taste of Pearl**

This annual food fest has become one of the state's most prestigious culinary events, where attendees stroll through galleries and boutiques, sipping wine and tasting delicious small bites along the way. The event is a fundraiser for local nonprofits. For tickets and details, visit [tasteofpearl.com](http://tasteofpearl.com).

PHOTO COURTESY DOWNTOWN BOULDER PARTNERSHIP



## APRIL 22-23

**Earth Day 2020**

To celebrate Earth Day's 50th anniversary, the University of Colorado is sponsoring teach-in presentations and an Earth Day Expo at the University Memorial Center on the CU campus. Events run from 9 a.m.-7 p.m. on Wednesday and 9 a.m.-6 p.m. on Thursday, culminating in a community celebration at the CU Environmental Center from 4-6 p.m. Visit [colorado.edu/center/EarthDay2020](http://colorado.edu/center/EarthDay2020).

## APRIL 24-26

**Northern Colorado Spring Home & Garden Show**

Nearly 200 booths feature inspiration for gardening, patio design, landscaping, decking, curbing, waterfalls and everything else to improve your home. Free admission and parking at the First National Bank Exhibition Hall at Larimer County Fairgrounds, 5280 Arena Circle in Loveland, just off I-25. Visit [mile-high-productions.com](http://mile-high-productions.com).

## APRIL 25

**Longmont Earth Day Celebration**

Sponsored by Sustainable Resilient Longmont, this free event for all ages features environmental education booths, speakers, live performances and activities. From 10 a.m.-3 p.m. at the Longmont Museum, 400 Quail Road. Visit [srlongmont.org](http://srlongmont.org).

## APRIL 25-26

**East Boulder County Artists Studio Tour**

Watch local artists work in their studios, then ask questions and purchase artwork. The free, self-guided tour spans eastern Boulder County, including Longmont. Find a map and info at [ebcacolorado.org](http://ebcacolorado.org).

## APRIL 26 (RAIN DATE: MAY 3)

**Tulip Fairy & Elf Festival**

It's not officially spring in downtown Boulder until the colorful Tulip Fairy parades along Pearl Street Mall with her adorable pint-sized fairies and elves, "waking up" the season's tulips. Live performances and kid-friendly activities abound at this free 1-5 p.m. event on Pearl Street Mall. Visit [tulipfairyfestival.com](http://tulipfairyfestival.com).

## APRIL 26 &amp; JUNE 20

**Family Cooking Classes**

Parents and their kids make pasta (April 26) and pizza (June 20) from scratch during the 9 a.m.-noon classes at Growing Gardens, 1630 Hawthorn Ave. in Boulder. Register and see the full schedule at [growinggardens.org](http://growinggardens.org).

## APRIL 30-MAY 3

**Boulder Potters' Guild Show & Sale**

Spruce up your home and garden with locally made pottery pieces at this annual show and sale. There are also demonstrations and raffle prizes, and you can meet the potters from 6-8 p.m. on Friday. Free admission and parking at Boulder County Fairgrounds, 9595 Nelson Road in Longmont. Visit [boulderpottersguild.com](http://boulderpottersguild.com).

## MAY, TBA

**Spring Color Tree Walk at CU Boulder**

Learn about some of the 5,000 trees on campus as you stroll the beautiful grounds of the University of Colorado. The free, two-hour tour departs at 5 p.m. from the CU Museum of Natural History's south entrance (the one facing the mountains). Visit [colorado.edu/cumuseum](http://colorado.edu/cumuseum) for the date.



## MAY 2-3, 9-10, 16-17

**Growing Gardens Community Plant Sales**

Now in its 20th year, this annual plant sale has gotten so huge that it needs three full weekends. The tomato, veggie and herb starts, grown in the on-site greenhouse, are organic and neonicotinoid-free. The sale runs 8 a.m.-4 p.m. each day at 1630 Hawthorn Ave. in Boulder. Visit [growinggardens.org](http://growinggardens.org).

PHOTO COURTESY GROWING GARDENS





**MAY 8-9**

### Spring Plant Sale at Denver Botanic Gardens

Shop for new garden plants and ask on-site horticulturalists your landscape questions. Bring a wagon, wheelbarrow or box for your plants. Hours are 8 a.m.-5 p.m. both days; members can attend a preview party on Thursday from 4-8 p.m. Free admission each day to the sale and gardens at 1007 York St. Visit [botanicgardens.org](http://botanicgardens.org).

PHOTO BY SCOTT DRESSEL-MARTIN

**MAY 11**

### All About Roses

The president of the Denver Rose Society presents a rose-care class that covers planting, fertilizing, pruning and common growing problems. It's free and all participants receive 20% off rosebushes at the 6:30 p.m. class at Sturtz & Copeland Flowers & Plants, 2851 Valmont Road in Boulder. Other free classes include Backyard Chicken Keeping 101 (April 4) and Organic Gardening in Raised Beds (April 12). Visit [sturtzandcopeland.com](http://sturtzandcopeland.com).



**MAY 16**

### Erie Town Fair and Balloon Festival

Enjoy hot-air balloons, bands, food and more at the 24th annual Erie Town Fair and Balloon Festival. Balloons launch from 5:30-8 a.m. from the new location off County Road 5, directly west of Erie High School. Craft and food vendors can be found in Erie's historic downtown from 10 a.m.-4 p.m., and live music plays from 10 a.m.-10 p.m. at Coal Creek Park, with fireworks rounding out the evening. Visit [eriechamber.org](http://eriechamber.org).

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MAY 16

### Historic Callahan House Tours

Longmont's beautiful Callahan House is open for tours as part of the city's ArtWalk. See the works of local artists and enjoy live music in the garden from 4-8 p.m. at 312 Terry St. Visit [longmontcolorado.gov](http://longmontcolorado.gov).

PHOTO BY AJ SCHANE/COURTESY WIKIMEDIA COMMONS

MAY 16-17

### Firefly Handmade Spring Market

You'll find lovely gifts, home décor, garden decorations and more at this free market that features more than 100 carefully curated artisans displaying handcrafted wares. Food trucks and demos are part of the market at Twenty Ninth Street Retail District, in the parking lot near Trader Joe's. Visit [fireflyhandmade.com](http://fireflyhandmade.com).

MAY 16-17

### Strawberry Festival Vintage & Antiques Market

Browse nearly 100 booths filled with antiques and collectibles, then enjoy fresh strawberry shortcake with whipped cream. This annual event is a fundraiser for the St. Vrain Historical Society. Hours are 10 a.m.-5 p.m. Saturday and 11 a.m.-4 p.m. Sunday at Boulder County Fairgrounds, 9595 Nelson Road in Longmont. Visit [stvrainhistoricalsociety.com](http://stvrainhistoricalsociety.com).

MAY 22-24

### Longmont Home & Patio Expo

Find the latest products and design ideas for outdoor living at this huge show with more than 100 exhibitors. Free admission and parking at Boulder County Fairgrounds, 9595 Nelson Road in Longmont. Visit [longmonthome.com](http://longmonthome.com).

MAY 30

### Whittier-Mapleton Garden Tour

Now in its 18th year, this self-guided tour of stunning Boulder gardens is Whittier International Elementary School's largest annual fundraiser. There are also gardening demos and food trucks. Visit [whittiergardentour.com](http://whittiergardentour.com) for details.

MAY 30

### Mapleton Hill Rummage Sale

Held annually on the same day as the Whittier-Mapleton Garden Tour, this enormous rummage sale lets you hunt for treasures at dozens of yard sales in the historic Mapleton Hill neighborhood. The sale normally runs 8 a.m.-2 p.m. (no early birds, please), but check the group's Facebook page for possible time changes.

PHOTO BY KELLY WYATT



JUNE 5-7

### Farm to Canvas Art Show

Girl Painters West hosts the annual Farm to Canvas Art Show, with six local artists showcasing their works depicting rural scenes, farm animals, veggies and more. A portion of proceeds benefits Boulder's Growing Gardens. The 2-6 p.m. show is at Silver Mesa Ranch, 5100 N. Foothills Highway in Boulder. The women's art will also be on display June 24-Aug. 17 at the Boulder Arts & Crafts Gallery, 1421 Pearl St. Visit [girlpainterswest.com](http://girlpainterswest.com). ►



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—Jennifer • Broomfield CO

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—Josh • Longmont CO

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—Ashley • Lafayette AR

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MAY 30-31

**Colorado Tiny House Festival**

Now in its fourth year, this popular event showcases every type of tiny home, from small buildings and container homes to yurts, school-bus conversions and renovated RVs. The event includes educational resources, food and drink, live entertainment, and more. Kids under 12 are free. Camping is available and pets are welcome. At 9755 Henderson Road in Brighton. Visit [coloradotinyhousefestival.com](http://coloradotinyhousefestival.com).

PHOTO COURTESY COLORADO TINY HOUSE FESTIVAL

JUNE 6

**Taste of Louisville**

Sample some of the city's most delicious food and craft beers, and attend the Louis-Palooza music festival and the Farmers Market. The foodie event also features children's activities and more than 100 vendor booths. Hours are 9 a.m.-4 p.m. (rain or shine) in downtown Louisville. Visit [louisvillechamber.com](http://louisvillechamber.com).

JUNE 12-13

**Festival of Flowers Garden Tour**

Marvel at these beautiful, private Longmont gardens and gather design inspiration for your own yard. Homeowners are on hand to answer questions during this annual tour that benefits the Longmont Symphony Guild. Hours are 9 a.m.-3 p.m. both days. Visit [longmontsymphony.org/garden-tour](http://longmontsymphony.org/garden-tour).



JUNE 13

**Loveland Garden Tour & Art Show**

This annual event, hosted by Loveland Youth Gardeners, features a tour of six gardens in a classic, well-established Loveland neighborhood. The fundraiser also includes an art sale and a silent auction. Get details and ticket info at [lovelandyouthgardeners.org](http://lovelandyouthgardeners.org).

PHOTO BY KATHRYN ROACH/SHUTTERSTOCK.COM

## NEWS TO KNOW

**A Garden Takes Root in Nederland**

Head up the canyon any Saturday to check out the new Solar-Powered Botanical Garden at the Nederland Community Center. Over the past year, three women have volunteered long hours to transform an abandoned, sorely neglected utility area into a beautiful botanical garden. The 60-by-15-foot glass-ceilinged space is now used to grow vegetables, herbs and flowers that help support the important work of the Nederland Food Pantry. The garden, at 750 W. Highway 72, is open 10 a.m.-noon on Saturdays.

PHOTO BY DAVE GIBSON IMAGES.COM

**New Trails Map Available for Download**

An exciting new mobile app available for both iOS and Android devices provides comprehensive Boulder County and Broomfield County trail information. The Boulder Area Trails Map allows users to search for local trails by use or type, and plan their routes on more than 1,440 miles of trails. The free app also notes the locations of 295 trailheads, offers real-time trail closures, and has offline maps for use when cell service is unavailable.

A grant from Colorado Parks and Wildlife and Great Outdoors Colorado funded the project, which is a collaboration between 12 agencies: Boulder County, City and County of Broomfield, City of Boulder, City of Longmont, City of Lafayette, City of Louisville, Town of Superior, Town of Erie, Town of Lyons, Town of Nederland, Rocky Mountain National Park and the United States Forest Service.

**Meet Earth Love Gardens**

Boulder's Earth Love Gardens was featured in the "9News Hot Products Zone" at the 2020 Colorado Garden & Home Show in February. Earth Love Gardens makes sustainable, long-lasting cold frames, hoop houses and garden beds, fully customized to match the space available—even if the space is only a small balcony.

Founder Aaron Michael and his team also design xeriscape, edible and pollinator-friendly landscapes, and they partner with Audubon Rockies to create Audubon-certified, bird-friendly Habitat Hero gardens of all sizes. Find out more at [earthlovegardens.com](http://earthlovegardens.com).

PHOTO COURTESY EARTH LOVE GARDENS

**Save the Bees**

The Boulder County branch of PPAN—People & Pollinators Action Group—raises public awareness about the vital role of pollinators in our ecosystem. Enthusiastic volunteers are always needed to help share PPAN's mission and to educate others. Find information at [peopleandpollinators.org](http://peopleandpollinators.org).

PHOTO BY LUNAR VOGEL/SHUTTERSTOCK.COM





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# HOW DIET IMPACTS CLIMATE CHANGE

Choices matter when it comes to what we eat and how we get our food

BY **AMANDA MCCracken**

Did you know the average American's diet has a larger negative impact on greenhouse gas emissions (GHGE) than the average British or German diet? Many people know industrial agriculture contributes to GHGE, but what's the carbon footprint of individual diets?

A study published in "The American Journal of Clinical Nutrition" looked at food choices made by 16,000 Americans in a single day. Not surprisingly, the choices with fewer impacts on GHGE were also healthier, while diets high in meat and dairy products were more significant contributors to GHGE. People who had the highest-impact diets contributed five times more to overall emissions, compared with Americans with the lowest-impact daily diets. The study also showed that men tend to eat higher-impact diets than women.

But what about eco-conscious Boulder, which is consistently ranked one of America's healthiest towns? University of Colorado instructor Nicole Civita says the town could do a lot better, food-wise. Civita is the sustainable food systems specialization lead for the Masters of the Environment Graduate Program at the University of Colorado. As such, she researches and teaches food ethics and the values and trade-offs related to food choices.

"We often get a green halo around Boulder's role in the local, national and global food scene, since it's such an epicenter of natural and organic foods," Civita says, "but folks tend to have a narrow understanding of the varying ways in which food choices impact climate change."

She points out that just because a food is marketed as "natural" doesn't mean it's environmentally responsible. "It's not just about ►

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According to this diagram by the Eat-Lancet Commission, a planetary health plate should consist by volume of approximately half a plate of fruits and vegetables. The other half should primarily consist of whole grains, plant protein sources, unsaturated plant oils and (optionally) modest amounts of animal protein sources.

choosing the right brand. We need to think about our dietary pattern as a whole," she says. Different values are embedded in different diet choices, she notes. "None of us are going to have a perfectly ethical diet, so focus on where you want to have your impact." For instance, dietary choices can impact water quality, climate change, animal welfare, biodiversity and public health. Choose a value to improve through your choices, she suggests.

