

Compliments of Stacey Shanner

AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 130



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Miyawaki Forests / 04

The Power of Painting / 30

LAURELHURST TUDOR

Designer Emily Ruff updates a
classic Seattle home / PAGE 14

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Front of Tear Out Card 1



cold
BORSCHT



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Back of Tear Out Card 1

SERVES 6

cold **BORSCHT**

INGREDIENTS

- 2 medium red beets, about 12 oz. total weight
- 5 hard-boiled eggs, peeled
- 3 c. plain kefir or buttermilk
- 2 medium Persian cucumbers, thinly sliced
- 3 medium radishes, thinly sliced
- ¼ c. finely chopped fresh dill and flat-leaf parsley, in equal parts, plus more for serving
- Distilled water, chilled, if needed for thinning
- Salt and freshly ground black pepper
- 2 green onions, green part only, thinly sliced
- ½ c. full-fat plain Greek yogurt
- Extra-virgin olive oil, for serving

INSTRUCTIONS

1/ In a medium saucepan, combine the beets with water to cover by about 2 in. Bring to a boil over medium-high heat and cook until the beets are easily pierced with a knife, 30 to 40 minutes. Drain the beets and let them sit for about 10 minutes. When they are cool enough to handle, peel them and then coarsely grate them. Return them to the pot.

2/ Coarsely grate two of the eggs and add them to the beets. Add the kefir, about half each of the cucumbers and radishes (reserve the remainder for finishing the soup), and the dill and parsley. Mix together everything with a spoon and then add a bit of the chilled water if the mixture is too thick. It should be the consistency of a yogurt soup. Season to taste with salt and pepper. Cover the pot and chill for at least 30 minutes or for up to 2 hours before serving.

3/ When ready to serve, halve the remaining three eggs lengthwise. Ladle the soup into bowls. Top each serving with some of the remaining cucumbers and radishes, the green onions, egg halves, a dollop of yogurt, some dill and parsley, and a generous drizzle of oil. The soup needs to be eaten very cold, right from the fridge. It tastes best the day it is made.

Recipe excerpted from *Budmo!* by Anna Voloshyna. Rizzoli, 2022. Photograph by Anna Voloshyna.



AMERICAN LIFESTYLE

Dear Bill and Judy,

Summer's siren song beckons, offering a melody of sun-kissed laughter and untapped adventures. Inspired by the season, this issue of American Lifestyle invites you to step into the sunshine, embrace the unknown, and unlock the playful spirit of the season.

First up is a look at the thrilling world of geocaching, where you race to decipher clues and unearth hidden treasures tucked away in the most unexpected places. Inside you'll find an interviews with two geocaching experts, who offers tips to equip you with the tools to venture on a geocaching expedition of your own.

Next, set sail for a charming escape to Havre de Grace, Maryland; it's an idyllic town serving up a smorgasbord of delights, from fascinating stores and museums to historic homes. Whether you're seeking a romantic getaway or a family adventure, Havre de Grace promises to weave its magic into your summer memories.

Finally, get lost in the allure of fascinating mazes across the United States. From towering cornstalk labyrinths to an intricate and quirky home, each maze transports you to a different world, challenging your wit and encouraging you to discover hidden delights at every turn. Let this article serve as your ultimate guide to these complex attractions.

Here's to igniting your sense of adventure this season! As always, it's a pleasure to send you this magazine.

Stacey Shanner



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FOUR WAYS TO INCREASE YOUR HOME'S VALUE

Written by **Bonnie Joffe** / Photography by **Getty Images**

Boosting what your home is worth goes beyond mere aesthetics—it's about making strategic improvements that enhance both its functionality and appeal. Discover how certain upgrades can make your home stand out and increase its value.

1/ Add smart-home features

The rapid advancement in smart-home technology has transformed how individuals engage with their living environments, leading it to become highly sought-after among homebuyers. Some of the most popular elements to consider integrating are a security system, intelligent lighting, voice-controlled speakers and doorbells, smart smoke detectors, and energy-efficient appliances.

2/ Improve curb appeal

Homebuyers typically form their initial impression of a home right away. To help ensure it's a positive one, undertake simple projects to enhance your home's curb appeal, such as clearing walkways of debris, incorporating fresh flowerpots, replacing lifeless shrubs, and pressure washing.

3/ Carve out office space

The COVID-19 pandemic dramatically reshaped how people work, with millions transitioning to remote or hybrid

arrangements. This shift has brought about a surge in demand for homes with dedicated office spaces, whether it's a separate room or a private nook integrated into an existing part of the house; many buyers even consider it a necessity rather than a luxury. Having one in your home can increase the sale price by as much as 10 percent.

4/ Make minor kitchen improvements

While a significant kitchen overhaul can notably boost a home's value, smaller upgrades can also make a difference. These may include adding a fresh coat of light-colored paint to brighten up the space, updating old hardware, and replacing aging sinks or appliances. Additionally, consider upgrading your countertops with cost-effective materials for a more contemporary touch.

Investing time in these upgrades can boost your chances of eliciting a positive response from potential buyers and help improve your home's value.



MIYAWAKI FORESTS *are taking root*

Written by **Lauren Kim**
Photography by **Maya Dutta**

IN HER CLASSIC HIT “Big Yellow Taxi,” singer Joni Mitchell famously laments, “They paved paradise, put up a parking lot.” Today, an opposite trend is growing as communities across the world, particularly urban ones, are converting spaces like those into vibrant mini oases known as Miyawaki forests.

This method, which has only recently begun to be implemented in the United States, was

◀ **About 1,400 trees and shrubs indigenous to the greater Boston area, including aspens, sumac, and tulip trees, were used to create the Danehy Park forest.**

developed in the 1970s by Japanese forest ecologist Akira Miyawaki. He modeled his idea for pocket forests, or small groves of planted indigenous trees, after the protected ones he saw temple gardeners cultivating around Shinto shrines in Japan.

Miyawaki’s method of densely planting organic plots of trees can produce mature forests in mere decades instead of centuries. He grew over forty million trees in fifteen countries before his death in 2021, and there are now thousands of pocket forests in Japan, hundreds in India, and many elsewhere, including in Europe.

Converting landfill to forest

In 2021, Cambridge, Massachusetts, got its own pocket forest, the first to be planted in the northeastern United States. A collaboration between the city, the SUGi Project, and Biodiversity for a Livable Climate, the 4,000-square-foot microforest is about the size of a basketball court and sits in Danehy Park, a recreational area that was developed on former dumping grounds.

“Such tiny forests are ideal for providing a respite from urban life,” says Maya Dutta, assistant director of regenerative projects for Biodiversity for a Livable Climate. “Because they can be created in such a small area, they are great options for communities that have been neglected or are experiencing intense pollution.”

Pocket forests can be planted just about anywhere—all that’s needed is about six parking spaces’ worth of land. “That’s one major reason people have adopted this idea, particularly in cities,” Dutta adds. “Even if you just have one abandoned lot, you can return it back to nature and quickly make a difference.”

About 1,400 trees and shrubs indigenous to the greater Boston area, including aspens, sumac, and tulip trees, were used to create the Danehy Park forest. One hundred volunteers spent more than eight hours installing the plants, and the existing soil was kept and amended with nutrients to support their growth, Dutta says.



In the near future, the area is expected to become a full-grown forest—its tallest trees had reached a height of eighteen feet just two years after being put in the ground. “It’s already dark in the forest,” Dutta notes. “It’s a stark contrast to what the land was like before.”

Because the trees are so close together, the saplings and shrubs will grow rapidly as they compete for water, sunlight, and space. Currently, a team of

volunteers works to keep the fledgling forest free of weeds, but it eventually shouldn’t need any assistance, becoming an entirely self-reliant ecosystem.

“It only requires support for two to three years,” Dutta explains. “In that time, it will form a dense canopy that will completely suppress weeds and other invasive plants.” Additionally, over time, birds, bees and other pollinators, and local wildlife should populate it to create a thriving natural community.



