

SUMMER 2009

# OUR COUNTRY HOME

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GARDENING & OUTDOOR LIVING  
ENTERTAINING & RECIPES  
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## from the EDITOR



TRR photo by Sandy Long

Mary Greene  
Section Editor

High summer. Finally the rains have stopped (more or less) and temperatures are warming. Once again we are ready to enjoy the outdoor paradise of the lakes, rivers and hills of the Upper Delaware River Valley. In this issue of **Our Country Home** we invite you into two of the grandest gardens in Sullivan County, where you will find not only orchids and moon gardens but llamas and tropical blooms. If the woods are more your thing, we tell the story of the logging heritage of the region, a time that will be celebrated during Narrowsburg's Labor Day Logging Days debut event.

And for the artist in every soul, there are stories of how artists breathe new life into surprising old stuff.

We will also give you ideas on how to entertain and be entertained with simple pleasures such as making ice cream (without an ice cream maker!) and cooking Thai food on the grill; "getting away" in your own backyard and getting the most out of area yard sales. And the truly adventurous are invited to try their hand at a lasagna garden. No, it doesn't grow Parmesean cheese, but it might grow tomatoes.

Enjoy.

*Mary Greene*

Mary Greene  
Section Editor

# OUR COUNTRY HOME

A RIVER REPORTER LIFESTYLE MAGAZINE

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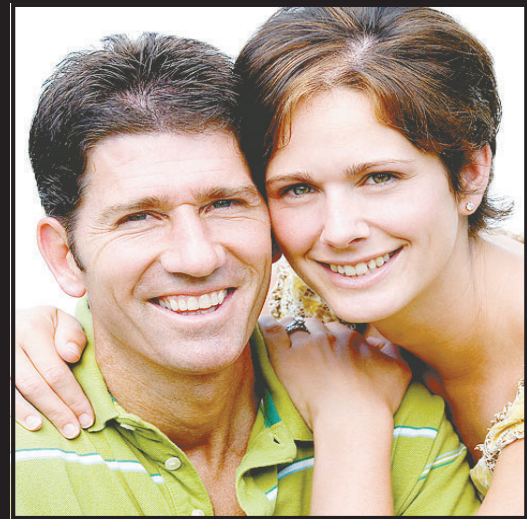
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Photos by Cass Collins

Lush plantings mark the front border of Philwold in Forestburgh, NY, a garden that also hosts exotic plants and animals.

## Moon gardens, climbing roses and orchids

By Cass Collins

Those of us who have been daunted by the prospect of full-scale gardening in the short summer season in our region can get inspiration from these showcase gardens. They make full use of the great variety of flora available at local garden suppliers and add a dash of their own—sometimes surprising—inspiration. Like all good gardeners, these flower aficionados like to get their hands dirty, but the results are anything but ordinary.

### Forestburgh Playhouse

“Play to the house,” Norman Duttweiler urges his garden. The producer of the **Forestburgh Playhouse** (55 Forestburgh Road, Forestburgh, NY 12777, 845/794-2005, [www.fbplayhouse.com](http://www.fbplayhouse.com)) knows how to work an audience and so do his gardens. The Catskill summer theater plays home to more than 60 actors, musicians, designers and crew during the season that begins in June and ends with Labor Day. Like the growing season in Sullivan County, time is short, but the playhouse gardens are designed with their audience in mind. You won’t find tulips, daffodils or asters here. Everything is planned to bloom during the run of the plays, and anything that falls short gets tossed to the compost pile. “Gardening is not for sissies!” says Duttweiler.

No slave to the native planting mantra, Duttweiler is happy to embrace trends. In an act of “zonal denial,” he planted tropical bananas in pots. “You just have to know that if you fall in love with a banana in Sullivan County, you can only have it for three months,” he warns.

His moon garden is a perfect example of playing to the house. It is planted with all white flowers, such as the exceptional and exuberant white clematis *Henrii*, white *Datura*, a white eggplant vine and a vigorous white climbing hydrangea. On a clear night, the flowers shine in the moonlight as playgoers stroll the grounds between acts.

Mountain Valley Landscaping, a friend to the playhouse, turned a large boulder on the grounds into a landscaping asset by installing a pond basin at its base with a simple pump to create a waterfall. Landscape lighting and water plants create a stunning focal point in the evening garden.