### Insects, Anyone?

Looking for a protein-rich food with a small carbon footprint? Try *chapulines*! Savory Spice owner Dan Hayward recently returned from a culinary vacation in Oaxaca, Mexico—a gastronomic paradise known for offering some of the insect world's best delights. Most notable, he says, were the *chapulines*, or grasshoppers and crickets. "Oaxaca has no shortage of these high-energy, protein-packed sources of interesting flavors and textures that you can find in the finest dining establishments and from street vendors alike." Hayward says his Caribbean, Latin American or Tex-Mex/Southwestern spices will enhance any hop-along meal. *Chapulines* are available at Mexican markets and online from specialty suppliers.



—A.M.

Shifting to a more plant-based diet or making sure the meat and milk products you consume in moderation are responsibly produced in regenerative ways does make a difference. "The American Journal of Clinical Nutrition" found that low-GHGE diets had less meat, dairy and solid fats (saturated fats), and more poultry, plant-protein foods (legumes, soybeans, nuts and seeds), oils and whole and refined grains.

The EAT-Lancet Commission published concurring results in "The Lancet." The report noted "foods sourced from animals, especially red meat, have relatively high environmental footprints per serving compared to other foods." This impacts GHGE, land use and biodiversity loss. "This is particularly the case for animal-source foods from grain-fed livestock," the report states.

One way to mitigate these impacts is to source, buy and eat more sustainably produced food, including when you eat out. Civita suggests eating at restaurants that source food from local farms. "Local sourcing is a way to find farms that use regenerative agricultural practices, like building soil and sequestering carbon," she says. Locally produced products have shorter supply chains and a greater opportunity for transparency, so "this can be a good way to source meat, dairy and eggs, in moderation, that are produced in ways that help address climate change."

Leaf Vegetarian Restaurant serves organic produce grown at its Three Leaf Farm in Lafayette and Black Cat Farm Table Bistro prepares produce and animal products grown at its Black Cat Organic Farm. Other locally owned companies are members of the Colorado Grain Chain, which supports

ILLUSTRATION COURTESY EAT—LANCET COMMISSION; GRASSHOPPERS BY AINDIGO/SHUTTERSTOCK.COM; BLACK CAT ORGANIC FARM COURTESY JANE CAVAGNERO



grain and grain products made with heritage, ancient and locally adapted grains. Louisville's Moxie Bread Co. is a member of Colorado Grain Chain, as are other local restaurants, breweries and farmers.

## Waste Not, Want Not

Farming practices also contribute to GHGE, particularly single-crop agriculture. "Monoculture is a very resistant, rigid and vulnerable system," Civita says. "When we diversify what we eat, for example, including a range of grains in our diet, we help create markets for various crops that farmers can rotate to build healthier soils and reduce weed and pest pressures. Diversifying crops also builds resilience—a hedge against the impacts of climate change."

As climate change alters Colorado's precipitation patterns, it becomes more imperative to support farms that grow less water-intensive crops, like millet, sorghum and quinoa, as opposed to wheat and corn. And though hemp is a new and burgeoning Colorado market, it's also a nitrogen- and water-intensive crop, Civita says.

Shopping where your dollars support social welfare also helps the environment. "If people can't afford to purchase the kind of foods with low environmental impact, then we are all contributing to climate change and perpetuating social and economic injustice," Civita says.

Food waste is a formidable factor in GHGE. Decomposing food emits methane—far worse than carbon dioxide in terms of its heat-absorbing potential, which adds to emissions and wastes the resources that were needed to produce, transport and store the food. "Don't buy what you hope you'll eat, but what you *know* you'll eat," Civita says. She recommends making a weekly food budget and anticipating how to repurpose leftovers.

"With less food waste, less food needs to be produced to feed the world," notes the EAT-Lancet Commission. Keep food you need to eat first on an eye-level shelf, and use your freezer. When Civita's yogurt is close to the expiration date, she puts it in freezer trays with fruit and enjoys yogurt pops later. "With very few exceptions—hot dogs, deli meats and seafood—it's fine to use your senses and not the date on the package, which is typically just an indicator of when the product is expected to have less than optimal taste or texture," she says.

By swapping a few things in your diet and making thoughtful choices, you can help mitigate global warming and safeguard our planet's future. 🌱



## What Can You Do?

If you're concerned about planetary health, not to mention your own health, the Norway-based EAT organization ([eatforum.org](http://eatforum.org)) suggests the following:



Embrace plants as a protein source and go easy on meat consumption.



Support regenerative, environmentally sustainable and socially responsible farming.



Plan menus for the coming week to curtail food waste.



Purchase foods from farmers and retailers who support biodiversity.

Mad Agriculture works with farmers in the high plains and Midwest to create regenerative farm plans. In 2019, the group worked with Boulder's Black Cat Organic Farm (pictured above). "We created a farm vision and then walked the land to determine how to make proactive changes," says Mad Agriculture's Jane Cavagnero.



"THE TREE WHICH MOVES SOME TO TEARS OF JOY IS IN THE EYES  
OF OTHERS ONLY A GREEN THING THAT STANDS IN THE WAY."

— WILLIAM BLAKE



# TREES ARE TALKING

...and we should listen

BY **AMANDA MCCracken**

**T**he next time you're hiking in the foothills, stop and listen. The trees around you are talking.

You may not hear them, but trees communicate messages to each other via air and roots, and scientists are proving what poets have known for years: There is wisdom in the trees.

Some call it the "wood-wide web," says German author and forester Peter Wohlleben in his bestseller, *"The Hidden Life of Trees: What They Feel, How They Communicate."* While we gaze up at their magnificent crowns, below our feet trees engage in sophisticated communication.

Trees and other plants communicate via a fungal network of mycorrhiza, which literally means "fungus root." Through 'nature's Internet,' trees share resources like water, and nutrients like nitrogen, carbon and other minerals. Trees' hair-like root ends entangle with microscopic fungi

filaments to create the mycorrhizal network. The relationship is symbiotic—fungi feed off sugars produced by the trees, while the trees benefit from minerals supplied by the fungi.

According to the National Forest Foundation, each tree in a healthy forest is connected to others via this network. A study on Douglas firs at England's University of Reading says trees recognize the root tips of their relatives, and favor them when sending carbon and nutrients through the network.

Trees even "mother" other trees via the network. Older, more seasoned trees—called mother or hub trees—have well-established root networks that recognize distress signals. These trees nurse sick trees by sending them vital nutrients. Mother trees also send water and carbon to saplings to help them thrive when sunlight can't penetrate the canopy deeply enough to shine on shorter seedlings.

In her viral TED Talk, "How Trees Talk to Each Other," Canadian forest ecologist Suzanne ►

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Simard says, "Mother trees colonize their kin with bigger mycorrhizal networks. They send them more carbon belowground. They even reduce their own root competition to make elbow room for their kids. When mother trees are injured or dying, they send messages of wisdom on to the next generation of seedlings."

Simard used isotopic tracing to track carbon moving through a mycorrhizal network from a mother tree to her seedlings. She observed that this process builds resilience within younger trees and further strengthens the forest community.

## Bark, Beetles & Bacteria

Nurturing isn't the only way trees communicate with each other. By releasing chemicals, hormones and even electrical pulses, trees alert others to danger, particularly pests.

However, these distress signals can backfire in certain cases, like the mountain pine beetle epidemic. Forest entomologist Dan West, of the Colorado State Forest Service, studies interactions between local pine trees and beetles. "Each tree has its own combination of terpenes—these are mostly ten-carbon-chain compounds that make trees smell like trees," he explains. Trees release terpenes when distressed, which bark beetles recognize. The beetles oxidize terpenes in their gut and release them into the air as a waste byproduct. This acts as a signal to other beetles that says, "This species of tree is weak enough to attack; it has released its distress signal."

The mountain pine beetle epidemic resulted from a disastrous combination of tree communication miscues and drought.



Forest bathing soothes the soul, and trees in a forest communicate with each other to help all inhabitants thrive.

"The silver bullet is water," West says. Pine trees infested with beetles release pheromones to warn other pines in the area to ramp up their defenses. As a result, alerted trees take up water and turn it into resin, which is toxic to bark beetles. If beetles manage to burrow into trees, trees in turn cover them with resin so they can't communicate. In drought years though, "trees have to pull on water to grow instead of to defend themselves," West says.

Trees aren't the only plants that communicate with each other, says biology professor Dr. Kathryn Morris of Xavier University. Bacterial attacks prompt certain plants to make salicylic acid. "They know to produce this acid because a message was sent as a plant hormone through the fungal network to warn other plants to start producing a chemical to protect themselves," she says.

Companion plants also utilize fungal networks. Companions to tomatoes—calendula, garlic, parsley and basil—release herbicidal chemicals through the network that detrimentally affect tomato hornworms. Horticulturist Jason Shimmel of Sturtz & Copeland Flowers & Plants says garden tilling destroys most fungal networks, but some companions don't need them to ward off pests. For example, nasturtiums are great companions to cucumbers, squash and tomatoes, he says, as they repel cucumber beetles, whiteflies and aphids. And their bright orange and yellow flowers are edible. Chives and radishes function similarly to deter destructive bugs.

So the next time you hike through the trees or stroll in your garden, pause to consider the remarkable conversations going on right beneath your feet. As William Blake said, "...nature is imagination itself." 🌲



PHOTOS: PATH BY AM SCHROCK/SHUTTERSTOCK.COM; BEETLE KILL BY CHARLES KNOWLES





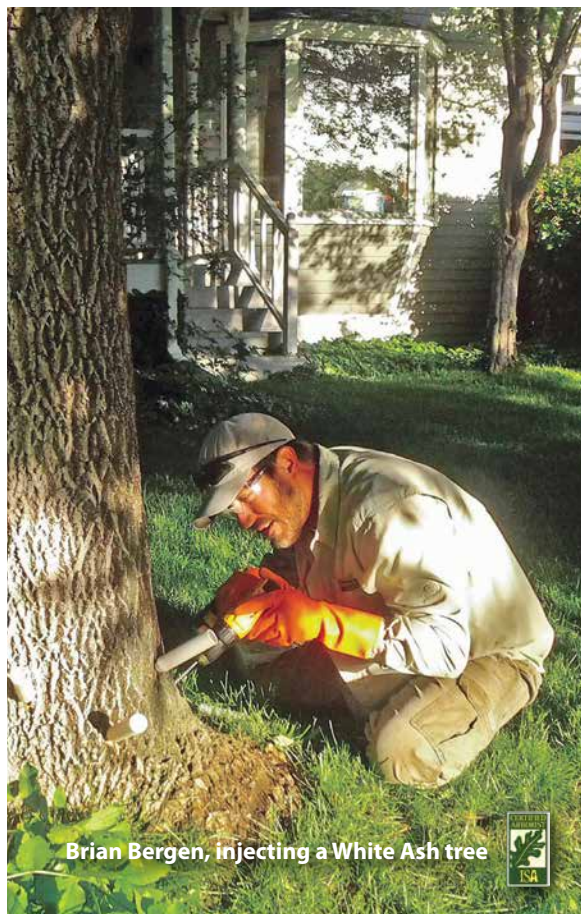
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These Fold by Number napkins, designed for MoMA by Julia Lindpaintner, were inspired by memories of Julia's grandmother teaching her grandkids how to fold napkins at family gatherings. The napkins include directions on how to fold each color into a unique design.

## ECO-CONSCIOUS HOME GOODS

They're pretty and planet-friendly

BY JENNIFER RHODE

Supporting conservation and sustainability comes in many forms, even in our choice of home products and décor. The following eco-conscious companies offer beautiful home items and furnishings we can appreciate both for their loveliness and the thoughtful, earth-friendly ways in which they're created.



Setting your table with cloth napkins not only saves enormous amounts of paper, it elevates place settings with festive colors and patterns. These bright, washable linen napkins from Marley's Monsters are made from organic cotton that's functional, absorbent, durable and compostable.



MINNA collaborates with Peruvian weavers to manufacture rugs with simple graphic designs like the Stacks flat-weave rug.



Earth-saving kitchen products can be aesthetically delightful, as demonstrated by Marley's Monsters' UNpaper towels, which come in a bright range of washable prints that can be reused over and over. The towels naturally cling together, making it easy to roll them up on a paper towel roll, or you can store them in a basket. ►

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Pillows add texture and coziness to rooms. These Coyuchi pillows feature organic cotton in chunky, rope-weave patterns and tasseled, crocheted cushions.



Archive New York's bold, saturated colors create lively pillows and rugs inspired by vintage Mayan textiles and handwoven in Guatemala.

AREA's Heather bedding is created by interweaving long and short yarns before spinning—a process dating to the 1800s. The result is extra durable, yet smooth and soft linens.



AREA's throw blankets come in a range of textures and patterns. The India has a bold geometric design and a subtle color palette.



AREA's Liam blankets are 100% baby alpaca wool. They're edged in soft fringe and come in a range of solid neutrals and bright colors to add calm or pop to your bedroom.

Leah Singh's home textiles mix traditional Indian embroidery, weaving and printing techniques with unexpected color combinations and contemporary shapes. Her bold, uplifting pillows boast bright colors and intriguing forms.



Coyuchi's bed linens are GOTS-certified, organically grown, super-soft cotton percale, and they come in a range of colors. The striped linen throws are inspired by vintage Peruvian woven pieces, and their multi-width stripes add pizzazz to any room.

## RESOURCES

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Boulder interior designer Jennifer Rhode believes a home "should be like a display shelf, reflecting all of the art, experiences, travel and loves of the people living there." Visit her online at [jenniferrhode.com](http://jenniferrhode.com).

PHOTOS COURTESY THE MANUFACTURERS



## DREAMY COLORS

Apricots and  
corals are trending  
garden colors  
in 2020.