Drawbacks and benefits

As great as they may seem, Miyawaki forests are not without their drawbacks, notably their price tags—the Danehy Park project reportedly cost Cambridge \$18,000 for the plants and soil amendments. And that’s even with SUGi exempting the city from paying its consulting fee of \$9,500.

However, the benefits these mini forests offer can make them well worth the cost. “Once one is established, it can remove

heat from the air and cool the surrounding area,” Dutta says. “It can also help filter air pollution by emitting oxygen, producing cleaner air as a result. Also, because the roots can enable the soil to hold more water, it might also be able to prevent an intense rain from resulting in flooding.” Furthermore, she notes that the Danehy Park project provides a welcome green space for the city and may even help to remove the soil contaminants from the former dump. And volunteers enjoy returning to the forest to survey the fruits of their labor. “Folks love seeing the growth and being able to say, ‘I planted that,’” Dutta shares.

Since the Danehy Park project, Dutta has been instrumental in kick-starting a handful of additional microforests in the greater Boston area, including two at local high schools. She notes that the trend has taken hold in



Currently, a team of volunteers works to keep the fledgling forest free of weeds, but it eventually shouldn’t need any assistance, becoming an entirely self-reliant ecosystem.

other places, too, such as in Los Angeles’s Griffith Park and at the Yakama Nation Correctional and Rehabilitation Facility in Washington State. The Griffith Park forest, which covers at least 900 square feet, has notably been a haven for local wildlife—many species of insects, birds, lizards, and squirrels have migrated to it for food and refuge. Even the toads would not be deterred, despite having to scale a concrete barrier, cross a bicycle trail, descend another bike roadway, and traverse a horse trail to get there. Apparently, like a field of dreams, if you build a Miyawaki forest, the wildlife will come.

For more info, visit [bio4climate.org](https://www.bio4climate.org)





GEOCACHING: A GLOBAL SCAVENGER HUNT

Written by **Allison Gomes**
Photography by **Groundspeak Inc. (dba Geocaching)** and **Joshua Johnson**



Scavenger hunts have long been a cherished pursuit, awakening the thrill-seeking desire of children and adults alike. When an enigmatic “X” marks the spot, many feel the call to action, prompting them to chart a course, assemble their provisions, and set sail—whether on a tangible vessel or one conjured by the depths of their imagination—all in pursuit of the coveted treasure. While such adventures are fewer and further between as we grow up, there’s still at least one way to experience them: through the engaging activity of geocaching, the very real hunt for treasures hidden around the globe.

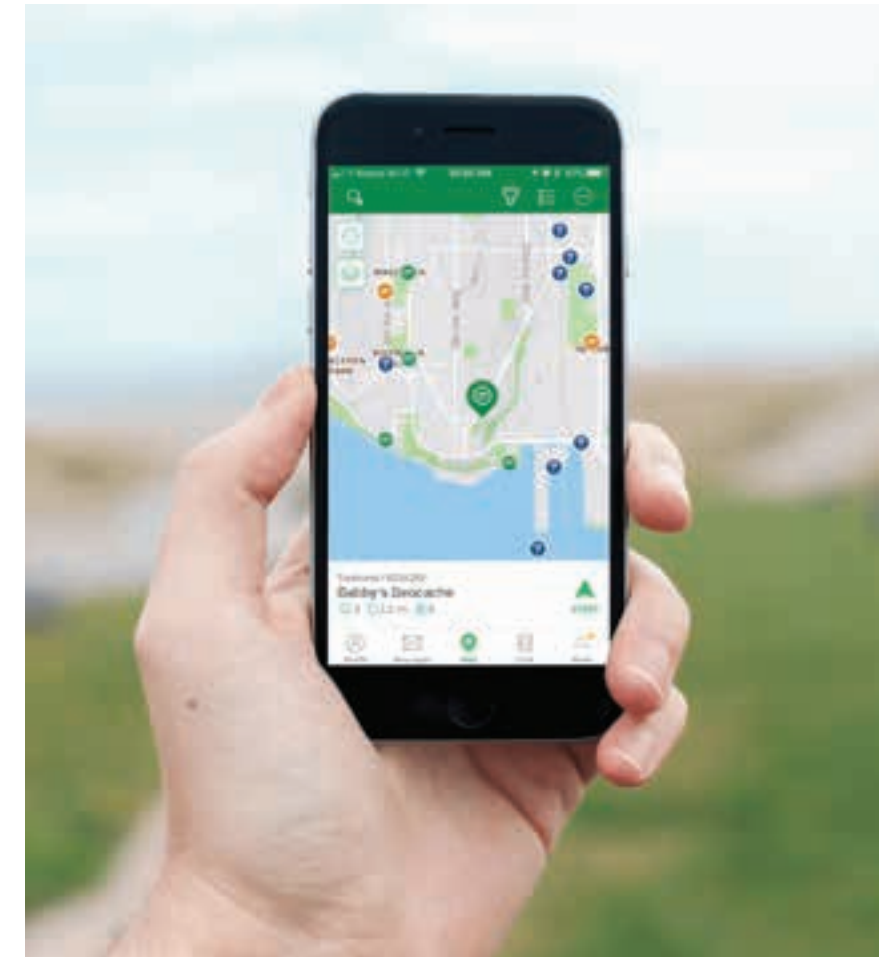
What is geocaching?

“At its most basic, geocaching is a high-tech game of hide-and-seek, where someone hides a container for others to find,” says Chris Ronan, senior PR manager for Geocaching

HQ. It all started in 2000 when a man named Dave Ulmer sought a way to test the accuracy of GPS signals after the public gained access to them. “He hid a container, marked the coordinates, and put the information online, challenging anyone to find it,” Ronan shares. Someone did three days later, and thus geocaching was born. Four months following that initial hunt, cofounders Jeremy Irish, Bryan Roth, and Elias Alvord created Geocaching.com, which allowed people around the world to list where they had placed containers so others could search for them.

Now, twenty-four years later, there are more than 3.3 million geocaches concealed in over 190 countries around the world. Geocaching.com and its official application make it easier than ever for people to participate—all you need to play is a phone. Because the heart

There are many different types of containers around the world with the most common being a traditional cache, which is located at specific coordinates and may contain a small item that you can swap for an item of equal value.



of the activity is so simple, it’s a great way for people to engage with other treasure hunters as well as with nature. As Ronan notes, “Geocaching offers a way to take what you enjoy, be it hiking, exploring, camping, or photography, and add a new level of interest by directing people to uncover hidden stories and locations.”

The hunting process

To start, someone will place a container somewhere in the world and post the coordinates and details on Geocaching.com; other players

will then use the Geocaching app or website to find the container. There are several hiding guidelines to follow if you’re placing a new geocache, including having the landowner’s permission, not burying the container, and adhering to all legal standards and local laws. Otherwise, you can have fun with it. “And, yes, underwater—if it meets the requirements—is also in play,” adds Ronan.

Whenever you find a geocache, you sign the accompanying logbook, re-hide the container, and share

The allure of finding one of millions of geocaches around the world keeps people coming back for more.

your experience online. You read that right. You don't keep the geocache but instead put it back in the *exact* spot you found it so others can look for it as well. But by recording the find, both in the physical logbook within the container and on the app, you prove that you located it and can move on to your next gem.

There are many different types of containers around the world with the most common being a traditional cache, which is located at specific coordinates and may contain a small item that you can swap for an item of equal value. You may also encounter mystery caches that require you to solve a puzzle to unlock the coordinates, multi-caches that involve two or more locations, and many other variants. Ronan clarifies that the geocaches range in complexity; in fact, the owners have to rate both the difficulty and the terrain

on a scale of one to five. "Players can choose which geocaches are the best fit for them," he explains, "but we suggest that beginners start with a level one terrain and level one difficulty cache to ensure a good start."