The Forestburgh garden owes its shape to the 1994 design of Barbara Restaino. But Duttweiler has improvised over the years to make it his own, as any avid gardener will. Sculpture dots the grounds, most of it provided by friends of the house. A Hindu Ganesh statue lives in secular harmony with a Buddha. A gazebo plays host to hardy Niagara grapes that please the local deer. A Japanese tree lilac is underplanted with drumstick allium, ornamental golden oregano, lamium and Stello D’Oro daylilies, providing rich textural and color complements to the long-blooming tree.

A garden room is a luxury most of us don’t have, but it is a perfect haven for William Baffen climbing roses that are hitched to a trellis entryway. A pair of bar-height garden chairs invite guests to drench themselves in fragrance and color amid underplantings of purple smokebush and another stunning clematis vine.

### Philwold - Stuart Salenger’s Orchid Fantasia

Amid the alidra tortoises, black palm cockatoos and a herd of llamas on his property known as **Philwold** (1291 Cold Spring Road, Forestburgh, 845/794-7878) live Stuart Salenger’s prized orchids. The former Bradford Estate, built in the early years of the 20th century, provides the perfect environment for Salenger’s obsession. The cool Catskill summer evenings and the filtered light of the estate’s ample rooms and porches provide ideal shelter for Stuart’s *Phaleonopsis* and *Vanda* orchids. One specimen has been “blooming since March,” says Salenger proudly. Another, fallen victim to the extreme wind and rain of a particularly wet June, sits waiting in the gazebo for Stuart’s paternal attentions. Its blooms are intact but its leaves are edged with mottled brown marks, a result of its few nights spent in the open.

Salenger offers tips to orchid lovers who appreciate the delicate flowers and arching stems. Along with filtered light, orchids appreciate a 10-degree temperature drop at night, something the mountains of Sullivan County are usually eager to accommodate. Orchids like a water-soluble fertilizer and a rest from blooming in winter. You can’t over-fertilize orchids as they leach themselves when grown appropriately in a light mix of soil and a growing medium like Spanish moss.

Tropical plants dot the borders of Philwold, under the bowers of birches and rhododendron that are more typical examples of our native flora. In the winter, Salenger will pull up the tropical cannas and bromeliads and preserve them in a greenhouse on the property.



## Forestburgh Playhouse



A William Baffen climbing rose frames the garden room at the Forestburgh Playhouse.



A modern steel sculpture, "Seraph," by Robert Sywalski, shares the grounds with a more typical garden attraction.



Norman Duttweiler shows off his glorious white clematis henrii.



The moon garden at the Forestburgh Playhouse attracts playgoers at intermission with its all-white blossoms.

## Local garden shops

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Monticello, NY  
845/794-6457

**Liberty Home & Garden**  
3 Bon Jovi Lane  
Liberty, NY 12754  
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**Delaware Valley Agway**  
30 Viaduct Road  
Callicoon, NY 12723  
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**Agway of Honesdale**  
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570/ 253-3890

**Mountain Valley Landscaping**  
411 Dingle Daisy Road  
Monticello, NY 12701  
845/794-2036

**Catskill Perennials**  
163 Tonjes Road  
Jeffersonville, NY 12748  
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**Catskill Harvest Market**  
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[www.catskillharvestmarket.com](http://www.catskillharvestmarket.com)

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570/253-5043

## Philwold



Birds of paradise commingle with blue spruce and rubber plants in the southern border at Stuart Salenger's fantasia, Philwold.



Giant tortoises graze near the "Bird Jungle" at Philwold.



Salenger handles a phaleonopsis in bloom in the gazebo at Philwold.

### Orchid Tip

A temperature reduction of 10 degrees at night will keep your orchid blooming longer. Use water soluble fertilizer and orchid-growing medium. Keep away from drafts. Provide filtered light.



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Architect (if applicable)

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*\*We reserve the right to place entry in a different category.*



# Decorating by the yard

## The dos and don'ts of shopping yard sales

By Lori Malone

During summer months, an array of yard sale signs dot county roads and main thoroughfares, beckoning serious collectors and bargain hunters alike to rummage through their offerings. Though many yard sales fall short of our expectations, there are some that do deliver. When you are the lucky new owner of that one-of-a-kind speckleware pot or that wrought-iron lounge chair at a fraction of what you would have paid retail, you are thrilled that you took the time to stop. However, there are those “why the heck did

I buy this” purchases that often happen when one is not prepared for this kind of shopping. Yes, prepared. As someone who has always looked at shopping as a strategic sport rather than a leisure time activity, I cannot stress enough the importance of planning ahead. Planning ahead will prevent you from buying what you don't need, like a three-legged chair. I know the expectation is to find a forth leg and repair the chair, but deep down inside you know that won't happen. And so, there it sits, or should I say leans, in the garage

next to the wireless lamp and the painting you thought was an original Kadinsky. Simply put, there are no refunds with yard-sale purchases—whatever you take home you will be stuck with. This is, of course, is a terrorizing thought to clutter-phobes, who more often than not avoid yard sales altogether. But yards sales, when shopped correctly, are one of the best sources for finding unique, style-defining accents and furnishings for your home at an affordable price.