### INSIDE

**FLAMBOYANT  
FLOWERS** pg.30

**AWESOME  
ANNUALS** pg.32

**POLLINATOR  
PLEASERS** pg.36

**HEALING HERBS**  
pg.40

**UPCYCLING  
GARDEN TOOLS**  
pg.44



# FLAMBOYANT FLOWERS

Plant these “bulbs” in spring for exotic-looking flowers that make excellent cut blooms all summer long

BY CAROL BROCK

## 3 GLADIOLUS

- ▲ Plant corms when frost danger has passed and the soil has warmed.
- ▲ Plant in full sun in well-drained, compost-amended loamy soil.
- ▲ In clay, grow corms in raised beds, loosen soil to a depth of 1 foot and add compost before planting.
- ▲ Plant corms 4 to 6 inches deep, depending on the corm size (plant larger corms deeper), with the pointy end facing up.
- ▲ Space corms 6 to 10 inches apart.
- ▲ Cover corms with soil, mulch lightly and water thoroughly.
- ▲ Stems will require staking, but be careful not to damage corms with the stakes.
- ▲ Gladiolus flowers attract hummingbirds and butterflies.

## 2 CANNA LILY

- ▲ Plant rhizomes in a wind-protected area when frost danger has passed and the soil has warmed to 60° F or higher.
- ▲ Plant in full sun or partial shade in well-drained soil rich in organic matter.
- ▲ Plant rhizomes horizontally, 3 inches deep, with the eyes facing up.
- ▲ Space rhizomes 1 to 3 feet apart.
- ▲ Water thoroughly and add mulch.
- ▲ Water often during the hottest summer weeks.
- ▲ Canna lilies attract hummingbirds.

## 1 DAHLIA

- ▲ Plant tubers when the soil has warmed to 60° F or higher.
- ▲ Plant in a wind-sheltered location with morning sun in fertile, well-drained loamy soil. In clay, loosen the soil and add sand or peat moss.
- ▲ Add compost to the bottom of the planting hole and place tubers 6 to 12 inches deep, depending on the dahlia's size, with the eyes facing up.
- ▲ Space 2 feet apart for smaller dahlias and 3 feet apart for larger dahlias. If planted in moist soil, the tubers won't need watering until they sprout.
- ▲ Tall dahlias will require staking, but be careful not to damage the tubers with the stakes.
- ▲ Open-face dahlias attract bees and bumblebees; pom-pom dahlias attract few insects.

## 4 CROCOSMIA

- ▲ Plant corms when frost danger has passed and the soil has warmed.
- ▲ Choose a wind-protected area in full sun, or partial shade in hot garden spots.
- ▲ Plant corms 3 to 4 inches deep and 6 to 8 inches apart, with the pointy end facing up.
- ▲ Cover corms with soil, mulch lightly and water thoroughly.
- ▲ Keep the soil moist, but well drained.
- ▲ Crocosmia flowers attract hummingbirds and butterflies.

NOTE: These plants cannot overwinter in Colorado. You need to dig up the bulbs in fall and store them in slightly moistened peat moss or vermiculite inside a newspaper-lined box in a cool (50° F), dry, dark location for replanting next spring.



SHUTTERSTOCK.COM PHOTOS: GLADIOLUS BY AN NGUYEN; CANNA LILY BY TASESAK SRIWANNAWIT; DAHLIA BY DOMITSKY; CROCOSMIA BY DEZMARCO



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The Annual Flower Trial Garden in Fort Collins is a public garden for testing annuals. Visit it in spring and summer, when the garden overflows with colorful flowers that might be a perfect fit for your garden.

# AWESOME ANNUALS

These annuals are stellar performers

BY CAROL O'MEARA

Want a garden bursting with color, abuzz with bees and the envy of your neighborhood? Plant annuals for beautiful blooms spring to fall. Annuals sprout, grow and flower in one season, completing their life cycle when frosts nip them back. Though their lives are short, they fill ours with joy. And they're perfectly happy growing in garden beds or containers.

Plant researchers at the Annual Flower Trial Garden in Fort Collins (1401 Remington St.; [flowertrials.colostate.edu](http://flowertrials.colostate.edu)) test new annuals every year for blooms, disease-resistance and drought tolerance. Plant breeders fine-tune these flowers, and more than 25 flower-breeding companies entered a whopping 1,050 varieties

in 2019 for testing in containers and beds at the 2.8-acre trial garden.

Dr. Jim Klett, professor of ornamental horticulture at Colorado State University, has overseen the trial garden for the past 25 years. During that time, he's observed vast improvements in colors, flowers and water-wise annuals. Now, breeders are focusing on "making plants do well in the sun," Klett says, adding that newer begonias and impatiens can withstand Colorado's wilting rays, and many annual varieties are more water-wise than ever.

Each growing season, visitors flock to the trial garden to enjoy its colors and textures, and every year the public and industry professionals vote on the best performers. Their yearly lists feature showy annuals for every garden. Here are a few to consider: ►

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## Lantanas

This multicolored xeric plant looks great in containers, and punctuates garden beds with textured leaves and bright flowers that are a favorite of Klett's. "I can't talk enough about lantanas," he says. "I'm glad to see more and more of them being used."

Lantanas bloom best in full sun with well-draining soil; too much shade results in fewer flowers. The blooms are a combination of lighter petals that darken with age, often changing color, so the plant has a multihued effect. Look for 'Havana Sunrise,' with purple, pink and yellow flowers.



## Bidens

Bidens are a must-have annual that are excellent planted in groups or on their own. Lanky, with smaller foliage that doesn't overpower the blossoms, bidens accentuate mixed plantings, and their showy flowers spill over pot edges.

Simple to grow and needing slightly less water once established, bidens are an excellent choice for wandering through gardens as a ground cover or in sunny container spots. Newer varieties aren't as leggy, so if you're looking for a well-behaved plant that still likes to show off, check out 'Campfire Flame' or 'Bidy Boom' bidens. 'Campfire Flame' grows in a beautiful mound of bright orange and red flowers that fade to rusty gold. 'Bidy Boom Red,' a winning bidens from 2018, is a showy sibling that stays small for compact spaces.



## Begonias

If you want to create a splash in both sun and shade, check out begonias. With showy flowers and fascinating foliage, begonias are popular choices for containers and planting beds. Tuberous begonias sport double flowers, giving them a full, ruffled look. Many begonias need partial shade, but the Tophat Series of wax begonias do very well in sun. 'Pink' is a member of that series, and was a trial garden winner in 2019. This plant forms mounds of big pink flowers that bees love, and it grows well in containers and beds.

If you have a shady spot that needs a pop of bright color, choose 'Double Vermillion Red.' This champion begonia has dark foliage that's the perfect backdrop for the plant's intensely red, double flowers that make any shady spot glow.



## Coleus

Breeders have gone crazy for coleus! These plants have come into their own with a wide array of colors and leaf shapes. From big and showy to ruffled and fringed, coleus' leaves add pop to any garden. Grown for foliage, not flowers, coleus is excellent supporting cast for container flowers, or for large blocks of color in planted gardens. Though they do best in shady areas, many now grow well in sun, so you can plant them all over the garden.

To encourage more branching, pinch off flower stalks, water regularly and pinch shoots. The 'Main Street Beale Street' coleus, part of the Main Street Series, is a large-leaved burgundy plant that's excellent in containers or beds.







## Thunbergia

Some annuals grow up and out of pots, so consider using them to quickly and beautifully screen decks and seating areas. Vigorous climbers, like the thunbergia Tower Power White Series, can fill in trellises with ease. Also known as black-eyed Susan vine, thunbergia comes in a number of colors to suit your garden design.



## Osteospermum

Also called African daisies, osteospermum has cheerful, daisy-like flowers that open during the day and close at night. Gardeners can find them in pink, purple and white, and now yellow with the addition of 'Tradewinds Lemon Zest.' Most have a bluish eye—the center of the flower—that pairs beautifully with cool-tone companions.



## Impatiens

A longtime favorite for filling shady spots, impatiens' dark foliage complements the bright color these flowers provide. The blooms come in red, orange, white, violet, pink and bicolor, and stand atop the plants in a cheerful display.

New Guinea impatiens are typically more tolerant of sunnier spots, and 'SunPatiens Vigorous Red Improved' is a sun-loving New Guinea whose dark foliage and crimson flowers are sure to be a hit with gardeners. When planting impatiens, handle them carefully, as their stems break easily. Once in containers or beds, avoid overwatering them.

## Annual Tips

To give your annuals the best chance of success, prepare your planting bed with compost, and your container with fresh potting soil. Then add slow-release fertilizer. Since annuals complete their life cycle in one season, good soil preparation is key to success, and a slow-release fertilizer ensures that plants will get the nutrients they need to grow quickly.

While container annuals are always a sure bet, using annuals on trellises and in borders and beds means your garden will be filled with flowers throughout the growing season.

Fertilize annuals often during summer, even if you added slow-release fertilizer. Heat and water cause slow-release fertilizers to wear out faster, and supplemental fertilization keeps annuals performing at their peak.

Some annuals require deadheading to look their best, so check plant tags to see if the ones you choose self-shed spent flowers, or if you need to pinch them off.

Then enjoy all your new colors, shapes and blossoms! ☺





# POLLINATOR PLEASERS

These curious flowers are just what a pollinator-friendly garden needs

BY CAROL BROCK

Strolling my neighborhood last summer, I admired many colorful gardens lush with flowers. But a few unusual blooms caught my eye—and the eyes of pollinators. These flowers formed spikes, spirals, spears and starbursts, and they were all awash in hummingbirds, bees and butterflies. If you're looking to plant pollinator-friendly blossoms with quirkier characteristics, try a few of the following.



## COMMON MILKWEED (*ASCLEPIAS SYRIACA*)

**PROS:** If you want a pollinator magnet, look no further than the common milkweed, a Colorado native plant. Its large pink, mauve and white flowers are fragrant and showy. Monarch butterflies cannot survive without milkweed. The females lay their eggs on the plant, and it's the sole food source for the caterpillars. This 3- to 5-foot-tall plant performs well in poor, dry soil and full sun. It's drought tolerant and deer usually leave it alone. After the plant flowers, it forms showy 2- to 4-inch-long seedpods that split open to reveal cottony seeds.

**CONS:** Milkweed vigorously spreads aboveground by seed and belowground by rhizomes. The tall stems can flop over and appear weedy.



## AMETHYST SEA HOLLY (*ERYNGIUM AMETHYSTINUM*)

**PROS:** If you favor odd-looking perennials, amethyst sea holly is a safe bet. The low-maintenance plant has spiky, gray-green foliage with silver speckles, and the steely blue and purple flowers are thistle-like. The holly is deer resistant and attractive to bees and butterflies. The stiff, erect stems grow up to 2 feet, and the plant performs best in full sun and dry soil. The attractive seed heads provide winter interest.

**CONS:** It's susceptible to powdery mildew and root rot if overwatered and poorly drained. This is a good plant for rock gardens, and benefits from a layer of gravel or sand. ►

PHOTOS BY CAROL BROCK





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“

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as it must,  
the bees in the  
garden rumbling  
a little,  
the fish leaping...  
And so forth.*

TODAY, BY MARY OLIVER

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**GRAPE LOLLIPOP** (*PHLOX PANICULATA*)

**PROS:** Grape lollipop is just like its name implies: magenta, lollipop-shaped blossoms atop 2-foot-tall stems of emerald leaves. This phlox is more mildew resistant than most, and prefers evenly moist, well-drained soil and full sun or partial shade. The fragrant blooms feature white brushstrokes in the center and make excellent cut flowers. Grape lollipop is perfectly suited to containers, but will require more frequent watering when potted. Butterflies, bees and birds enjoy this plant.

**CONS:** It readily self-seeds, so deadhead the blooms if you don't want volunteers next season.



**ROSE CAMPION** (*LYCHNIS CORONARIA*)

**PROS:** Cheery pink, stunningly bright flowers top the soft, silvery, felt-like foliage of this old-fashioned plant. Rose campion prefers full sun and poor, dry soil, and it endures drought, so it's a good choice for harsh locations and rock and xeric gardens. The deer-resistant plant reaches 1 to 3 feet in height, and is right at home in cottage gardens.

**CONS:** This perennial readily self-seeds and can create large colonies if not pruned to the base after flowering.



**SPIDER FLOWER** (*CLEOME HASSLERIANA*)

**PROS:** This plant's fragrant blossoms attract birds, butterflies, bees and other insects. It's a tall annual, 3 to 5 feet, and the white, pink and purplish blooms are spidery in appearance, with long, thread-like stamens. Bees turn the nectar into a tasty honey, making the flower a favorite of beekeepers. Once established, the plant is fairly drought tolerant and deer and rabbit resistant. Spider flower prefers full sun and moist, well-drained soil, but will grow in partial shade.

**CONS:** It grows for only one season but easily self-seeds. The stems have spines and the leaves are slightly sticky to the touch.



**FREELANDER PRUNELLA**  
(*PRUNELLA GRANDIFLORA*)

**PROS:** This mounding plant has bluish violet flowers that sit sweetly above the dark green foliage. Deer resistant and attractive to birds and pollinators, the plant grows up to a foot tall and quickly spreads out to 3 feet wide. It prefers full sun or partial shade, and adapts to both dry and moist conditions. The pretty hooded flowers bloom for a long time, from late spring to early fall.

**CONS:** Deadhead the flowers to promote more blooms.



**MIDNIGHT MASQUERADE BEARDTONGUE**  
(*MIDNIGHT MASQUERADE PENSTEMON*)

**PROS:** This plant has a lot going for it: drought tolerance, pollinator friendliness and just plain "wow," with striking burgundy foliage and black stems topped with lush pinkish lavender flowers with white centers. The upright plant is tall, growing to a height of more than 3 feet. For best flowering, plant in full sun in average to dry well-draining soil.