A thrilling adventure

The allure of finding one of millions of geocaches around the world keeps people coming back for more. "In 2008, I received a handheld GPS, and from the moment I found my first geocache, I was absolutely hooked," says Joshua Johnson, also known as the Geocaching Vlogger. "As a child of the '80s, I have a deep affection for the movie *The Goonies*, so when I discovered that geocaching offered a global scavenger hunt experience, I knew I had to jump right in." He's now found close to 8,000 geocaches and continues to document his adventures



for his 800,000 online followers. On top of his video content, Johnson shares about his travels through his podcast, *Treasures of Our Town*, and his comic book, *The Greatest Treasure*.

While geocaching is not a new activity, the rise of social media platforms like TikTok has led more people to discover it through content like Johnson's. "In 2020, with the need for safe and enjoyable outdoor activities, countless individuals sought ways to have fun while maintaining social distancing," Johnson shares. With so many geocaches located on every continent, it continues to be a great pursuit for people of all ages. As Johnson says, "You need a good dose of adventure." His hunts have taken him to the jungles of Brazil in search of a rare geocache and sent him repelling off the side of a cliff.

The possibilities extend even farther. "There's actually a geocache hidden beside a hydrothermal vent at the seafloor 2,300 meters down," says Ronan. There's also one hidden on the International Space Station! Though you may not be able to travel deep into the ocean or up into space, there may be dozens of containers right in your area just waiting to be found. Johnson notes that there are always new adventures to unlock: "There will never be a lack of the possibilities to find more geocaches in more interesting places." You just have to get out and look for them.

For more info, visit [geocaching.com](https://www.geocaching.com)

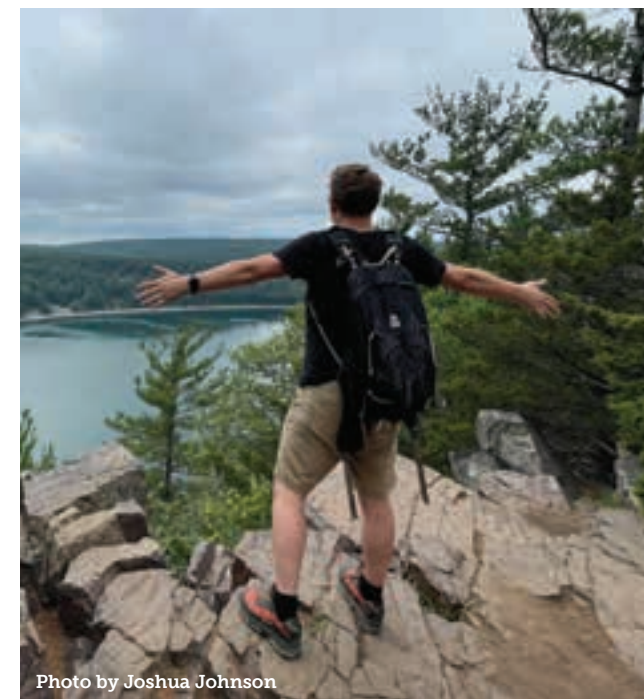


Photo by Joshua Johnson

A SEATTLE TUDOR *Gets a Modern Refresh*

Interview with **Emily Ruff**
Written by **Andre Rios**
Photography by **Carina Skrobecki Photo**



When transplants to Seattle’s historic Laurelhurst neighborhood approached seasoned designer Emily Ruff, they faced an aesthetic challenge: how to update an aging Tudor manor with practical features for a growing, sociable family while also preserving its traditional charm. Ruff shares her journey of imbuing the home with pristine style.

Tell us about your design background:

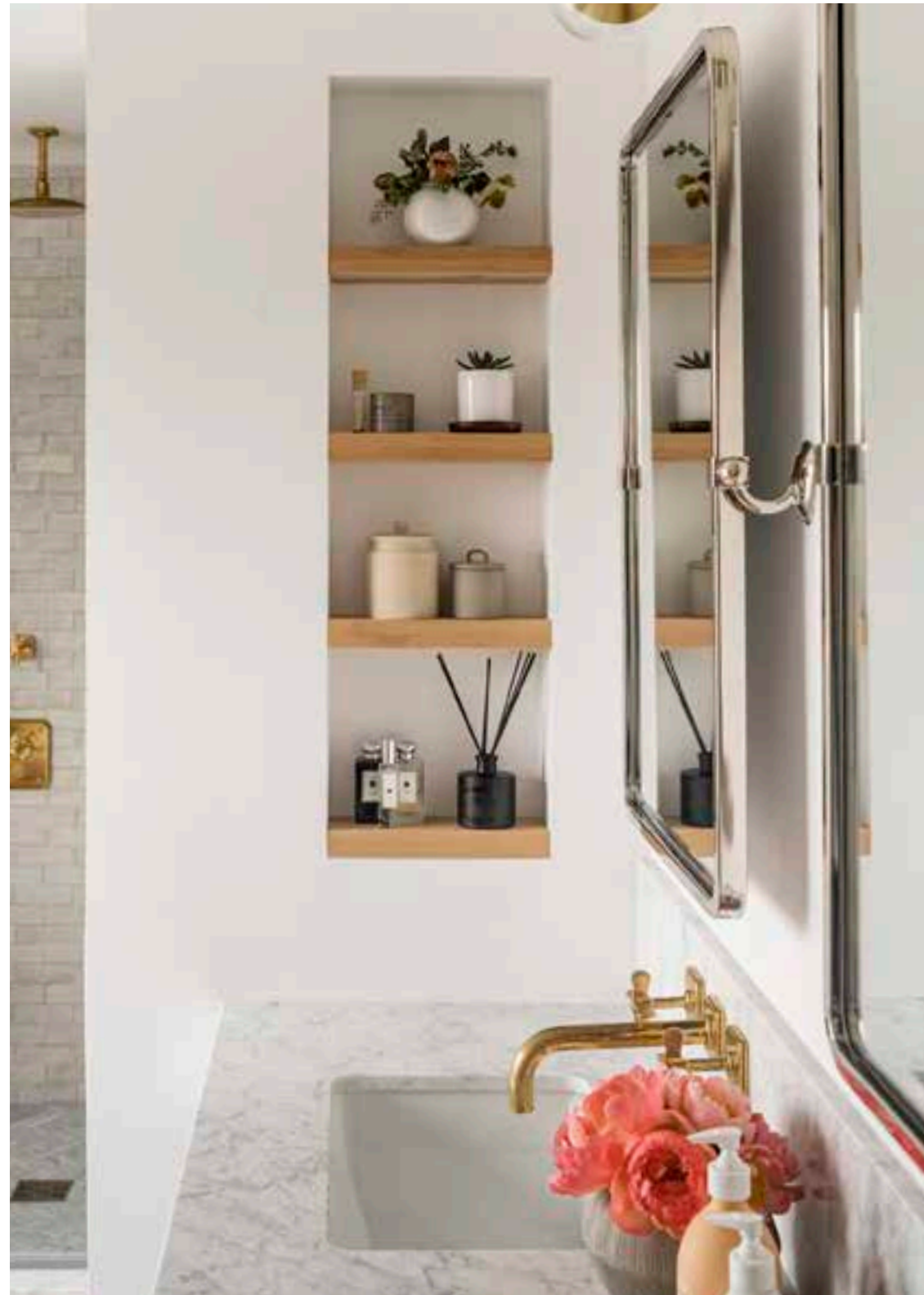
I started my design business as a side hustle while doing advertising for Amazon. I only took on a few projects at a time. But once I had my daughter in 2019, I decided to go on maternity leave and never go back. I moved to design full-time in the summer of 2020 and have been busy ever since.

I tend to be inspired by designers who mix styles; Emily Henderson and Kelly Wearstler come to mind. I don’t really resonate with one specific look. Instead, I like to combine new pieces with vintage ones to create what I call a “collected and curated aesthetic.” These designs feel more unique than cookie-cutter.

Would you give us an overview of this project?