### First things first

If you don't subscribe to a local newspaper, buy one the day before your shopping trip and check the yard sale listings. (**The River Reporter's** classified section lists area yard sales each week.) To save time and gas, concentrate on one or two neighboring towns as opposed to trying to cover too much territory in the confines of one day. If you are unfamiliar with the area, use a map to plan your route. Bring both newspaper and map as well as bungee cords in various sizes, a tape measure, rope, brightly colored fabric to use as flags for anything that will protrude out a window or hang past the length of your car, and old blankets and newspapers to wrap objects in. Remember to include lunch in your day's itinerary, whether in the form of a restaurant treat or a roadside picnic.

### The early bird

Yes, the early bird gets the best selection, but Johnny-come-lately gets the best bargaining. Determine which is most important and plan your day in accordance.

### Plan ahead

A successful yard sale excursion starts with knowing what you need and setting a budget (see next section for how to determine value).

Careful planning will lead to satisfaction. If you need a piece of furniture like a hutch or a chair, for instance, measure the space where you intend to place it before setting out. Write these figures down, and then measure the piece to compare sizes. Also, measure the doorway in which it needs to pass through. You do not want a “it didn't look that big in their driveway” moment after you get it home. Bring color swatches with you if you are matching your new purchase to something you already have. Also, create a budget for something unexpected. These are the special pieces that, when placed among your furnishings, define your style, adding whimsy, character and a glimpse into your personality. For instance, someone who has never traveled outside a three-state

radius may show his desire for travel through a collection of maps, nicely framed and displayed in a grouping. Rustic ores used as wall art may denote a sense of adventure. Hand-held mirrors, popular in the early part of the twentieth century, look splendid hung in groupings in a bathroom and lend an air of femininity to a space that can be rather utilitarian.

### Is it worth it?

Determining value is tricky. Obviously, if the object is touted as being an antique or collectable, there will be maker's marks to help you ascertain its value providing you are familiar with such markings. If not, there are many books available that list various makers' marks. If this is your thing, purchase one and bring it along.

For most other purchases, the value is determined by what the seller is asking and what the buyer is willing to pay. One rule of thumb that I adhere to is to not pay more for something that is used than I would pay for something that is new. To this end, I suggest flipping through home furnishing catalogues to get an idea of what similar pieces would cost new. When deciding on a piece of furniture's value, look at its construction. Is it wobbly? What kind of wood is it made of? Is it solid or veneer? If the piece looks well constructed and the price seems fair, then it's worth it. If you don't mind the work or expense of refinishing or reupholstering furniture, you are in a better position to negotiate. However, be sure to include those refinishing/reupholstering costs into your budget.

### For the table

If you are looking to purchase tableware, consider whether or not the items you might buy are microwave and dishwasher safe, and whether they contain lead. For instance, dishes with gold or silver leafing may not be microwave safe and may scratch in the dishwasher. Some older dishware and cookware may have paint that will fade with continual dishwasher use. If you are looking to purchase linens, check each piece thoroughly for stains and holes. Some may be remedied with cleaning or darning if you are willing

to take that route, but you may not know if the stains will come out until you have gotten your linens home. (For tips on refinishing your yard sale finds, turn to page 29.)

### The art of the deal

Negotiating is key. Most sellers are looking to unload their stuff, so the buyer does have an advantage, but sellers also have a pre-determined value that they have placed on these items and you don't want to be insulting. If something is marked \$20, offering \$15 is fair, and later in the day you may get away with offering \$10. Multi-item purchases are also a good strategy. If you are purchasing several things, you may say something like, “I'll give you \$50 for all three items.” Be prepared for a counter price. Bring singles rather than big bills; this also makes negotiating easier. If you really like something that you can't afford, don't hesitate to give the seller your phone number with your best offer and ask that he call you if he can give you a better price.