**CONS:** This plant needs room, so plant it a minimum of 3 feet from neighboring plants to give it space to grow.



**BLAZING STAR GAYFEATHER** (*LIATRIS SPICATA*)

**PROS:** This slender, erect perennial reaches heights of 2 to 4 feet and sports rosy purple flowers on spiky stems with finely textured leaves. The feathery flowers attract hummingbirds, butterflies and bumblebees, and are particularly favored by native bees. Gayfeather prefers full sun and moist, well-drained soil, and grows in loam, sand or clay. It's deer and rabbit resistant, and virtually free of pests and diseases.

**CONS:** Taller plants may require staking to stay erect.





### **FORKING LARKSPUR** (*CONSOLIDA REGALIS*)

**PROS:** Hummingbirds, bees, butterflies and moths feed on this plant, also known as royal knight's-spur and rocket larkspur. It isn't picky, and grows equally well in sand, loam or clay soils, and even sidewalk cracks. It prefers full sun or light shade, and is very drought tolerant. Forking larkspur grows up to 3 feet, and the delicate purple, pink or blue flowers are favored as ornamentals.

**CONS:** All parts of the plant are poisonous in large doses, with the seeds being particularly toxic.



### **SILVER SPEEDWELL** (*VERONICA INCANA*)

**PROS:** This compact plant has lance-shaped stems with stunning silver leaves that contrast nicely with the showy purple flowers. Silver speedwell attracts pollinators and is deer and rabbit resistant. It prefers even moisture and full sun or partial shade, and grows up to 2 feet in height.

**CONS:** The bloom time is short—June through July. ☼

PHOTOS: SPIDER FLOWER BY MIKE BITA/SHUTTERSTOCK.COM; FORKING LARKSPUR BY NADEZDA NIKITINA/SHUTTERSTOCK.COM; ALL OTHERS BY CAROL BROCK

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# HEALING HERBS

Local herbalists share their top herbs for good health

BY CAROL BROCK

Pharmaceuticals have a rightful role as curatives, but cultures worldwide have traditionally depended on plants for healing. Here, local herbalists Rebecca Luna, Brigitte Mars and Sara Martinelli reveal their favorite, inexpensive healing herbs that are easy to obtain or grow. Herbal teas are great to drink, they agree, but teas can also be made into poultices and compresses to treat external ailments or inhaled aromatically as well. Always check with your doctor before consuming herbs, especially if you're pregnant.



## Nettle Leaf

Nettle leaf topped all three herbalists' lists. "It improves just about everything," says Mars, author of "The Desktop Guide to Herbal Medicine." Martinelli agrees: "It's rich in vitamins and minerals, and acts as a general boost to health and vitality."

One caveat: It's a diuretic, so it can be drying, Luna cautions, but notes a saying common among herbalists: "When in doubt, nettle." She likes to offset any drying effects with marshmallow, a soothing herb for mucous membranes in the lungs, urinary tract and digestive system. "I like to say marshmallow is gooey. It's like a hug from my Italian grandmother!"

Wear protective gloves when handling fresh nettle, Mars advises. "They don't call it 'stinging nettle' for nothing."

## Fennel Seed

Fennel is another herb that landed on all lists, although Mars prefers anise seed to fennel. They have the same medicinal profile, but anise has a stronger licorice flavor. Both can treat digestive complaints, including bloating, nausea, flatulence and colic, and they're excellent breath fresheners. "Dried fennel seed is also great for the eyes and nursing mothers," Luna says.



## Yarrow

Topically, yarrow staunches bloody wounds. Mars says fresh leaves placed inside the nose can stop a nosebleed. The plant's genus name, *Achillea*, derives from the Greek warrior, Achilles, who supposedly used it on injuries sustained in the Trojan War. "Internally, yarrow can be antibacterial in the digestive and urinary tracts," Martinelli says, but pregnant women should avoid it. ►





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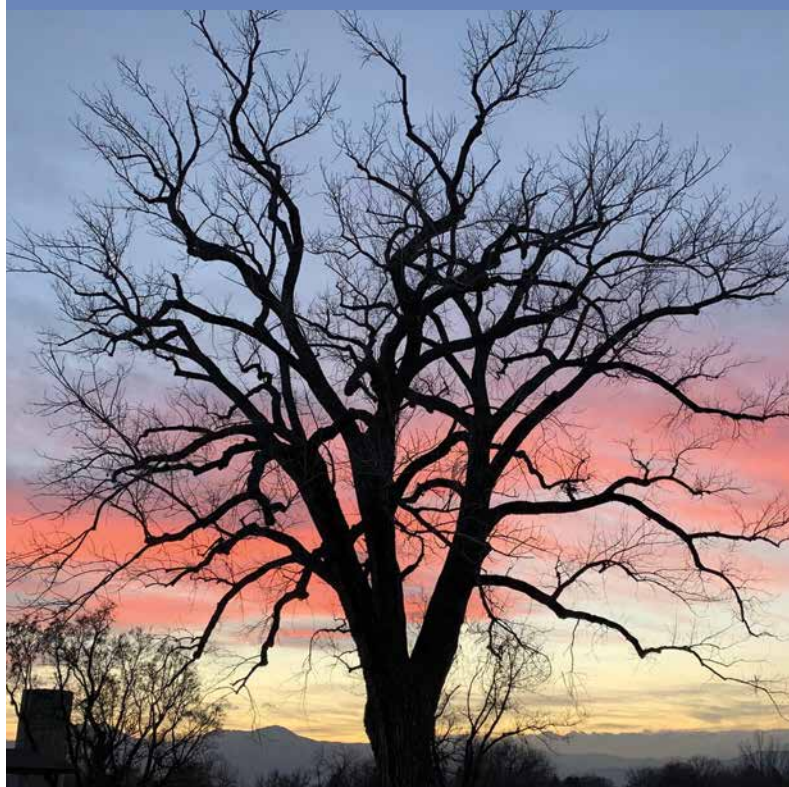
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### Chamomile

This well-known sedative is a keeper for both Luna and Martinelli. "What do I go to the most? What would I not want to run out of?" Luna muses. Her go-to herb: chamomile. She often brews it into a pot of strong tea and breathes the steam while the herb steeps, then strains it into a bath before adding hot water. "It's nature's most soothing remedy for stress and anxiety," Martinelli says, adding it's perfectly safe for children. Luna says, "An old-timey name for it is 'Physician's Plant,' because it's good for so much: nervousness and digestion, and it's anti-inflammatory."

### Lavender

Lavender is another relaxant both Martinelli and Luna recommend. "It's also the best herb for burns and a great digestive," Luna says. When inhaled, lavender's scent helps alleviate stress and anxiety. Luna mixes dried lavender flowers into most teas she drinks, although "just a tiny bit," she says. "I use it in so much. You can bathe in it, you can make a foot soak with it, you can make a poultice and wash your face with it. It's this pretty little flower, so it's not given the credit it should get for so many uses."



### Peppermint

"Peppermint is the strongest mint, medicinally," says Mars, noting that spearmint is a better choice for culinary pursuits. Peppermint treats bronchial disorders like congestion and coughs, and it's a highly effective digestive and anti-nausea herb, so it's good for morning sickness and menstrual cramps. "It's a nice after-dinner tea, too," Luna says.

### Ginger

The ginger rhizome has a variety of uses, but a welcome one is alleviating motion sickness. It's equally or more effective than Dramamine, without causing drowsiness, Mars says. Fresh ginger is considered best for respiratory problems and dried ginger for digestive ailments, she adds. Fresh ginger is also one of the few roots you don't have to simmer on the stove. "You can just pour boiling water over it and let it steep," Luna says.



### Lemon Balm

The 10th-century Persian physician and polymath Avicenna claimed lemon balm caused "the mind and heart to be merry." Mars says it treats a range of ailments and is excellent for calming nerves. It's safe for children, and a cup of lemon balm tea before bed can help an anxious child get a good night's sleep. "It goes well with mint or a squeeze of lime," Mars notes. As a garden plant, lemon balm attracts bees and repels pests, and Martinelli praises its antiviral properties for minor illnesses.



## OTHER HERBS

More than one herbalist recommended the preceding herbs; the herbs below come singly recommended.



### Calendula

"This herb is excellent for all skin conditions when used externally," Martinelli says. "It's also soothing to the digestion as a tea."



### Echinacea

Famed for its immune-boosting abilities, echinacea helps curb colds and flu when used early, Martinelli says.



### Elder

Elder is another cold, fever and flu fighter. "Both the berries and the flowers provide medicinal support," Martinelli says.



### Hibiscus

The lovely flowers of this pretty plant have a refreshingly tart and lemon-like taste, Mars notes, along with mild infection-fighting properties.



### Linden

This plant grows everywhere in Boulder County. "It's great for the nervous system, tension headaches, anxiety, sleeplessness and heart health," Luna says.



### Oat Straw

Oat straw comes from the same plant as oatmeal, "so it's a great nourisher for the bones, nails, hair and nervous system," Luna says. Like nettle, it's very high in vitamins and minerals.



### Red Clover

According to Mars, this plant is anti-everything: antibacterial, anti-inflammatory, anti-spasmodic, antiseptic, antitumor and antitussive (relieves coughs). But pregnant women and people about to undergo surgery should avoid it.



### Rooibos

Dried rooibos is full of antioxidants: beta-carotene, zinc, vitamins C and E, and flavonoids. Ingested as a tea, it can treat allergies, cramps, depression and diarrhea, Mars says.



### Rosehips

Rosehips are a tonic for the blood, heart, kidneys and digestive tract, and they're rich in flavonoids. The hips can be infused into a tea with a tart, fruity, sour and sweet flavor, but don't boil them, Mars says. "It will dissipate their vitamin C content."



### Rosemary

This herb's strong antimicrobial properties make it a good choice to steep as a tea to treat colds, flu and minor illnesses, Martinelli says.



### Thyme

"I see thyme as a vitalizer," Luna says. Used to treat coughs, colds and congestion, thyme is also good "for your chi" and can be used as a tea or simmered on the stove to create a healing steam to help relieve croup in children. ☸

Herbal classes and workshops are available at Three Leaf Farm ([threeleaffarm.com](http://threeleaffarm.com)) in Lafayette; Rebecca's Herbal Apothecary ([rebeccasherbs.com](http://rebeccasherbs.com)) in Boulder; and with Brigitte Mars ([brigittemars.com](http://brigittemars.com)).



# HOW TO BUILD AN UPCYCLED TRELLIS

A fan trellis is a timeless and classic design that adds form and function to the garden. A wide variety of materials can be used to build a fan trellis, but what better material to use than gardening tools? This upcycled garden tool trellis puts a fun spin on the classic fan trellis design. Not only would it be an adorable addition to any garden, it's a great conversation starter too.

BY **AMY ANDRYCHOWICZ**

**T**his project gives rusty or broken old gardening tools new life. You can use any type of long-handled garden tools that you want. Old hoes, rakes, shovels... whatever you have available to you. Inexpensive old garden tools are easy to find at yard sales, antique markets or local thrift stores. Use round wood extension poles, which can be found at any home improvement store, as the crossbars mimic the shape of the handles on the garden tools. It won't take long for the wood to age and blend right in with the aged look of the garden tool handles. Even better, you could use the broken handles of other old garden tools as the crossbars instead.

## MATERIALS

Old wooden long-handled garden tools of your choice (3)

¼" x 3" machine bolts, and nuts (9 each)

60" wood extension poles (or upcycled handles from old garden tools)

## TOOLS

Tape measure

Drill

¼" drill bit (for drilling bolt holes)

Circular saw or handsaw

Pliers

Eye and ear protection

Work gloves

## CUT LIST (WOOD EXTENSION POLE)

Top crossbar	34"
Center crossbar	28½"
Bottom crossbar	23"

Depending on the types of gardening tools you use, you may need to make your crossbars longer or shorter. I cut mine to allow a 3" overlap on each side of the trellis.



PHOTOS BY TRACY WALSH



## CONSTRUCTION



**STEP 1** Before cutting the extension poles for the crossbars, lay out your trellis pattern on the ground. Space the tools evenly, and then measure the space between them to determine the exact length of your crossbars. Cut the crossbars.



**STEP 2** After cutting the crossbars, lay out your trellis pattern again, putting the garden tools over the top of the crossbars. Mark the three spots on each tool handle where it overlaps one of the crossbars. This is where you will drill the pilot holes for the bolts.



**STEP 3** Drill pilot holes at each point that you marked in step 2. Each hole should be drilled all the way through both the tool handle and the crossbar.



**STEP 4** Drive the bolts through the pilot holes so they go all the way through both the tool handle and the crossbar. At this point, the trellis will be very loosely attached together.



**STEP 5** Carefully turn the trellis over, and hand-tighten one nut onto the end of each of the bolts. Ensure the trellis is straight, and then use the pliers to tighten each of the bolts until the trellis is completely secure. ☺

Excerpted from "Vertical Vegetables" by Amy Andrychowicz, available from Cool Springs Press, an imprint of The Quarto Group.

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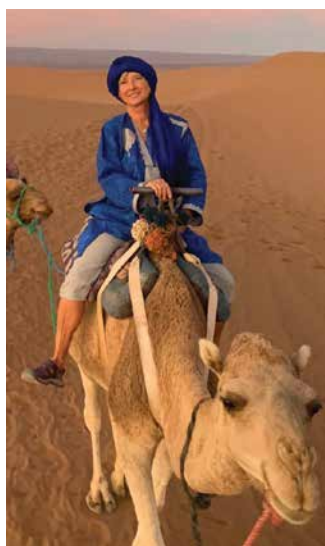
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# MEET ARTIST CHA CHA

**who has never thought of doing  
anything other than art**

Cha Cha was born in Virginia and raised “as a Marine Corps brat,” she declares. Early childhood travels encouraged her to become an observer. After she discovered art at age 5, “I never thought of doing anything else,” she says. Cha obtained a degree in Communication Art and Design from Virginia Commonwealth University and moved to Boulder in 1979 to work as a graphic artist and calligrapher. She later embraced papermaking to showcase her calligraphy. “That morphed into steel sculpture for the past 20 plus years, then clay caught my eye and I combined the two in a series of bird sculptures. Now I’m playing with digitally manipulated photography printed on canvas.”