The home is located in Laurelhurst, a waterfront neighborhood in Seattle. The clients moved from Washington, DC, to Seattle and wanted a home where they could entertain new friends in the neighborhood and host family from out of town. So entertaining was top of mind. The wife drove most of the design; she definitely has a great eye.

The home they purchased has a beautiful Tudor exterior full of detailed character, which I wanted



to be sure to carry into the indoors too. However, it hadn't been updated since the '80s. On the second floor, there was carpet everywhere, even in the bathroom, so we removed it to restore the original hardwood floors underneath.

What was the most dramatic overhaul?

The kitchen was outdated and the layout was very odd. It was long with multiple entry points and had a structural beam and post that obstructed views inside the room and limited the cabinetry arrangement. Meanwhile, the range was in a strange peninsula. We ended up replacing the beam and post with a twenty-foot steel beam inside the ceiling, which opened up the layout and made space for an island. That was probably the biggest challenge since we had to carry supplies up quite a few stairs to get to the front door.

On the main list of things the clients wanted for their kitchen was a coffee bar, which the husband was especially passionate about. They're big into espresso and brew it multiple times a day, so they wanted a dedicated space with a beverage refrigerator and room for coffee supplies. The wife requested that it be separate from the rest of the kitchen to make it easy for her to cook while her husband made coffee. Since I couldn't free up space they didn't have before, we installed a cabinet pantry to make room for both the bar and a breakfast nook.

That nook was another item on their must-have list because they don't use their formal dining room very often. It was originally a big seating area with oversized



cabinets and had only one window and a single door going out to the backyard, which we changed to glass double doors. We also added shelf inlets by the nook and placed the sink in a juttied-out section.

In all the other spaces throughout the home, we kept the layouts generally the same. We resized the bathtub and shower areas, but the kitchen was the most dramatic change. Improving kitchen layouts is one of my favorite parts of being a designer. I had to figure out how to fit in everything they wanted while making it functional and aesthetically pleasing.



Did they list any other must-haves?

The wife was pregnant with their first child, so safety was an essential consideration. The kitchen island, for example, is very large with seating on the opposite side of the range, so the clients' kids will be able to sit far out of reach of hot surfaces on the food-prep side.

With the bathrooms, I focused on making them more functional. We added a tub to the primary one at

the clients' request. In the secondary bath, there was no room for linen storage because there's actually a laundry closet inside that room, so we added cabinets and hampers under the sinks. We modernized the tile as well.

We also updated the basement to add a kitchenette. This area would become a dual playroom space and guest bedroom, so when people come and stay, they will have a little kitchen space of their own. Now the owners have three floors of living space.

How did you approach the bedrooms?

When designing bedrooms, I always ask clients how they want the space to feel. Some clients want a darker, cozier space while others want something bright, light, and super neutral. My clients have very busy and demanding jobs, so the goal in the primary bedroom was to make it as calm and peaceful as possible. The husband had already ordered a custom walnut-toned bed from Denmark, which left me to create a built-in bench and add finishing touches like gray-green nightstands, modern sconces, and a neutral vintage rug for a soothing visual balance.

Were there any conflicts between what the clients requested and your experienced eye?

I think my clients had a pretty clear vision. I won't say that I had full creative freedom on this project because the wife knew what she liked, but she gave her input up front and let me take it from there, so it was a good partnership. I begin my design process by onboarding clients. During this initial interview, we work together to create a Pinterest board with inspirational images for each space. This is one of the only projects I've ever had in which I loved every single inspirational image the clients saved. There was a really good aesthetic fit between us, which doesn't always happen.

The main challenge was incorporating different styles that they liked, including beachy, coastal, and midcentury modern, with a traditional Tudor home. Blending all of those without feeling disjointed

"One of my favorite places to start with clients, especially ones that are a little bit nervous about using vintage pieces, is with natural, handmade rugs."

was complex. I wanted to avoid a disconnect between the facade of the home and what's inside.

How do you approach balancing traditional elements with newer pieces?

One of my favorite places to start with clients, especially ones that are a little bit nervous about using vintage pieces, is with natural, handmade rugs. I also incorporate vintage accessories like the stools in this home's kitchen and the accents that decorate its shelves. And I always advise when working with wooden elements to limit them to two to three different tones per room for balance.

In general, I prefer to streamline and simplify the larger materials and furniture and then go a little more old-fashioned and ornate with the smaller accessories. Designing in this way keeps interiors from feeling sterile and makes them feel homey.

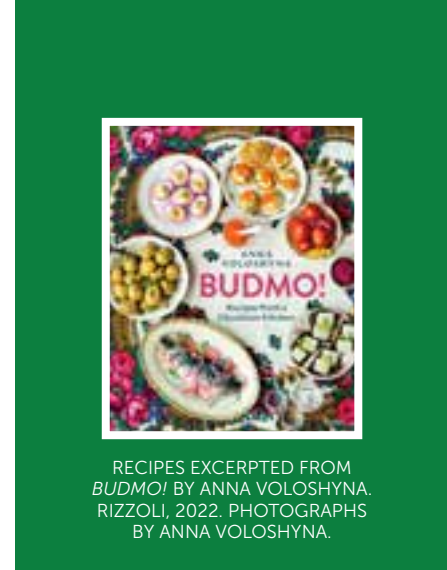
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UKRAINIAN cuisine at home

Recipes and photography by **ANNA VOLOSHYNA**



Get the rest of
the cookbook
recipes here.

cold BORSCHT

Ukrainians call this cold borscht *kholodnyk* (*kholod* means “cold” in both Ukrainian and Russian). It is incredibly refreshing, and we eat it during the blazing-hot Ukrainian days of summer. When the weather is simply unbearable, eating a bowl of this soup makes you feel invigorated again. I always use a lot of fresh, crisp vegetables and flavorful herbs to add more texture and to introduce even more vibrant colors.



Serves 6



Bring to a boil
over medium-
high heat

INGREDIENTS

2 medium red beets, about 12 ounces
total weight

5 hard-boiled eggs, peeled

3 cups plain kefir or buttermilk

2 medium Persian cucumbers, thinly sliced

3 medium radishes, thinly sliced

¼ cup finely chopped fresh dill and
flat-leaf parsley, in equal parts, plus
more for serving

Distilled water, chilled, if needed
for thinning

Salt and freshly ground black pepper

2 green onions, green part only,
thinly sliced

½ cup full-fat plain Greek yogurt

Extra-virgin olive oil, for serving

INSTRUCTIONS

1/ In a medium saucepan, combine the beets with water to cover by about 2 inches. Bring to a boil over medium-high heat and cook until the beets are easily pierced with a knife, 30 to 40 minutes. Drain the beets and let them sit for about 10 minutes. When they are cool enough to handle, peel them and then coarsely grate them. Return them to the pot.

2/ Coarsely grate two of the eggs and add them to the beets. Add the kefir, about half each of the cucumbers and radishes (reserve the remainder for finishing the soup), and the dill and parsley. Mix together everything with a spoon and then add a bit of the chilled water if the mixture is too thick. It should be the consistency of a yogurt soup. Season to taste with salt and pepper. Cover the pot and chill for at least 30 minutes or for up to 2 hours before serving.

3/ When ready to serve, halve the remaining three eggs lengthwise. Ladle the soup into bowls. Top each serving with some of the remaining cucumbers and radishes, the green onions, egg halves, a dollop of yogurt, some dill and parsley, and a generous drizzle of oil. The soup needs to be eaten very cold, right from the fridge. It tastes best the day it is made.

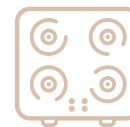


thick KEFIR OLADKY

These thick and fluffy pancakes are probably the recipe I cook the most in my kitchen. Every time I ask my husband what to make for breakfast, the answer is the same: *oladky*. I don't mind at all, as this recipe is easy to make, requires very few ingredients, and always delivers the most amazing results. Plus, there are plenty of toppings to serve with *oladky*. I love eating them with honey, my mom prefers sour cream, and my husband always asks for homemade jam. No matter what you choose, these pancakes will taste wonderful.