### Transporting your treasure

That hand-hewn farm table is exactly what you have been searching for, and the price is great, but it will never fit your subcompact car. How do you get it home? Unlike stores, yard sales generally don't offer delivery service. If you are in the market something large, check your local newspaper or area phone directory for movers or person-with-van services. Call in advance to ask about rates. Be sure to include moving fees in your budget. An \$800 table may be a great deal, but if you have to spend \$300 to get it home, it may not be.

### Minding your manners

Okay, their lawn is littered with the crappiest tchotchkes ever assembled in one place, but you should keep that thought to yourself. Remember, one shopper's trash is another shopper's treasure. Always say hello and goodbye, and thank your yard sale hosts for their time.



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These men are working in the Delaware with huge logs that will be roped together and floated downstream. Note that the hillsides are largely denuded of large trees. To New York City and Philadelphia for shipping masts and other uses. The two ablong buildings in the photo at left are floating dining barges.

*Contributed photos*

# LOGGING DAYS

*Debut event celebrates the region's logging heritage*

By Carolyn Steinberg

What do you get when you cross an old river community with something to do on Labor Day Weekend? You get Narrowsburg Logging Days, celebrating the 200th anniversary of Sullivan County from Friday through Monday, September 4 through 7. Logging Days is sponsored by the Narrowsburg Chamber of Commerce, Fort Delaware and the Tusten Historical Society, and is a Sullivan County Bicentennial Sealed Event.

Here's what's planned: three days of concerts, events, activities, hikes, picnics, rafting, food, more food, movies and demonstrations on basic survival skills like axing and sawing. Logging Days draws attention to the history of our river communities and the logging industry that drove the local economy for more than 150 years. Our communities' shared history is rich and colorful, driven then as now by necessity and nature.

It wasn't so long ago that kerosene lamps, wood-burning stoves and fireplaces were the sources of heat and light around here. It's been many years, though, since the forests were comprised of giant 100-foot-high trees. The logging industry, which began before the American Revolution, cleaned out the largest trees by the time of the Civil War. In those early days, how-

ever, the resources must have seemed limitless, with forests extending everywhere. From Port Jervis to Deposit along the Delaware River corridor, white pine, oak and chestnut grew two miles deep on each side of the river. On the ridges were beech, ash, maple, cherry and hickory, and hemlocks filled the valleys between the ridges. Today, sugar maple alone accounts for a fifth of all logs harvested; the top five log types harvested are sugar maple, red maple, red oak, black cherry and white pine. **(ACTIVITY: Free lecture on woodlot management by Ryan Trapani of the Catskill Forest Association, Saturday 1:00 p.m., Tusten Town Hall.)**

## 'Admiral of the Delaware'

Daniel Skinner, dubbed by his contemporaries "Admiral of the Delaware," was born in 1733. He came to the Upper Delaware Valley in 1754 with his father Joseph Skinner, John Calkin and Bezaleel Tyler. All were members of the Delaware Land Company who had been granted land in Cochection Valley by the colony of Connecticut, which claimed jurisdiction of land between the Delaware and Susquehanna rivers. The Skinners settled on the Pennsylvania side of the Delaware, just downstream from Callicoon. Calkin

settled at Milanville (then called Cushetunk Falls) and Tyler at Damascus. After some years, Daniel Skinner went back east to Connecticut and became a merchant marine, witnessing, among other things, the building of ships at Philadelphia. Apparently the tall masts of the ships got him thinking of the trees upstream, and he concocted a plan for bringing trees down the Delaware to sell in Trenton and Philadelphia.

Skinner made his first attempt in 1764. According to Charles T. Curtis in his book "Rafting on the Delaware," written in 1923 (available at the Tusten Historical Society at the Narrowsburg library), Skinner axed a few trees, slid them into the Delaware at Cochection and turned them downstream, following along in a canoe. Herding cats must have been easier than keeping those logs together, and his attempt failed (no mention of how far he got before giving up). Three years later, he tried again. With his ax, he chopped six logs into equal lengths, slid them down to the river and fastened them into a raft, using notches, pins and a spindle of white oak. **(ACTIVITY: chain-saw carving and ax-throwing demonstrations at Fort Delaware throughout the day on Saturday.)** Skinner mounted long-handled oars fore and aft, hired "a Dutchman" to handle the forward oar,

*Continued on page 12*



and with himself steering at the rear, set off for Philadelphia, where he sold his raft for a pretty penny, four pounds sterling per log, or approximately \$48 total. In today's dollars, he was paid about \$1,250, a bit over \$200 per log.