Cha Cha enjoys a camel ride in the Sahara, where she stayed in a Berber tent. “It was a phenomenal experience and the trip of a lifetime,” says Cha, who finds life’s distractions often compete with her time to create art.

**H+G:** How do you describe your artistic style and what is your medium?

**Cha:** My style is ‘meandering.’ I’m always playing with new art mediums. My favorite medium is whatever one is in front of me, which at the moment, is digitally manipulated photographs printed on canvas.

**H+G:** What is your favorite thing about creating art?

**Cha:** I lose a sense of time. It’s my favorite place to be. I feel connected to my source.

**H+G:** What is your greatest challenge about creating art?

**Cha:** Getting it done on a regular basis. I tend to get distracted by life, then reel myself back into the studio.

**H+G:** What inspires you?

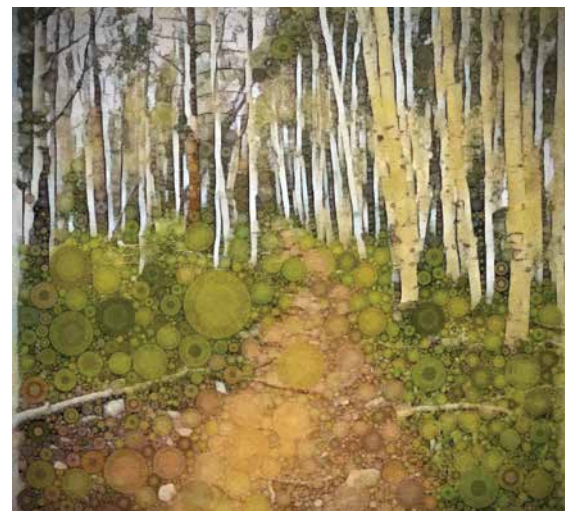
**Cha:** Limitless possibilities! With art there are no rules—you can go anywhere. A beautiful color can inspire me to paint, a found object can encourage me to turn it into a sculpture. I love making art furniture, because it allows me to bring art with a function into the house. Colors, shapes and textures all ignite my senses.

**H+G:** What terrifies you?

**Cha:** Limitless possibilities! Often, there are so many options it’s hard to figure out which one to start with. Sometimes you just have to put one foot in front of the other, pick up your pen or pencil, and just start making marks and see where that takes you.

**H+G:** Why are you drawn to different mediums?

**Cha:** Visual arts need no translation. Art is beyond language—it’s visceral, primitive, intuitive. I feel it in my gut. Each new medium teaches me a new visual vocabulary.







**H+G:** What artists do you admire?

**Cha:** Alexander Calder, for his wire sculptures; Alberto Giacometti, for his exaggerated figures; Donald Jackson, a master calligrapher who always pushes the limits of what we think of as calligraphy; Bill Velehr, for his bronze and aluminum sculptures; Caroline Douglas, for her dream-like ceramic sculptures; and Kevan Krasnoff, for his creative, abstract ways of seeing the world.

**H+G:** What is your favorite pastime?

**Cha:** Kayaking and paddleboarding in summer, skiing and hiking in winter, and taking art classes year-round. I also enjoy cooking international foods and trying new spice combinations.

**H+G:** What do you want your art to say?

**Cha:** I was here. I hope you like it here, too! ☺

View Cha Cha's digitally manipulated photography at the Boulder Arts & Crafts Gallery on the Pearl Street Mall through April 6 and at Niwot's Osmosis Gallery starting June 5.



Girl Painters West: (top row) Cathy Faughnan, Alice Renouf, Laurie Donlon (bottom row) Jacque Michelle, Cyndy Hinkelman-Smith and Lancene Cadora

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# FROM DAMNATION





# TO SANCTUARY

## How a neglected home became a serene haven

BY SARA BRUSKIN  
PHOTOS BY ASHLEY DAVIS TILLY

Jeb and Ashley Tilly were already in love with a neighborhood on Sugarloaf Mountain when they began their Boulder house hunt in 2008. But when they looked at the only home for sale in that area, they immediately knew it was not for them. In a stroke of madness or brilliance, the realtor took them to see a pre-foreclosure A-frame that had been abandoned by its previous owners.

Those owners left nearly 20 years' worth of possessions in the home. Despite the mess, Jeb was hooked. "Immediately I was like, 'Done. Home. This is it. We're moving to this house.'" His wife, however, did not share his enthusiasm.

"I was practically screaming 'NO!'" Ashley says. Although the two of them were at odds over the house, they have an unflappable team spirit and immense trust in one another, ►



PHOTO BY JEB TILLY



**THIS FLAGSTONE WALKWAY** encapsulates the tone of the Tillys' home: natural, not too polished, and working in harmony with the surrounding elements rather than fighting them. The previous homeowner made the metal sculpture out of old whiskey barrel hoops.





**THE ORIGINAL OWNER ADDED THE STONework** on the home's lower tier in 1975, along with the pool. Thrift-store furniture on the balcony is another indication of the Tillys' eco-centric values. Why buy new when you can reuse?

so they struck a compromise. If Jeb was so invested in the house, they would buy it, but he would take on the task of clearing it out while Ashley was out of town for two weeks. "He convinced me that it was a good investment and it had a lot of potential, and he is just magic with houses," she says.

Over those two weeks, Jeb hauled 120 cubic yards of trash out of the house and the backyard shed. He filled four roll-off dumpsters, and lost 10 pounds in the process. Those backbreaking weeks inspired Jeb to dub their new home "Damnation Ranch," but when Ashley got back, they could both see what had been hidden beneath the mess.

You know that Hollywood moment when something dirty and disheveled is cleaned up and revealed to be perfect and beautiful? ►



**THE PROPERTY IS ADORNED** with Ashley's beautiful landscaping, which features salvias, penstemons and roses. Jeb laid the flagstone patio, and in his blog about Damnation Ranch, he says it's not quite flat because "grading a piece of ground to accept stone is like doing math with your biceps."





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Well, this was another cruel reminder that real life is not a movie.

"It had good bones, but it was just cosmetically a mess, even after we cleaned it up," says Ashley. "It was such a cool house. Very funky, but also very dark and barely insulated." The basic structure had been built in 1963, when prefabricated A-frame kits were gaining popularity, and the simple design often relegated windows to the front and back of the home only. According to Ashley, it felt like living in a dark tent.

Despite the darkness, the Tillys moved into their new house in April 2008, looking forward to the adventure of turning the A-frame into their dream home. Unfortunately, a much scarier adventure found them first.

### In Need of Nurturing

On Dec. 20, 2008, Jeb and Ashley were both aboard Continental Airlines Flight 1404 departing

**INTERIOR DESIGNER MIKA WOYDA** helped the Tillys select the Sapere Collection area rug. "Mika's strength is she just knows how to put a room together. She knows exactly where to start so you're not wasting money later," Ashley says.

from Denver International Airport when the plane was blown off the runway, caught fire and crashed into a ravine. In an article for "Newsweek," Jeb wrote, "This will forever be my memory of Christmas 2008: huge flames streaking past the windows. Snow and dirt flying past as we augered into the ground."

Everybody on board made it out of the burning plane alive. Jeb and Ashley were among the lucky uninjured ones, but the traumatic experience left them desperate for a place of refuge and serenity. And so, the rattled-yet-determined couple began planning their sanctuary. ►



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BECAUSE RENOVATING A HOUSE WHILE LIVING IN IT MAKES BOTH ACTIVITIES FAIRLY MISERABLE, THEY FOCUSED ON **REVAMPING THE BACKYARD SHED** FIRST.



Because renovating a house while living in it makes both activities fairly miserable, they focused on revamping the backyard shed first. Then they could live there while remodeling the main house, and Jeb's parents would have a place to stay on their frequent visits to Colorado.

The Tillys did most of the work themselves, using reclaimed materials over the course of a year. After demolishing an inside wall, breaking up and re-pouring the concrete floor, and replacing some rotten wood, they built out a bay window and added all the necessary appliances. Once the dust had settled, they were left with 360 square feet of bright, beautiful space.

### "A" is for Awkward

Next, the Tillys turned their attention to the main house. "The spaces in the house were so weird

**THE SHED WAS JEB AND ASHLEY'S FIRST BIG RENOVATION PROJECT**, and it's still one of their favorite places on the property. "It's such a nestled-in, quiet spot with lots of light," Ashley says. The turf roof, natural wood and earthy tones help it blend seamlessly into the lush mountain landscape.

because of the A-frame," Ashley recalls. "There was one bathroom on the main level with a bathtub that the wall angled over, so you couldn't even stand up in the shower." The same sharp slope hung over their dining table, severely cramping the seats closest to the wall.

To get some breathing room, they worked with contractor Jim Cursley to push out the walls in five places, add some much-needed windows, and remove the wall separating the kitchen and living room. Jeb and Ashley can't say enough good ►



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#### LOTS OF SEATING

means lots of room for friends and family. Rejuvenation stools stand at the kitchen counter, and a comfy white chair is offset by the dark wood of a hand-carved east Asian blacksmith's stool that the Tillys use as an end table. A concrete countertop sits on IKEA cabinets with custom-milled drawer fronts made of reclaimed oak stripped from an old Kansas barn.





**AS PART OF THE REMODEL**, they pushed out the dining nook and added the bench to accommodate more people. Interior designer Mika Woyda sourced the wicker lamp from Arhaus, and the wood-burning stove sits atop an inset piece of Colorado buff sandstone from a local quarry.

**CONTRACTOR JIM CURSLEY PUSHED OUT** the entryway and added windows to make it an open and airy space. Jeb and his older son, Woods, fashioned the hanging lamp from a Moroccan metal dome—a wedding present from Jeb’s parents. A piece by local artist Amy Rice adorns the spiral staircase.

things about Cursley’s team, from their impeccable craftsmanship to their creative ideas.

Jeb says, “We spent a long time looking for the right kind of stone for our countertop, and we didn’t like any of it because it all felt so polished and perfect, and our house is just not a perfect house. The way we wanted to interact with it was far more rough-and-tumble, so Jim suggested concrete countertops, and they’re my favorite thing in the whole place.”

As an ode to their natural surroundings, the Tillys used local wood species to strengthen ►







**JEB BUILT A BED OUT OF PINE** for his older son Woods. Jeb says, "In the course of the remodel, we had to insert massive beams into the wall to hold the dormers up, so we took advantage of that and anchored the bed directly into them."

**THIS BRIGHT, COZY ROOM** for Jeb and Ashley's younger son, Lazarus, has a diaper-changing station Jeb built himself. The mural over the window was painted by local artist Bryce Widom; you might recognize the style from his famous chalk art at Mountain Sun pubs and breweries.

and accent their home. The ceiling beams are fir, the drawer fronts and kitchen shelves are reclaimed white oak from a Kansas barn, and the window trim is pine.

"Everything's kind of neutral and wood," Ashley says, "partly in response to the fact that the whole place was so unkempt originally that the clean palette just makes things so soothing and unifying." Lafayette painter Konchok Tenzin helped them achieve that unified look by staining the different woods to be a similar color.

To offset their living costs and carbon footprint, the Tillys set up eight glycol solar ►





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**THE PREVIOUS OWNERS** were spending \$3,000 a month to heat the pool with propane, but the Tillys' solar system keeps it at a comfortable temperature with renewable energy. The patio space is great for parties, and the Tillys love swimming with their two young boys.

**A HOPS VINE GROWS ALONG THE RAILING** of this sizable balcony. As a family that cherishes the outdoors, the Tillys spend a lot of time on their balconies, patios and surrounding forest trails.

panels that heat their home in winter, and the pool in summer. In responsible mountain-living style, they also built a bear-proof recycling area in the back of the house.

An epic amount of work went into Damnation Ranch, but it was well worth it. "A-frames are such sheltering structures and such a central style in the Colorado mountains," Jeb says. "We wanted this kind of alpine-modern style. Cabin-y, but also modern and clean."

They nailed that style, and added bucket-loads of warmth and personality to their mountain sanctuary. ☺



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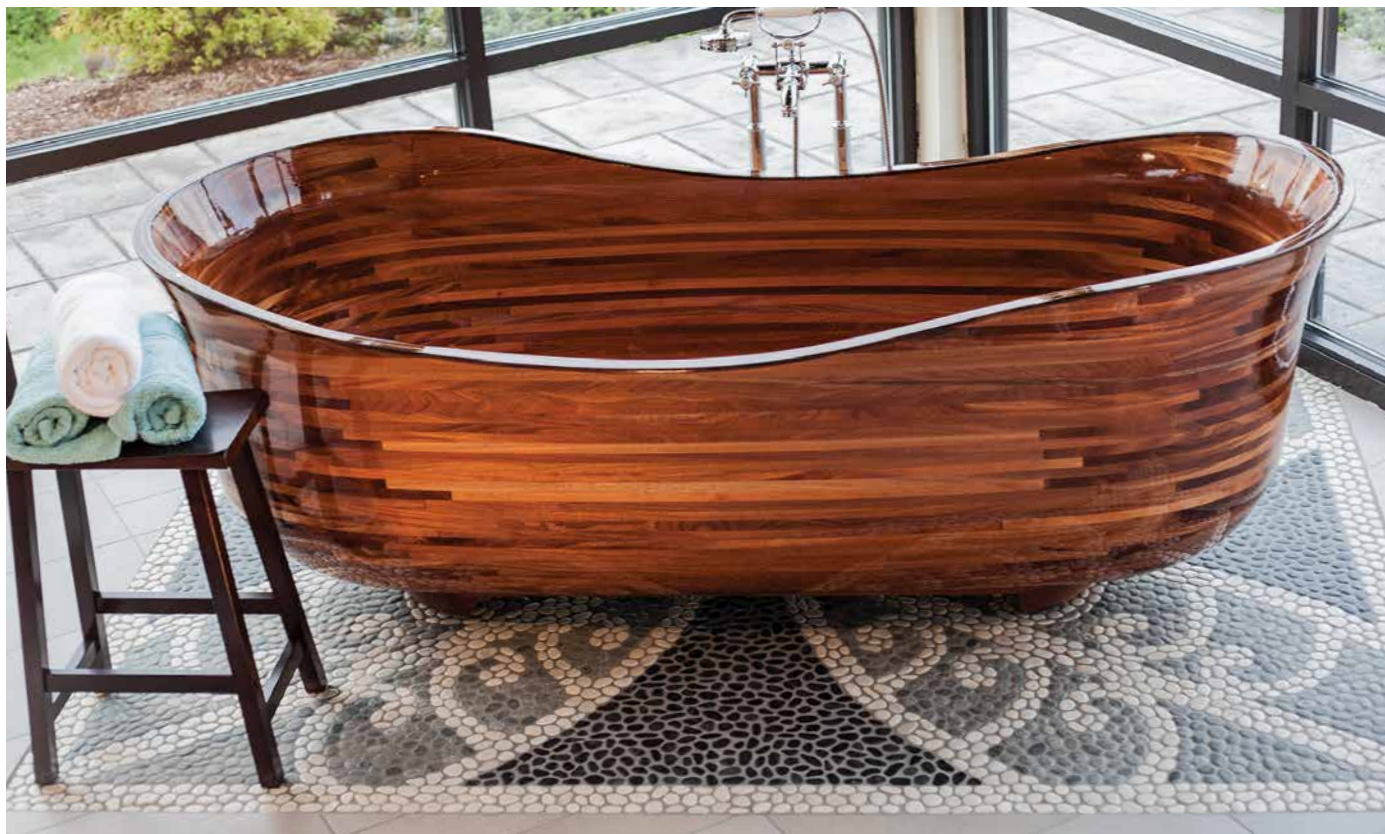
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# WOOD & WATER

Wood is making inroads into rooms where it was traditionally avoided

BY MAGGIE WOODLAND

Natural materials give a home warmth and beauty, and many people want to bring the serene outdoors inside through the use of wood. But what about areas exposed to water and humidity? Is wood verboten in the kitchen and bath?