Serves 2



Heat over
medium-
high heat

INGREDIENTS

1½ cups plain kefir or buttermilk
1 egg
¼ teaspoon kosher salt
2 tablespoons sugar

½ teaspoon baking soda
1 cup all-purpose flour
Sunflower or canola oil, for frying
Honey, sour cream, and/or jam, for serving

INSTRUCTIONS

1/ In a medium bowl, combine the kefir, egg, salt, sugar, and baking soda, and beat gently with a whisk. While continuing to whisk constantly, gradually add the flour. When all the flour has been added, continue to mix until the batter is smooth and thick. Let the batter rest for 15 minutes.

2/ Have ready a large plate lined with paper towels. Pour the oil to a depth of ¼ inch into a large frying pan and heat over medium-high heat until the oil is hot and shimmering. Turn down the heat to medium-low and drop a small scoop (2 to 3 tablespoons) of the batter into the hot oil for each pancake, being careful not to crowd the pan. Cook until crisp and golden brown on the bottom and the top has set, 2 to 3 minutes. Using a spatula, flip the pancakes over and fry until crisp and golden brown on the second side, 2 to 3 minutes longer. Transfer to the prepared plate and keep warm. Repeat with the remaining batter, adding more oil to the pan as needed.

3/ Serve the pancakes warm with your topping of choice.



SAUERKRAUT

with caraway seeds and sour cherry

Sauerkraut is undoubtedly one of the great pillars of Eastern European cuisine. We eat it raw, braise it, boil it, and fry it. We use it to make savory pies and dumplings and add it raw into soups and stews. Because I have included a few recipes in this book that call for sauerkraut, I also decided to share my go-to homemade sauerkraut recipe. To make it extra flavorful, I always add some caraway seeds and a few dried sour cherries, but if you prefer a cleaner flavor, you can skip one or both of them.



Serves
6-8

INGREDIENTS

- | | |
|---------------------------------------|----------------------------------|
| 1 head white cabbage, about 1½ pounds | 1 teaspoon caraway seeds |
| 3 tablespoons salt | 1 tablespoon dried sour cherries |
| 1 medium carrot, peeled and shredded | |

INSTRUCTIONS

- 1/ Remove a couple of outer leaves from the cabbage. Rinse them well, pat dry with a paper towel, and set aside. Using a small, sharp knife, cut out the core from the cabbage and discard. Using a large, sharp knife, cut the cabbage in half lengthwise. Using the large knife or a mandoline, slice the cabbage halves crosswise as thinly as you can.
- 2/ Put the cabbage into a large bowl and sprinkle with the salt. Using your hands, massage the cabbage until it releases plenty of water. It will take about 5 minutes. Reserve the cabbage water.
- 3/ Add the carrot, caraway seeds, and cherries and mix well. Pack the cabbage mixture into a large, widemouthed glass jar and pour over all of the cabbage liquid from the bowl. Tamp down the cabbage mixture with your fist and cover the top with the reserved whole leaves. Set something heavy on top of the leaves. A quart-size plastic deli container or jar filled with salt or water works great for me. The cabbage should be fully submerged in the brine at all times.
- 4/ Let the sauerkraut ferment in a cool, dark place (60° to 65°F) for about 1 week. Start tasting the cabbage on day five. When it gets to your desired flavor, remove the weight, cover the jar with a lid, and store the sauerkraut in the refrigerator for up to 6 months.



mom's famous **SPICY AND SOUR TOMATOES**

These tomatoes are hands down the most popular *zakuska* I serve at my dinners. They are very different from traditional pickled tomatoes, which typically call for a vinegary pickling liquid. My mom immerses her tomatoes in a thick, spicy sauce made from fresh herbs, chile, oil, and vinegar. This incredible mixture makes the tomatoes wonderfully refreshing, with a bright pop of acid and a flavor riot of herbs and garlic. I have to warn you, however, that because these might be the most delicious pickled tomatoes you will have ever tasted, it will be hard to wait the three days they need to sit before trying one. I have personally witnessed diners at my pop-ups drinking the leftover pickling liquid once the tomatoes have been wiped out.



Serves 8



Makes one
2-quart jar

INGREDIENTS

2 pounds small red tomatoes (such as Campari or Pearl), halved lengthwise
1 large green bell pepper, seeded and roughly chopped
1 medium-size fresh jalapeño chile
4 garlic cloves

1 cup chopped mixed fresh herbs (such as dill, flat-leaf parsley, and cilantro)
 $\frac{1}{3}$ cup sunflower or grapeseed oil
 $\frac{1}{3}$ cup distilled white vinegar
2 tablespoons sugar
1 teaspoon salt

INSTRUCTIONS

1/ Pack the tomato halves into a clean, widemouthed 2-quart glass jar with a tight-fitting lid.

2/ To make the pickling marinade, in a food processor, combine the bell pepper, chile, garlic, herbs, oil, vinegar, sugar, and salt and pulse until a thick, slightly chunky mixture forms, about 30 seconds. Pour the marinade over the tomatoes and screw the lid on the jar.

3/ Refrigerate for at least 3 days before serving. The tomatoes will keep in the refrigerator for up to 1 month. Over time, they will develop even brighter acidity and more complex flavor of slightly fermented tomatoes.

An aerial view of a vibrant, colorful residential neighborhood. The houses have various colored roofs and walls, including shades of blue, green, yellow, and red. A large swimming pool with a palm tree design on the bottom is visible in the center. The neighborhood is surrounded by palm trees and greenery. In the background, a wide sandy beach stretches out, with a few people walking on it. The ocean is visible in the distance, with waves breaking on the shore. The sky is a deep blue with some clouds.

THE POWER OF PAINTING

Interview with **Marisa Murrow**
Written by **Matthew Brady**

Los Angeles-based artist Marisa Murrow discusses why nature inspires her, how painting is a means of both expression and connection, and how art transforms a home.

Do you come from an artistic family?

Yes. My mother was trained in the arts, my uncle is a potter, and other family members are designers and musicians. I was encouraged to be creative growing up and danced for many years. My parents also impressed upon my brother and me that we must be culturally aware of the arts, whether it's fine art, music, dance, or theater.

Burns Commission, Oil on canvas,
38"x55"



Clockwise from bottom left:

Boat Painting, Oil on panel, 11"x14", 2014

Beach Party, Oil on canvas, 24"x34", 2017

El Morro Beach Houses, Oil on canvas and towel, 24"x32", 2010

Marisa Murrow's art studio, 2019

very attracted to the idea of community and the sameness of these particular buildings—they are a metaphorical celebration of human connectivity. To get to know someone beyond the surface, we must go inside: a place where we are all decorated differently by life experiences.

Do you ever experience a conflict between creativity and practicality?

When painting full-time, it becomes a business, making you naturally more aware of time. Not everything needs to be quantified—it's important to explore and experiment. For example, I started a series of abstract paintings while in residence at the Vermont Studio Center, and they have never been exhibited. That's thirty-three paintings! I'm OK with that because they were something I just *had* to do. I'm very proud of them; they are completely different from my other work, a secret side of me.

You primarily use acrylics and oils. Do you have a preference?

For twenty years, I worked exclusively in oil paint and never considered anything else until one day when I received a commission from a mobile home park investor

to create thirty-one small paintings. With a tight deadline, the only way I could fulfill the request was to work in acrylic.

I love blending colors, and when I work in oil, I often spend several hours mixing paints before I begin. With acrylics, you must mix and use them right away, so there's not as much flexibility. But it's a very exciting medium because it's so immediate.

Where's your ideal place to paint, outdoors or indoors?

Out of necessity, I initially worked outside; I didn't have a studio for the first nine years out of art school. Fortunately, I've always loved the expansiveness of nature, where everything is possible—it is where I gather all my ideas. Ultimately, I love plein air painting because it is



Photo courtesy of Marisa Murrow

Were you drawn to other artistic endeavors?