Wood expands as it absorbs moisture, which can be problematic for flooring, where walls confine the boards, which will cup or buckle on expansion. But new innovations are helping manufacturers get ahead of this issue, says Scott McDonald of McDonald Carpet One Floor & Home. "Leading manufacturers, especially Shaw, have solved this problem by creating waterproof real-hardwood flooring. They accomplish this by using a waterproof core with a real-hardwood veneer and then completely encapsulating the product [in a proprietary finish] to make it entirely waterproof."

People who love wood flooring's warm aesthetic might opt for laminate in

water-prone areas, but, McDonald cautions, "Laminate is only waterproof from the top down. If water gets underneath it, it will warp and expand." If water gets under waterproof hardwood, it won't sustain any typical water damage.

## Counterculture Countertops

Granite currently dominates the countertop market because of its water resistance, but sleek stone isn't everyone's cup of tea. If a lumber look is more to your liking, you can still install beautiful wooden countertops if you take proper precautions and use the right materials.

Bennett Ostroff, owner of Aspen Woodshop in Denver, says, "Wood isn't typically a first choice for kitchen or bathroom countertops. But if done correctly, it's a perfectly feasible option and can be a beautiful focal point in your home." Ostroff recommends durable hardwoods—walnut, cherry, white oak or teak—for countertops. The wood must be thoroughly dried, because trees are full of water. Fresh

lumber needs to be properly air- or kiln-dried before it's ready for use, as too much residual moisture can cause warping.

Finish is another important consideration. More varnish equals more protection for a countertop, and Ostroff says it's important to finish all surfaces, not just the ones you can see and access after installation. "For the strongest finish against water and scratches, oil-based varnishes (e.g., polyurethane) are relatively easy to apply and are extremely water- and scratch-resistant." Water-based finishes are almost as durable and boast faster drying times and lower odor, he says, and countertops exposed to sunlight should be finished with a UV-resistant product. He also recommends using a waterproof caulk, like silicone, around the countertop's perimeter.

After taking those precautions, maintaining wooden countertops is simple: clean up spills in a timely manner (within the hour), use trivets or pot holders for hot items, and use cutting boards for knives. This protects the finish, but if minor damage does ►





For Ramya Bruskin's walnut countertop, Ostroff cut one very long panel into two sections so the color and grain patterns would match.

occur, another varnish coat can easily fill in scratches.

Longmont homeowner Ramya Bruskin hired Ostroff to construct her kitchen countertop. "Initially, I was concerned about the potential for water damage, but my walnut counters have held up really well," she says. "I am so happy with them, and I love the natural look."

## Soothing Soaks

NK Woodworking is a Seattle-based company that completely bucks the 'no wood and water' rule. It manufactures wooden bathtubs and claims its proprietary finish "creates a barrier layer between the wood and water, so the tubs are fully functional at extreme hot and cold temperatures." The tubs are primarily made of sapele mahogany, walnut or white oak.

While the layered look of NK's tubs is striking, wooden bathtubs have been used for centuries. The Japanese *ofuro* is a soaking tub traditionally made with hinoki wood, also known as Japanese cypress. It releases a lemony scent as it warms, adding aromatherapy to the bathing experience. Traditional wood *ofuros* are not finished with varnish, as that



Aspen Woodshop owner Bennett Ostroff built this countertop from a 10-foot piece of white ash that had a large split down the middle. He filled the split with a dark emerald green resin to achieve the effect of a "river" running into the sink.

PHOTOS: KITCHENS BY BENNETT OSTROFF, ASPENWOODSHOP.COM; BATHROOM BY ELENA ELISSEVA/SHUTTERSTOCK.COM



would seal off the wood's scent and minerals, both believed to have healing properties.

So how do *ofuros* survive prolonged water exposure? In most cases, the presence of moisture isn't what destroys wood; it's the fluctuating moisture levels. If one wood section dries out and contracts more quickly than another section, the imbalance creates strain that results in bowing and bending.

In Japan, people often leave *ofuros* full of water so that multiple family members can soak in succession, thereby conserving water and reducing fluctuating moisture levels. Many also leave the tub full overnight and use the water to wash clothes the next day. This nearly constant water exposure keeps an *ofuro* from drying out and warping, and Japan's high humidity helps protect the tubs, as wood absorbs moisture from the air.

When it comes to wood and water, clever inventions and protective techniques are helping wood spread beauty to every room in the house. ☺

Wood isn't often recommended for bathroom floors, much less walls and ceilings. Proper materials and ventilation make it possible.



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# POSSESSED BY A VISION

This couple left no stone unturned to transform their yard  
into a tour-worthy garden

TEXT AND PHOTOS BY LISA TRUESDALE



Anyone who attended the Festival of Flowers Garden Tour in 1999 and again in 2019 might not have recognized Wayne and Sylvia Gardner's yard the second time around. Though it was twice included in the Longmont Symphony Guild's fundraising event, the garden looks nothing like it did 20 years ago. Back then it was pretty sparse, and many of the trees, shrubs and flowers that were in it are long gone. Still, it was a vast improvement over what the yard looked like when the couple first purchased the circa-1910 house in 1993.

At first, no one but Sylvia could see the home's beauty, inside or out. A brick-edge driveway ran the length of the property from the front to the alley. The front yard and boulevard strip were neglected patchy grass, and the yard's only living things were two evergreens, a peony and a lilac. Inside the house, old carpeting and dated paneling were brown, brown, brown.

"My daughter-in-law thought I was 'possessed,'" Sylvia says. "And I guess I was—possessed with a vision. The house and yard spoke to me. They captured my soul." ►

**GOLDFISH FROLIC** under the pond's solar-powered fountain. The clay pot, called an olla, pumps water into the pond to keep the pond fresh and give the goldfish "back massages." "I know, there's a lot going on here," Sylvia laughs, as she points out the assorted grasses and corkscrew rush in the pots, and the yellow water lily and water lettuce in the pond.





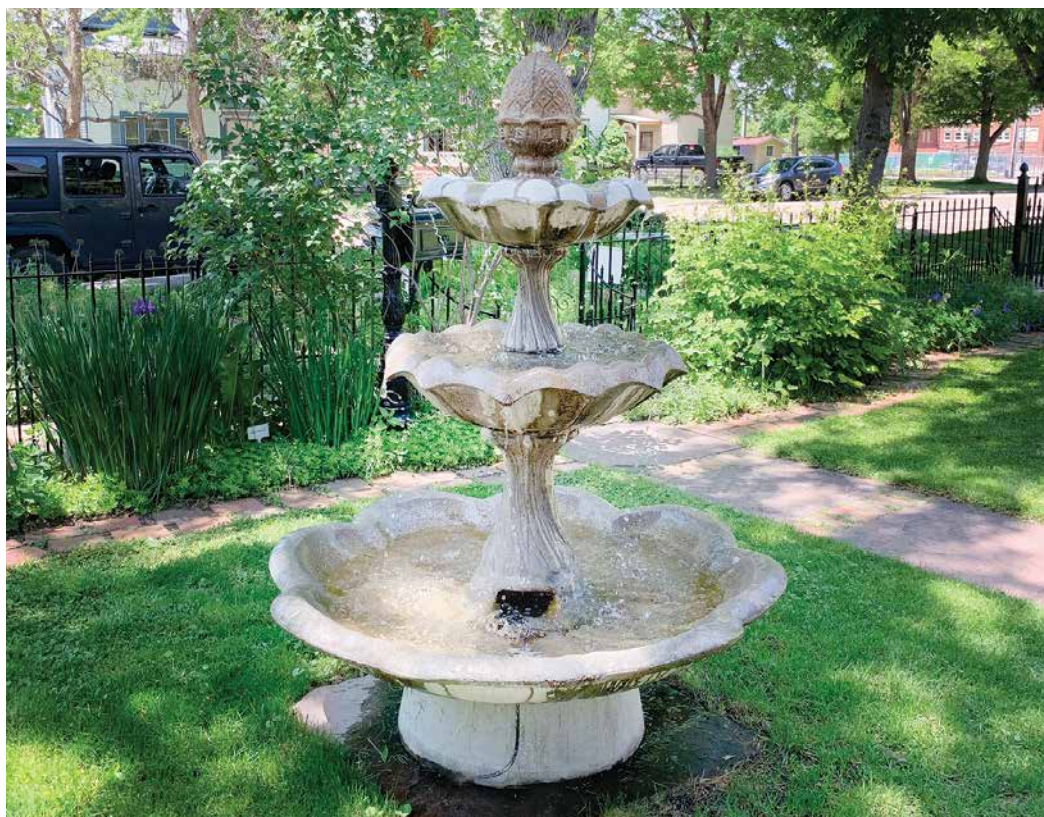
Sylvia's vision was to create a quasi-Victorian garden, sort of a "European oasis in look and feel," but she didn't want it to be too formal. "I prefer a mishmash look," she explains, "not a manicured one." She wasn't keen on a water-hog garden either, but she didn't want to go completely xeric.

## A Work in Progress

In 1995, Wayne suggested they begin by transforming the driveway into cottage-style gardens on both sides, so they started pulling up brick, sand and road base. The ambitious project required backbreaking work over a couple of years, Sylvia says, not to mention multiple tubes of sore-muscle ointment and countless pairs of leather gloves. Money was tight, since they were also renovating the home's interior, so they simply planted a few trees and perennials "with no specific plan in mind." ►

**LEFT:** Wayne and Sylvia transported this heavy gazing ball back from New Orleans. "I found it in a little garden shop in the French Quarter," Sylvia says. "I just love it. It's truly a treasure!"

**BELOW:** Sylvia and Wayne enjoy the front yard fountain, and so do guests, passersby, birds, bees and the occasional neighborhood dog that the couple invites in for a refreshing sip of cool water.





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Since they chose to be outside anytime it was warmer than freezing and cooler than 90, they got more work done on the garden than the house. By 1998, they were invited to participate in the guild's 1999 garden tour, even though "it was still just a semi-established work in progress," Sylvia notes.

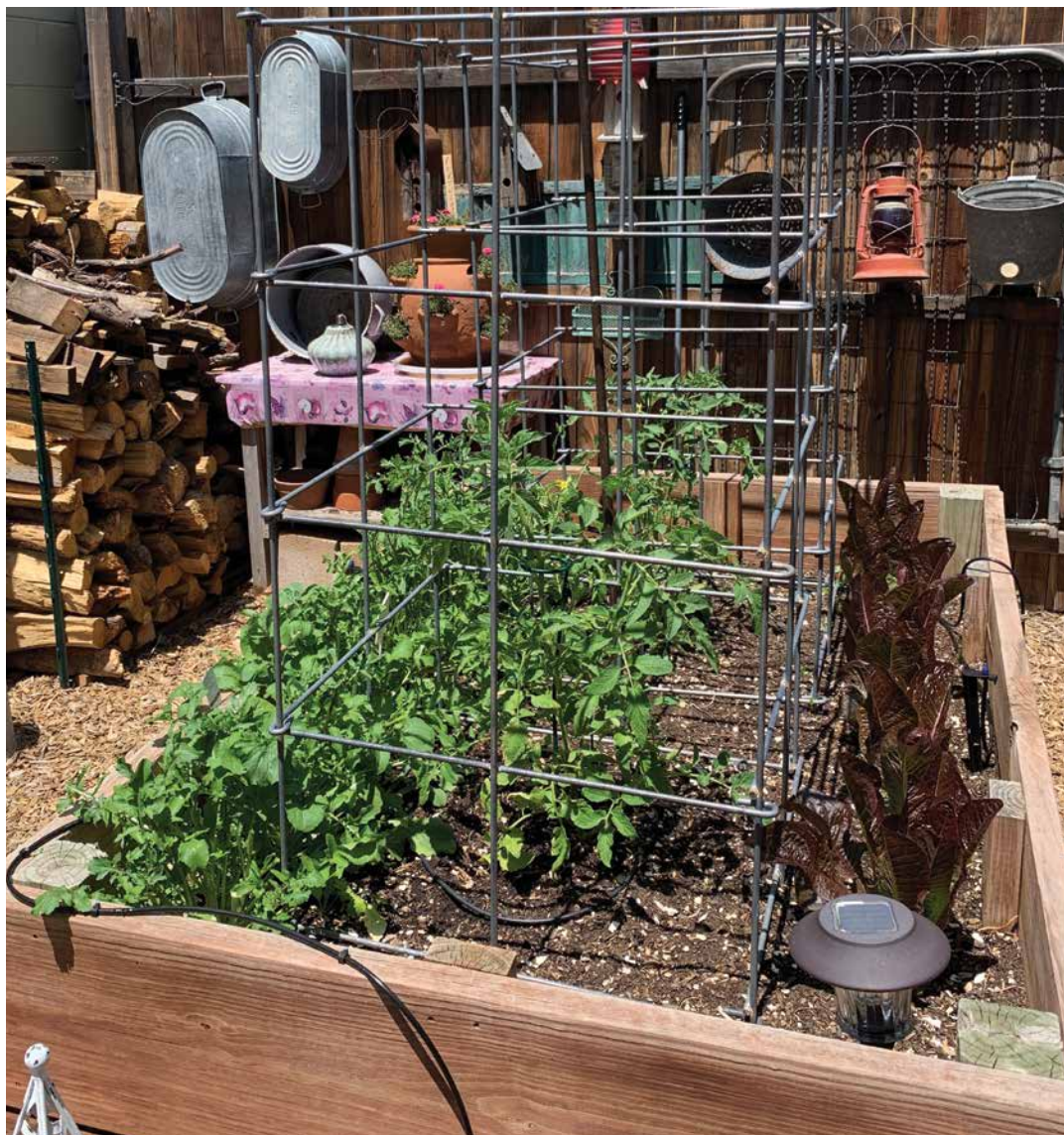
After that first tour, the Gardners continued their transformative efforts, with Sylvia assuming the "manager" role and Wayne "the muscle." The interior eventually got enough attention that the couple was able to open a bed-and-breakfast, which they operated for 10-plus years. But most of their spare time was spent outdoors, especially after they each retired from jobs at the University of Colorado.

Garden features gradually appeared, including a three-tier fountain, a chiminea, multiple birdbaths, a fishpond, and seating areas for relaxing and entertaining. More trees, shrubs, annuals,

perennials, herbs and ground covers than one could possibly imagine now cover their front yard, side yards and backyard cottage-style garden pockets. The massive plantings were a crucial part of Sylvia's vision—she wanted to make sure they didn't need to devote much time to weeding or mulching. "I'm a big believer in covering and planting every bit of exposed earth," she says. "Voilà, no need for mulch!"

These days, other than fall leaf cleanup and occasional pruning, transplanting, dividing and rearranging, the garden takes care of itself, giving the couple time to fully enjoy it. Wayne installed a micro-drip watering system a few years ago, ►

**SYLVIA SCORED THESE** sturdy steel cages at an Ace Hardware parking lot sale. "They're impossible to topple over," she says, even when the tomato plants grow more than a foot over the top.





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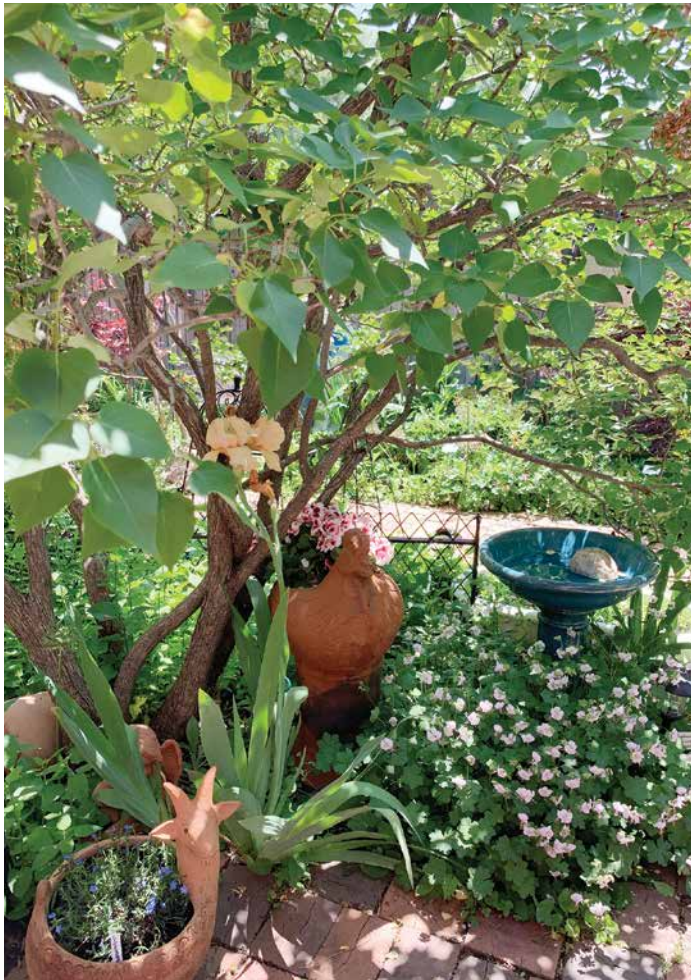
"I'M A BIG BELIEVER IN COVERING AND PLANTING EVERY BIT OF EXPOSED EARTH," SILVIA SAYS.  
"VOILÁ, NO NEED FOR MULCH!"

and Sylvia is delighted. "We've spent countless hours hand watering, and our neighbors pitched in when we were camping or vacationing," she says, though she admits to "therapeutic hand watering" every so often.

### From Santa to Soil

Although Sylvia would much rather be outside enjoying the garden, in winter her massive collection of Christmas decorations keeps her occupied. No room is left untouched, and a living room cabinet of year-round Santa Clauses is filled with figurines the couple has collected during travels worldwide.

But, as soon as the garden bulbs emerge, Sylvia's back out checking on her beloved plants, thumbing through catalogs and preparing for the growing ►



**ABOVE:** Sylvia's a big fan of unconventional planters, so she filled a cast-iron bathtub with Mexican and green oregano, spring onion, garlic and chives, and added a decorative spinner for a whimsical touch and a solar light so it can be enjoyed at night.

**LEFT:** A delightful clay chicken holds geraniums, while pink perennial geraniums spill out on the brick below a blue birdbath. A peach-hued iris grows to more than 3 feet beneath the lilac.

**OPPOSITE PAGE:** The table on the south side of the house is almost always set, since this is where the couple eats most meals from late spring to early fall, Sylvia says. "Friends and family frequently join us, and they love sitting on the bench next to the beautiful Toba hawthorn tree."





**A SAW BLADE,**  
a fan trellis,  
a grapevine  
wreath and  
a wagon  
wheel adorn  
the fence. A  
dear friend  
gave Sylvia  
and Wayne a  
wood-carved  
replica of "El  
Santuario de  
Chimayó,"  
located in  
Chimayó, New  
Mexico. It sits  
at the base of  
the trellis.



season. "Every spring, I can't wait to get my hands into the soil," she says. "It smells so good, especially when it's damp, like if it still has a thin crust of ice on it."

And she's more than willing to host impromptu garden tours for friends, neighbors and curious passersby. "Most of the time I'm covered in dirt clods, wearing old shoes, maybe with leaves sticking out of my hair under my wobbly straw hat," she laughs. "But I always greet fellow garden lovers with a smile and a hug." ☺

**RIGHT:** Strolling through Denver Botanic Gardens a few years ago, Sylvia spotted a shadowbox like this one and hurried home to ask her "resident handyman" (husband Wayne) to make one just like it. "I had him attach it to the side of the tool shed, to dress that up a bit," Sylvia says, "and I never run out of 'kitsch' to fill it with."

**BELOW:** Tulips, allium and violets fill the front yard and boulevard garden in spring. Perennials and herbs arrive in summer: geraniums, sweet woodruff, catmint, lavender, oregano, yarrow, feverfew, love-in-a-mist, rose campion and lemon balm. The couple's many birdbaths attract feathered friends year-round.





# CATEGORIZED ADVERTISER INDEX

## ART EVENTS

Girl Painters West: Farm to Canvas  
Art Show . . . . . 47  
girlpainterswest.com

## ARCHITECTS

Arcadea Architecture . . . . . 51  
303-449-6605; arcadea.com  
Rodwin Architecture  
& Skycastle Construction . . . . . 19  
303-413-8556; rodwinarch.com

## BOTANIC GARDENS/PUBLIC GARDENS

Denver Botanic Gardens. . . . . 23  
720-865-3500; botanicgardens.org

## BUSINESS ASSOCIATIONS/ ORGANIZATIONS

Better Business Bureau Denver/Boulder . 59  
303-758-2100; bbb.org/denver

## CARPETING/RUGS

Floor Crafters Boulder . . . . . 61  
303-449-3084; floorcraftersboulder.com  
Lafayette Flooring . . . . . 13  
303-926-6801; lafayetteflooring.com  
McDonald Carpet One  
Floor & Home . . . . . Inside Front Cover  
720-432-2916;  
mcdonaldcarpetoneboulder.com

## CLEANING SERVICES

Merry Maids. . . . . 59  
303-647-5369; merrymaidsboulder.com

## COMMUNITY SERVICE ORGANIZATIONS

Keep It Clean Partnership . . . . . 33  
keepitcleanpartnership.com  
Realities for Children Boulder County . . 59  
720-420-9780; rfcbc.org

## CONSTRUCTION MATERIALS

Extra Building Materials Inc. . . . . 4  
303-296-8090; extrabuild.com

## CONTRACTORS/BUILDERS/ REMODELING/DESIGN BUILD

Andrew Williams Designs . . . . . 53  
303-919-2279;  
andrewwilliamsdesigns.com  
Rodwin Architecture  
& Skycastle Construction . . . . . 19  
303-413-8556; skycastleconstruction.com  
Velocity Built . . . . . 55  
303-506-1844; velocitybuilt.com

## DECKS/PORCHES

Squareroot Construction . . . . . 71  
303-517-8742;  
squarerootconstruction.com

## DOORS

BlueBird Windows & Doors . . . . . Back Cover  
303-810-2888; gobluebirdco.com

## DRY CLEANERS

Art Cleaners . . . . . 47  
303-447-8700; artcleaners.com

## FLEA MARKETS

Front Range Mercantile  
Indoor Flea Market . . . . . 45  
303-776-6605;  
fronrangeindoorfleamarket.com

## FLOORING/WOOD FLOOR REFINISHING

Floor Crafters Boulder . . . . . 61  
303-449-3084;  
floorcraftersboulder.com  
Lafayette Flooring . . . . . 13  
303-926-6801; lafayetteflooring.com  
Meyer Skidmore & Co . . . . . 55  
303-444-1174; meyerskidmore.com

## FURNITURE

Woodley's Fine Furniture. . Inside Back Cover  
303-651-1015; woodleys.com

## GARDEN SUPPLIES/NURSERIES/FLORESTS

Farm Tub . . . . . 37  
303-449-5633; farmtub.com  
The Flower Bin. . . . . 39  
303-772-3454; theflowerbin.net  
Harlequin's Gardens . . . . . 37  
303-939-9403; harlequinsgardens.com  
Lafayette Florist . . . . . 25  
303-665-5552, 800-665-0771;  
lafayetteflorist.com  
Sturtz & Copeland Flowers and Plants . . 31  
303-442-6663, 866-680-6663;  
sturtzandcopeland.com

## GARDEN TOURS

Whittier-Mapleton Garden Tour . . . . . 25  
whittiergardenontour.com

## GLASS/MIRRORS/SHOWER DOORS

Slade Glass Co. . . . . 27  
303-442-3662 (Boulder),  
303-776-3400 (Longmont);  
sladeglass.com

## HOME FURNISHINGS

Canova Home . . . . . 61  
303-413-3050; canovahome.com  
Estate Alchemy . . . . . 71  
303-598-6903; estate-alchemy.com  
Front Range Mercantile  
Indoor Flea Market . . . . . 45  
303-776-6605;  
fronrangeindoorfleamarket.com  
Indochine Home & Garden . . . . . 17  
303-444-7734;  
indochinehomeimport.com  
Woodley's Fine Furniture. . Inside Back Cover  
303-651-1015; woodleys.com

## INSURANCE PROVIDERS

Rick Baker Insurance . . . . . 55  
303-444-3334;  
rickbakerinsurance.com

## JUNK REMOVAL SERVICES

1-800-GOT-JUNK? . . . . . 71  
1-800-468-5865; 1800gotjunk.com

## KITCHEN & BATH REMODELS/PRODUCTS

Andrew Williams Designs . . . . . 53  
303-919-2279;  
andrewwilliamsdesigns.com

## LANDSCAPE ARCHITECTS & DESIGNERS

Changing Landscapes . . . . . 37  
303-702-9323;  
changinglandscapes.com  
Ecoscape Environmental Design . . . . . 31  
303-447-5789; ecoscapedesign.com  
Garden Art Landscaping . . . . . 69  
303-440-0605; gardenartlandscaping.com  
Matrix Gardens . . . . . 23  
303-443-0284; matrixgardens.com  
TLC Gardens. . . . . 1  
303-648-6229; tlcgardens.com

## METALWORK/

## CUSTOM RAILINGS, GATES & DOORS

McLean Forge & Welding . . . . . 17  
303-442-0786; mcleanforge.com

## ORGANIC FARMS/EVENT SPACES/ WORKSHOPS

Lyons Farmette . . . . . 71  
303-746-6266; lyonsfarmette.com  
Three Leaf Concepts . . . . . 41  
threeleafconcepts.com

## PATIO FURNITURE

Christy Sports Patio Furniture. . . . . 3  
303-442-2493; patio.christysports.com

## PHOTOGRAPHY

Alive Studios Photography . . . . . 2  
303-440-6008; alivestudios.com

## PLUMBING, HEATING & AIR CONDITIONING

Mesa Plumbing Heating Cooling. . . . . 59  
303-494-6505; mesa-plumbing.com

## POOLS & SPAS

Quality Pools & Spas . . . . . 13  
303-786-9700; qualitypoolsboulder.com

## RADIO STATIONS

KGNU Community Radio  
88.5 FM/1390 AM. . . . . 79  
303-449-4885 (main office),  
303-442-4242 (Boulder studio); kgnu.org  
KUNC Community Radio 102.7 FM . . . . . 65  
970-378-2579, 800-443-5862; kunc.org