I was always interested in horticulture and fine arts. The scientific side of horticulture did not really excite me, but the plants did. I have been working as a professional floral designer for decades and spent time in the field of landscape design. Once accepted into Rhode Island School of Design, I fully committed to pursuing a painting career.

Your portfolio focuses on a variety of subjects, including mobile homes. What draws you to them?

I love the sameness of the structures. For the most part, all mobile homes look alike on the surface; the series is as much about the homes as the paintings themselves. I find that the subject matter keeps me curious and challenged. I am

like going on an adventure. I can feel the wind and smell the ocean, and everything is pulsing with energy. Occasionally, people come over and ask me about what I am working on, and I like sharing my process.

Such connections with my community are extremely important to me. I grew up in a small town on the coast of California, and I knew all our neighbors. I *still* want to know all my neighbors. I think that there is a lot to learn from other people.

Having a studio space has greatly improved my art and the way I work. My studio is also a controlled environment: it is safe and quiet. Just beyond the enclosed patio, there are restaurants, grocery stores, and people walking up and down the street; I am never lonely. I like that duality.



Top to bottom:

Spring Flowers, Oil on panel, 12"x12", 2021

Pink Magritte, Oil on canvas, 16"x20", 2023

Cheerful, Oil on panel, 2017



Do you ever experience artist's block?

I actually experience the opposite: I feel like I don't have enough time to paint all the ideas I have! Sure, sometimes a painting isn't working. However, I know that by spending more time with it, something will come about.

There is always the beginning and the end. Artists spend most of their time in the middle, and that is when people tend to give up—starting and completing a piece is exciting, but the journey itself is not always fun. When it's not going well, just stay with it. You do not want to reach old age and find yourself surrounded by unfinished work that you never quite committed to.

Talk to us about the other side of the equation: art collectors. How important are they to an artist?

Art collectors are vital not just to an artist's survival but also for creativity to thrive and flourish. It's incredibly validating to release something I'm proud of



into the world for the cultural benefit of society. The more I sell, the more I'm communicating with people and touching their lives. That's why I do what I do.

Earlier, you mentioned that your paintings convey your definition of home. How can art itself impact a home?

A stunning work of art can transform a room, making it feel full and alive. If you see an original painting or sculpture that speaks to you, buy it!

Art is also a conversation starter, and it conveys the importance of a collector's own artistic expression. A man recently bought one of my beach paintings for his office. He dreams of living on the water and said the painting will encourage him to make the difficult phone calls required to purchase a house like that. That's what art does: it charges people up about the world we live in.

Above:

Bohemian Beauties, Oil on panel, 16"x20", 2016

For more info, visit marisamurrow.com

America's Most **MAGNIFICENT MAZES**

Written by **Andre Rios**
Photography by **As noted**

With the promise of fall on the horizon, you may be eager for family experiences that wrap your loved ones in a warm hug and create cheerful memories for all. But rather than opting for comfortable, effortless outings, try getting lost instead. Our nation features a diverse range of puzzling mazes just waiting to be solved, from pathways that weave through golden stalks of corn to cutting-edge urban labyrinths of unexpected origins. Take a look at some of America's most exceptional examples of these twisted, convoluted, and downright dizzying feats of design, each of which will leave you wondering how you might ever get out.





America's Stonehenge
Mazes are hardly novel attractions. In fact, twisted and convoluted structures are downright ancient, as evidenced by this mysterious complex in historic Salem, New Hampshire. Its roundabout rock formations are over 4,000 years old—so timeworn that historians are at a loss as to who built them and why.



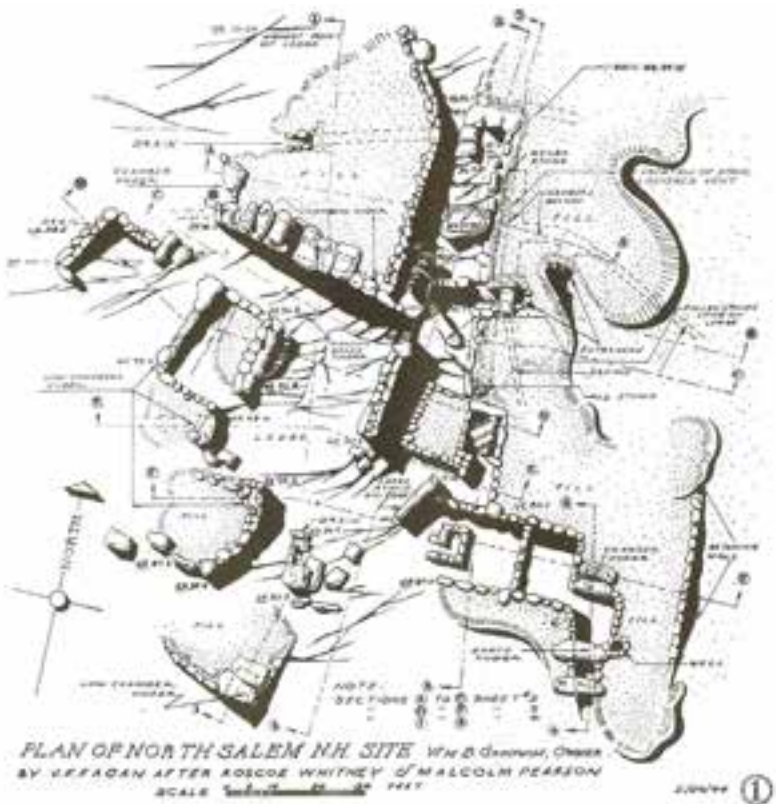
This site is appropriately named America's Stonehenge as a nod to the famously head-tilting, allegedly supernatural monument in England, and our nation's version similarly features intelligently yet unusually laid stones. Its maze of trails may not

take days to solve, but the solution isn't in finding the nearest exit. Rather, visitors are encouraged to peruse the unusual writings riddled across the stonework and marvel at the mathematically complex layout; scientists have discovered that this site may have been a ceremonial ground and acts as an accurate astronomical calendar. For example, one particularly tall column points directly to the sun during the summer solstice, marking the longest day of the year.

Wander the half-mile hiking path, listen to a guided tour from a historian, and track key structural features of the site with a detailed



solve. Choose from your preferred intensity level, ranging from a quick and cheerful trek to the tremendous full route that may leave you crying out for Moo Moo, the farmland's tour guide and mascot, for rescue.



map. These grounds welcome anyone with a strong sense of wonder to look back at history and consider all the possibilities.

For more info, visit stonehengeusa.com

Davis Mega Maze
For a more traditional offering, make your way to the self-proclaimed “greatest corn maze ever,” which just might live up to the hype. This family-owned farm outside Sterling, Massachusetts, annually unveils an outrageously large and complex labyrinth that in prior years has spanned a whopping eight acres. The maze owners report on their website that the convoluted corny course may take over three hours to

Not that you'll be eager to leave the Davis Mega Maze anytime soon. Some visitors reportedly spend all day in it thanks to festively themed games, including trivia, axe-throwing, and broomstick golf, held right inside the cornfield. Perhaps the most breathtaking feature, though, is the intricately manicured design that would give ancient crop circles a run for their money: bird's-eye photos from prior years reveal acres-wide fields trimmed to resemble Waldo of Where's Waldo? fame and a wizard laboring over a crystal ball. Ask it your fortune: you may be destined to stop by soon.

For more info, visit davismegamaze.com

Richardson Adventure Farm

Not to be outdone, this maze in Spring Grove, Illinois, consists of twenty-eight acres of corn cut and shaped into a crop design that changes each year. For a preview of the tangled web of corn you're about to face and a sweeping look at the labyrinth's artfully manicured agriculture, climb the grounds' fifty-foot observation tower. And make sure to have your camera ready—views of the crafty maze and vast plains beyond are not to be forgotten.