## REAL ESTATE

Kathy Crowder, RE/MAX Alliance . . 47 & 62  
303-651-3939, 303-775-0206;  
kathycrowder.com  
Eric & Alex Jacobson,  
RE/MAX of Boulder. . . . . 27 & 62  
303-523-8207; jacobsonsteam.com  
Joyce Pollich, WK Real Estate . . . . . 53 & 62  
303-249-6501; joycepollich.wkre.com  
David Scott, The Scott Group. . . . . 15 & 62  
303-443-5163, 303-588-8358;  
boulderrealestateinfo.com



## ALPHABETIZED ADVERTISER INDEX

### RESTAURANTS/CATERING

**Three Leaf Concepts** . . . . .41  
threeleafconcepts.com

### RESTORATION/MOLD, FIRE & WATER DAMAGE

**24-7 Restoration** . . . . .71  
303-485-1730;  
247restoration.com

### ROOFING

**J&K Roofing** . . . . .9  
303-425-7531; jkroofing.com

### SHOPPING

**Canova Home** . . . . .61  
303-413-3050; canovahome.com

**Estate Alchemy** . . . . .71  
303-598-6903; estate-alchemy.com

**Front Range Mercantile**  
**Indoor Flea Market** . . . . .45  
303-776-6605;  
frontrangeindoorfleamarket.com

**Indochine Home & Garden** . . . . .17  
303-444-7734;  
indochinehomeimport.com

### TEAS

**Boulder Tea Company** . . . . .41  
boulderteaco.com

### TRANSPORTATION SERVICES & ASSISTANCE

**Via Mobility Services** . . . . .14  
303-447-2848; viacolorado.org

### TREE SERVICES/TREE REMOVAL

**Berkelhammer Tree Experts Inc.** . . . . .25  
303-443-1233; berkelhammer.com

**Ideal Tree** . . . . .41  
720-378-1011; idealtreecolorado.com

**Taddiken Tree Co.** . . . . .11  
303-554-7035; taddikentree.com

### WILDLIFE SANCTUARIES

**The Wild Animal Sanctuary** . . . . .5  
303-536-0118; wildanimalsanctuary.org

### WINDOW COVERINGS/SHADING SOLUTIONS

**Innovative Openings** . . . . .7  
303-665-1305; innovativeopenings.com

### WINDOWS & SCREENS/WINDOW REPAIR

**BlueBird Windows & Doors** . . . . .Back Cover  
303-810-2888; gobluebirdco.com

**Slade Glass Co.** . . . . .27  
303-442-3662 (Boulder),  
303-776-3400 (Longmont);  
sladeglass.com

### A

**Alive Studios Photography** . . . . .2  
**Andrew Williams Designs** . . . . .53  
**Arcadea Architecture** . . . . .51  
**Art Cleaners** . . . . .47

### B

**Berkelhammer Tree Experts Inc.** . . . .25  
**Better Business Bureau**  
Denver/Boulder . . . . .59  
**BlueBird Windows**  
& Door . . . . .Back Cover  
**Boulder Tea Company** . . . . .41

### C

**Canova Home** . . . . .61  
**Changing Landscapes** . . . . .37  
**Three Leaf Concepts** . . . . .41  
**Christy Sports Patio Furniture** . . . .3  
**Kathy Crowder,**  
**RE/MAX Alliance** . . . . .47 & 62

### D

**Denver Botanic Gardens** . . . . .23

### E

**Ecoscape Environmental Design** . . .31  
**Estate Alchemy** . . . . .71  
**Extra Building Materials Inc.** . . . .4

### F

**Farm Tub** . . . . .37  
**Floor Crafters Boulder** . . . . .61  
**The Flower Bin** . . . . .39  
**Front Range Mercantile**  
**Indoor Flea Market** . . . . .45

### G

**Garden Art Landscaping** . . . . .69  
**Girl Painters West:**  
**Farm to Canvas Art Show** . . . . .47

### H

**Harlequin's Gardens** . . . . .37

### I

**Ideal Tree** . . . . .41  
**Indochine Home & Garden** . . . . .17  
**Innovative Openings** . . . . .7

### J

**Eric & Alex Jacobson,**  
**RE/MAX of Boulder** . . . . .27 & 62  
**J&K Roofing** . . . . .9

### K

**Keep It Clean Partnership** . . . . .33

### KGNU Community Radio

88.5 FM/1390 AM . . . . .79  
**KUNC Community Radio**  
102.7 FM . . . . .65

### L

**Lafayette Flooring** . . . . .13  
**Lafayette Florist** . . . . .25  
**Lyons Farmette** . . . . .71

### M

**Matrix Gardens** . . . . .23  
**McDonald Carpet One**  
**Floor & Home** . . . . .Inside Front Cover  
**McLean Forge & Welding** . . . . .17  
**Merry Maids** . . . . .59  
**Mesa Plumbing Heating Cooling** . .59  
**Meyer Skidmore & Co** . . . . .55

### O

**1-800-GOT-JUNK?** . . . . .71

### P

**Joyce Pollich, WK Real Estate** . .53 & 62

### Q

**Quality Pools & Spas** . . . . .13

### R

**Realities for Children** . . . . .59  
**Rick Baker Insurance** . . . . .55  
**Rodwin Architecture**  
& Skycastle Construction . . . . .19

### S

**David Scott,**  
**The Scott Group** . . . . .15 & 62  
**Slade Glass** . . . . .27  
**Squareroot Construction** . . . . .71  
**Sturtz & Copeland Flowers**  
and Plants . . . . .31

### T

**Taddiken Tree Co.** . . . . .11  
**Three Leaf Concepts** . . . . .41  
**TLC Gardens** . . . . .1  
**24-7 Restoration** . . . . .71

### V

**Velocity Built** . . . . .55  
**Via Mobility Services** . . . . .14

### W

**Whittier-Mapleton Garden Tour** . .25  
**The Wild Animal Sanctuary** . . . .5  
**Woodley's Fine**  
**Furniture** . . . . .Inside Back Cover



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## Iranian Ghorme Sabzi

RECIPE BY REZVAN KHAKIPOUR

### INGREDIENTS

- 1 bunch of cilantro
- 1 bunch of parsley
- 1 bunch of spinach
- 1 bunch of green onions
- 1 medium-sized onion
- ½ pound of lamb
- Salt, to taste
- Turmeric, to taste
- Red pepper, to taste
- ½ cup dried red beans
- ½ cup dried pinto beans
- 4 whole dried limes (available online and at Middle Eastern markets)
- 4 cups water

### DIRECTIONS

Cut off the stalks of the cilantro, parsley, and spinach, and remove any yellow leaves.

Clean the vegetables and herbs.

Cut them up as finely as possible.

In one pan, fry cilantro, parsley, spinach and green onions with oil over medium heat for 30 minutes.

In another pan, fry the onion and brown the chopped lamb with oil over medium heat.

Add salt, turmeric and red pepper to the onion and lamb.

Add the beans, the dried whole limes, and the water to lamb and onion.

Lower heat and let cook for three hours.

When the beans and lamb are almost cooked, add the fried herbs and vegetables.

Let cook for half an hour.

Serve.

## Mexican Huevos Ahogados

RECIPE BY SANDRA MANZO

### INGREDIENTS

- 1 small onion, sliced
- 2 garlic cloves, diced
- 5 tomatoes, sliced
- 1 green chile, diced
- 4 cups water
- Salt
- Pinch of oregano
- Epazote leaves, to taste (available online and at Mexican markets)
- 10 eggs

### DIRECTIONS

On the stove, in a pan with 2 tablespoons of oil, fry the onion until brown.

Add the garlic. Fry for 1 minute, then add the tomatoes and green chile.

When all is well-mixed, add 4 cups of water, salt, a pinch of oregano and the epazote leaves.

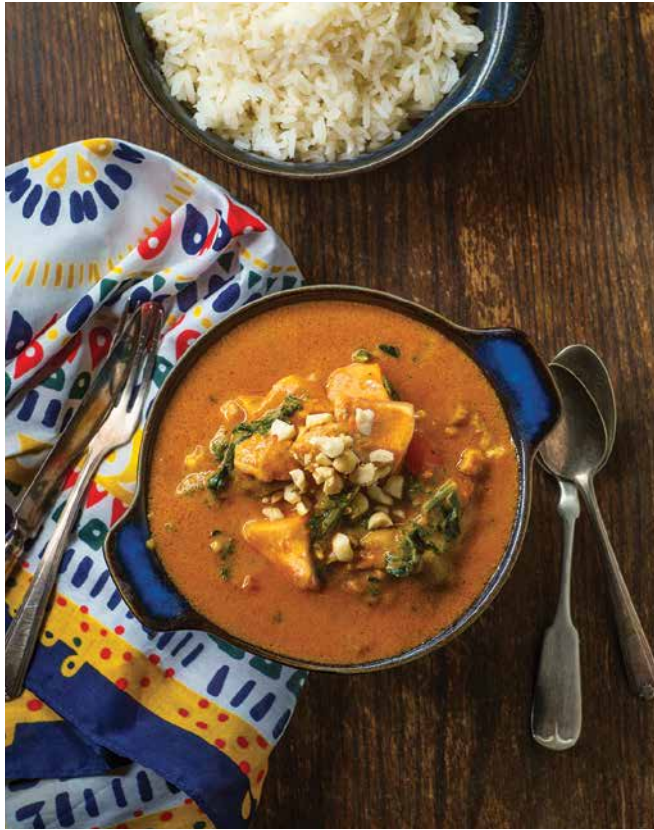
When the broth is boiling, break the eggs slowly one by one and add to the broth.

Finally, simmer for about 10 minutes.

Serve immediately.







## Malian Peanut Butter, Okra & Spinach Sauce

RECIPE BY DJENEBA SAKO

### INGREDIENTS

*(In Mali, we don't measure our ingredients)*

Water  
Spinach  
Chicken (optional)  
Chopped or mashed tomatoes  
1 small can tomato paste  
Onion  
Garlic  
Salt  
Peanut butter  
Okra

### DIRECTIONS

Put some water (not too much or too little) in a medium saucepan.

Put in spinach (and some meat like chicken if you want).

Add chopped/mashed tomatoes, tomato paste, onion, garlic, and salt, to taste.

Simmer.

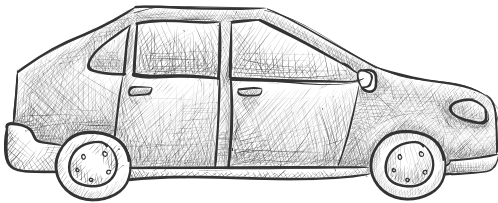
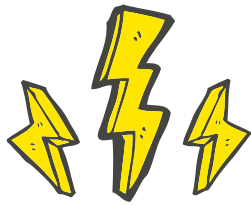
When it boils, add peanut butter (two big spoons).

Stir just a little.

Add okra and simmer for about an hour to an hour-and-a-half.

Stir enough to keep from sticking, but not too much.

Serve with rice. ►



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## Russian Cauliflower Soup

RECIPE BY MARINA RUMNOVA

### INGREDIENTS

- 1 medium onion
- 2 medium carrots
- 1 medium head cauliflower, broken into florets
- 3 quarts water
- Sea salt to taste
- 1 sweet pepper
- 2-3 medium potatoes
- 1 zucchini
- 2-3 medium tomatoes

### OPTIONAL TOPPINGS

- Sour cream
- Green onions
- Italian parsley
- Dill
- Black pepper

### DIRECTIONS

Raw vegetables have to be washed, cleaned or peeled, and cut into small pieces (½-inch size).

Chop the cauliflower into 1-inch chunks.

Bring 3 quarts of water to a boil in your soup pan with 1 tablespoon of sea salt under a lid over medium-high heat (set the temperature dial on 6, 7, or a bit lower than 8).

Add cut onion and carrots, bring water to a boil again, reduce heat to 4-5, and cook vegetables for 5 minutes. In this case, I do not use pan lid until the soup is ready because it helps me to control the cooking process.

Then add cauliflower florets and chopped sweet pepper, and boil them for 10 minutes. Now add some more sea salt to taste (optional).

Then add cut potatoes and zucchini, bring water to a boil and then simmer for 15 minutes or until all vegetables are tender.

If the consistency of your soup becomes too thick, add boiling water before the soup is done.



If desired, top each serving with a spoon of sour cream, chopped green onion, Italian parsley, and dill, plus a pinch of black pepper.

Bon appétit!

## Venezuelan Majarete

RECIPE BY IRMA SEQUERA

### INGREDIENTS

- 2 13.5-oz. cans coconut milk
- 1 cup white cornmeal
- 1-2 cups brown sugar or molasses, to taste
- 2 cinnamon sticks
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- Ground cinnamon to garnish

### DIRECTIONS

Pour coconut milk into a pot except for ½ a cup to be reserved for later use.

Gradually add cornmeal to the coconut milk in the pot while stirring continuously with a hand mixer until the cornmeal is fully dissolved.

Add the brown sugar/molasses, cinnamon sticks and salt, and stir to combine.

Add cornstarch to the reserved ½ cup of coconut milk and stir until fully dissolved.

Cook the coconut milk and cornmeal mix over medium heat. Stir constantly with a wooden

spoon (taste and add a little more brown sugar/molasses if necessary).

When it starts to boil, lower the flame, remove the cinnamon sticks, and add the coconut milk and cornstarch while stirring constantly for 5 more minutes or until you get a thick cream consistency.

Pour the cream through a metal strainer with a wooden spoon to help push and filter cream into a glass container or a deep dish, letting it set level.

Sprinkle ground cinnamon on top of the majarete, let it cool to room temperature and then place it in the refrigerator for 4 to 6 hours.

Serve cold. ❄️





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