Naturally, you may not want to bring small children on the longest excursion, as that may involve hiking its ten-mile route, plus some doubling back, all while carrying exhausted youngsters. However, its simpler, more approachable routes stretch a single breezy mile in length. Once you manage to find your exit and exhale in relief, take pause before heading for the parking lot: Richardson Adventure Farm lives up to its enticing name with

other attractions, including a pumpkin patch blooming with colorful gourds in quirky shapes that each deserve a closer look. And be sure to marvel at the Atlantic Giant pumpkins that, as their name suggests, are unbelievably large—up to six hundred pounds! These titans could very well act as signposts to guide you out of the corn labyrinth and back to civilization.

For more info, visit richardsonadventurefarm.com

Morris's Glass Labyrinth

This thoughtful maze isn't operated by a corn farm but rather by an urban museum: Kansas City, Missouri's Nelson-Atkins Museum of Art. Here you can explore an immersive sculpture entitled *Glass Labyrinth* by famed American artist Robert Morris, a champion of the minimalist movement whose influences are evident in other works displayed in the museum's spectacular galleries.



While each wall of this glass triangular prism spans only fifty feet, its tall, transparent panels and grid-like flooring create strange illusions, challenging your ability to position yourself within its confines, much less comprehend how to proceed. Its single route to the center also leads right back to its access point, but you may nonetheless feel dizzy as you attempt to swerve between its nearly invisible walls.

If you manage to zoom in and out of the installation, you don't have to leave disappointed; the surrounding sculpture park and museum proper offer other curious works covering 5,000 years of artistic achievement to spark inspiration. Highlights of the collection include magnificent paintings and breathtaking installations that will dazzle your mind. (Perhaps the real maze was inside you all along?) Best of all, the maze, park, and museum are all free to the public.

For more info, visit nelson-atkins.org



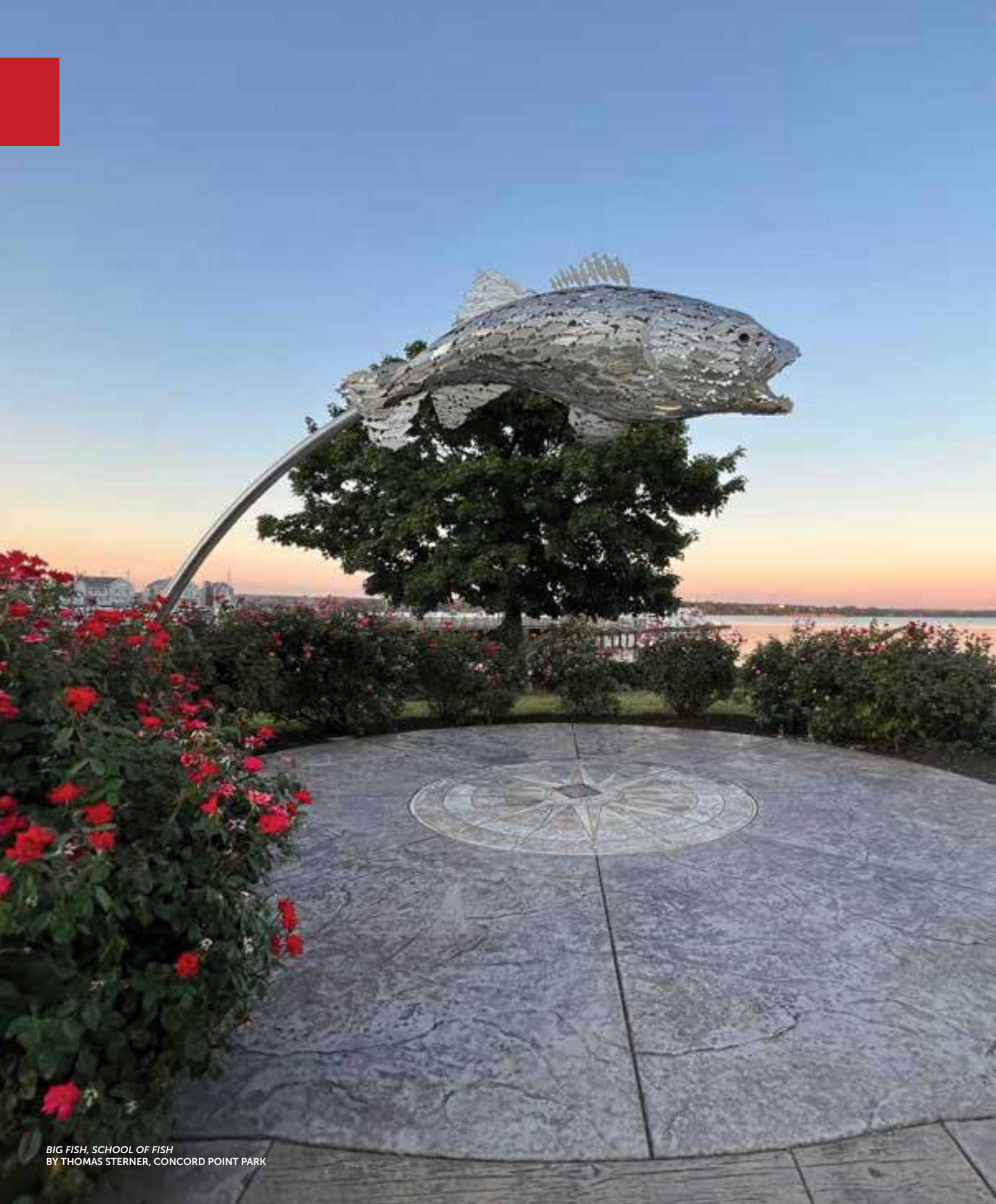
Winchester Mystery House

If you have a keen interest in the abnormal, or perhaps paranormal, there's a destination ready to roll out its aged carpet to greet you: San Jose, California's Winchester Mystery House, a labyrinth-like estate shrouded in over one hundred years of intrigue.

After multiple tragic losses, heiress Sarah Lockwood Pardee Winchester moved out west to California, took residence in a humble farmhouse, and used her fortune to order immense renovations and additions to it. This project of unbelievable proportions spanned the next thirty-six years. And though Winchester died in 1922 before it could be completed, the property had already ballooned to a tremendous 24,000 square feet.

Those who embrace the Halloween spirit would be delighted to learn that the Victorian-themed home is reportedly haunted by its owner; millions of guests have flocked to the estate solely to verify tales of paranormal activity. But ghostly disturbances aren't the only thrills that await you in this domain. Tour the property to experience its sprawling, maze-like layout that includes 160 rooms, 2,000 doors, and 47 stairways and fireplaces. Should you choose to invade the Winchester Mystery House's curious halls, your punishment will be a twisted course through a seemingly intentionally outrageous layout while feeling an eerie sense that its departed owner is watching. As the estate challenges visitors on its website, "Will you be able to unlock the mystery?"

For more info, visit winchestermysteryhouse.com



BIG FISH, SCHOOL OF FISH
BY THOMAS STERNER, CONCORD POINT PARK

GAZEBO AT THE HAVRE
DE GRACE PROMENADE



HAVRE de GRACE: *What a Place*

Written by **Matthew Brady**
Photography by **City of Havre de Grace**

In many ways, America was at a crossroads toward the end of the eighteenth century. It was charting its future, which included deciding the location of the country's capital. When the first federal Congress voted on the latter in 1789, it was deadlocked, with the tiebreaking choice falling to the speaker of the house. The rest is (American) history.

The runner-up, Havre de Grace, Maryland, may have *just* missed out on being the country's official seat of government. But thanks to its historical significance, quaint ambience, and ideal location at the convergence of the Susquehanna River and the Chesapeake Bay, it remains an awe-inspiring—if not under-the-radar—travel destination to this day.

Rich in history

This wouldn't be the first setback for this city, nor would it be the last. Through its centuries-old existence, Havre de Grace has displayed ample resilience. Leading up to the American Revolution, it was an important hub of transportation because of its strategic location—a fact also known by the British, who burned the town in 1777.

Five years later, famed French general Marquis de Lafayette, a key ally to the American cause, witnessed the view from the town's shorefront. Struck by its beauty, he reportedly compared it to the port city of Le Havre in France. Thus, a city name was born, and Havre de Grace (pronounced HAVE-er da grace, translation: Harbor of Grace) was incorporated in 1785. In 1789, George Washington spent the night there en route to his presidential inauguration.



VIEW OF THE THOMAS J. HATEM
MEMORIAL BRIDGE FROM NORTH PARK



MILLARD TYDINGS
MEMORIAL PARK

The relative calm didn't last, however. Less than two decades later, Havre de Grace was devastated by the War of 1812 when, once more, British troops attacked the city, this time burning much of it to the ground after ransacking it. However, like a phoenix, it would rise again from the ashes. Over the centuries, Havre de Grace has rebuilt from the ground up while honoring its war-torn past—with the War Memorial at Millard E. Tydings Memorial Park and the Gold Star Families Memorial Monument at Concord Point Park being

two prominent examples. In doing so, it has created a haven where visitors can both explore the beauty of the area and appreciate its history.

Around the town

Havre de Grace has repeatedly been heralded as one of the best small towns, both in the state and the country. One reason is its coziness and accessibility: with a size of about six square miles, walking, biking, or driving through town is a breeze. And when you hit downtown, you can stroll through a historic district that's on the National

Register of Historic Places; in fact, there are hundreds of bygone structures to peruse throughout Havre de Grace. In general, the buildings' architecture retains its antique charm, and many homes date back to the 1800s. Best of all, the city has made it easy to take all this history in: just follow the three-mile Lafayette Trail loop through downtown by using a map, following the abundant trail markers on the sidewalks, or downloading the Distrx app.

In addition, Havre de Grace is chock-full of museums that preserve cultural significance. A great one is its Maritime Museum, a 10,000-square-foot building that honors the area's seafaring history and educates guests about the environment. Included in the admission price is access to the museum's latest exhibit, which details the city's important role in the Underground Railroad. Other museums to consider include the popular Decoy Museum, an ode to the time-honored craft of decoy making, the seasonal Lock House Museum, which explores the area's canal history, and the Havre de Grace Colored School Museum and Cultural Center.

When it comes to shopping along these tree-lined streets, you have endless options. Go antiquing at one of the specialty stores, including an antiques mall/beer museum (seriously) set in a converted 1880s house. For a unique boutique shopping experience for the whole family, pop into Joseph's, a family-owned department store that has been open since 1937. And if you're a kid at heart, you'll be wide-eyed at the sheer number of retro goodies and merchandise in Blast from the Past or JoRetro Vintage Market.



THE CONCORD POINT
KEEPER'S HOUSE MUSEUM



WATERFRONT BENCHES AT
CONCORD POINT PARK

Havre de Grace has repeatedly been heralded as one of the best small towns, both in the state and the country.

An outdoor paradise

Without a doubt, though, the biggest draw of Havre de Grace is its waterfront. Besides spectacular bay and river views and boat-filled marinas, it boasts the Havre de Grace Promenade, a three-quarter-mile-long boardwalk toward the southern end of town. The Promenade leads you on a serene tour of both the shorefront and the surrounding wooded areas, offering interesting historical, geological, and nature-focused facts about what you're exploring along the way. Be sure to venture out on the water at the walking pier, where ten carved wooden birds of the Chesapeake Bay region welcome you to the bay.

Speaking of birds, take the time to look for the boardwalk's animal residents—you may very well happen across wildlife such as frogs, turtles, and various bird species like orioles, bald eagles, woodpeckers, and owls. One of the informational display boards along the trail even says, "Look up! Did you see the snake?"

The Promenade also conveniently leads you by the Decoy Museum and Maritime Museum before ending at Concord Point Park, where the Concord Point Lighthouse—the state's oldest lighthouse open to the public—has stood since 1827. Admission to the thirty-foot granite structure is free, and the climb is well worth it for the spectacular views of the water and town.

After experiencing the lighthouse, go across the street to visit the Keeper's House Museum and gift shop, where you can soak in fascinating information about the beacon and the city's history and grab a few souvenirs on your way out. The Concord Point Lighthouse and Keeper's



House Museum are open weekends from April to October, so make sure to visit before they close for the season.

If you truly want to feel like you've stepped back in time, Susquehanna State Park, located about eight miles northwest of downtown, should be on your agenda. Within the park is the twenty-three-building Steppingstone Farm Museum, an interpretive venue where you can witness authentic crafts like blacksmithing and woodworking to get an inside look at how essentials were created at the turn of the twentieth



century. Between watching the demonstrations, touring the grounds, and purchasing handmade goods at the museum store, you can easily get lost in the past here for hours.

Being less than an hour north of Baltimore, thirty minutes west of Delaware, and seventy-five minutes from Philadelphia,

Havre de Grace is an ideal day trip for anyone traveling through the mid-Atlantic. So step away from the hustle and bustle of the big city and immerse yourself in this scenic, enchanting American treasure.

For more info, visit
explorehavredegrace.com



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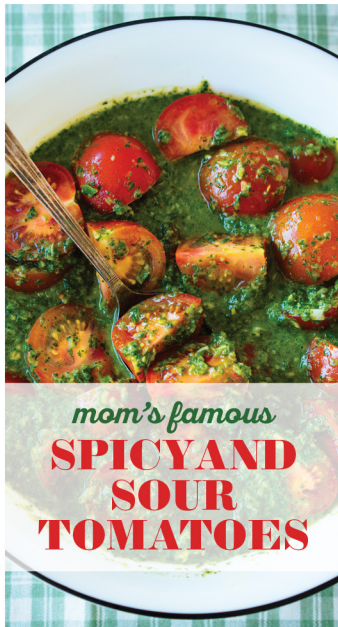
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Back of Tear Out Card 2

SERVES 8

mom's famous **SPICY AND SOUR TOMATOES**

INGREDIENTS

- 2 lb. small red tomatoes (such as Campari or Pearl), halved lengthwise
- 1 large green bell pepper, seeded and roughly chopped
- 1 medium-size fresh jalapeño chile
- 4 garlic cloves
- 1 c. chopped mixed fresh herbs (such as dill, flat-leaf parsley, and cilantro)
- $\frac{1}{3}$ c. sunflower or grapeseed oil
- $\frac{1}{3}$ c. distilled white vinegar
- 2 tbsp. sugar
- 1 tsp. salt

INSTRUCTIONS

- 1/** Pack the tomato halves into a clean, widemouthed 2-qt. glass jar with a tight-fitting lid.
- 2/** To make the pickling marinade, in a food processor, combine the bell pepper, chile, garlic, herbs, oil, vinegar, sugar, and salt and pulse until a thick, slightly chunky mixture forms, about 30 seconds. Pour the marinade over the tomatoes and screw the lid on the jar.
- 3/** Refrigerate for at least 3 days before serving. The tomatoes will keep in the refrigerator for up to 1 month. Over time, they will develop even brighter acidity and more complex flavor of slightly fermented tomatoes.

Recipe excerpted from *Budmo!* by Anna Voloshyna. Rizzoli, 2022. Photograph by Anna Voloshyna.

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The Smith Family
Philadelphia

Stacey is the best of the best! Our family was very pleased with her services, especially Snowball, our little pup! She listened to all of our concerns, wants, needs, and dreams. Stacey is totally awesome! I will be sharing her information with everyone that I know.



The Miller Family
Manayunk

Stacey was very patient with us, even though we were very picky. She knew how important it was for us to have a great experience and great service. We would definitely refer Stacey to all of our friends and family.



The Austin Family
Manayunk

Stacey is truly a very impressive person. She works fast, efficiently, and effectively. Her services are top of the line and we were very satisfied with her work. We love Stacey!



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