## Your money's worth

In the late 1700s, men were paid \$10 for a trip to Easton, \$15 to Trenton (about \$400 in today's dollars); steersmen got \$3 more. After the Civil War, rates went up, ranging from \$20 to \$40 (worth \$650 now). Logging was so prevalent, and its requirements so well understood, that a debt IOU might read, "I agree to pay John Brown sixty dollars thirty days after the first general freshet." The freshet, a spring thaw rise in the river, would enable the trip to market. **(ACTIVITY: Rafting the Delaware, Saturday, 10:00 a.m. to 2:00 p.m., Narrowsburg boat launch.)**

## Traveling in style

Once downstream, how did raftsmen get back upstream? In the early days, they walked. The trip down might take three to five days; the walk back took two weeks. The men avoided using ropes to build their rafts, since they couldn't carry heavy ropes on the long walk home. When the turnpike road from Newburgh to Susquehanna was completed in 1809, rafters could return home by taking a boat from Philly to New York City, up the Hudson to Newburgh, then taking the stagecoach across to Cohecton and walking home from there. The stagecoach moved along at five miles per hour, requiring 12 hours to go the 60 miles. Walking from Newburgh to Cohecton took about five hours longer than the coach.

Inns sprang up all along the river and along the stagecoach line, serving as coach stops, mail delivery, food depots, social centers and safe havens. In 1820, Jesse Foster started a hotel, thus founding Fosterdale, which became the first coach stop west of Monticello. At Cohecton, Charles Irvine ran a hotel, and Israel Tyler kept the stagehouse at Tyler Hill. Abraham Cuddeback built the Narrowsburg Inn in 1840 known then as the Narrowsburg Hotel (also known as Century Hotel). Also in Narrowsburg were the Arlington Hotel (now home of the Delaware Valley Arts Alliance) and the Oakland Hotel, which stood where Narrowsburg Lumber now has its storage sheds. Raftsmen could also get a meal at floating dining cars on the Delaware, complete with kitchen and long tables. Today, a wonderful photograph of the interior of such a dining boat is mounted on the outdoor deck on Main Street in Narrowsburg.

**(ACTIVITY: Photograph display and Lumberman's Flapjack Breakfast, Sunday, 8:30 a.m. to 12:30 p.m., Tusten Town Hall, \$6 adults/\$3 children.)**

In the 1870s, at the peak of the logging industry, a thousand raftsmen sought lodging in Narrowsburg, and logjams could remain stuck in the Big Eddy for days. With a thousand loggers in town, there must have been plenty of opportunity for trouble. A good dance would provide some wholesome entertainment, though women were probably in short supply. **(ACTIVITY: Square dancing and line dancing to the Uphill String Band, Friday, 7:30 p.m., \$8, at Space 252, Narrowsburg's new dance hall, next to NAPA on Bridge Street.)**

## Workin' on the railroad

Rail service took shape beginning in 1832 with the charter of The New York and Erie Rail Road. Its mission: to connect the Hudson River with Lake Erie. In 1841, the section from Piermont to Goshen opened, and in 1848 passenger service began to Port Jervis, Narrowsburg and Binghamton. This permitted raftsmen to take the train home after a trip downstream. Working on the roadbed and arriving in Narrowsburg in 1847 were many German and Irish immigrant laborers. Some settled here, establishing churches and businesses. **(ACTIVITY: Sunday, 10:30 a.m. and 12:30 p.m., bus tour of Weiden Excelsior Mill and Tusten Settlement Church, includes picnic lunch catered by Jill's Kitchen, music by Barber-shop Quartet and Narrowsburg Women's Chorus singing original compositions on poems from epitaphs in Tusten Church graveyard. Advance tickets required; call 845/252-3864.)**

**Saturday night's activity is a special treat, as it would have been back in the days of logging: Oxford Depot, a bluegrass band based in the Hudson Valley, will walk or take the stagecoach over to Narrowsburg to perform in the Tusten Theatre, starting at 8 p.m. The band members are Roy Streever (guitar), Kevin Monahan (mandolin), Ed Acklerly (banjo), Carl Kubie (fiddle) and Leon Swyka (bass). Tickets are \$15 for adults, \$10 for youth under 18.**

## Narrowsburg Logging Days: Celebrating a Historic Industry

### Friday, September 4, 2009

7 pm – 9 pm  
Gallery Exhibitions Opening - Free  
Delaware Valley Arts Alliance,  
Main Street  
E. Morisot – Painting  
Julia Helen Murray – Installation

7:30 pm  
Square/Line Dancing - \$8  
Space 252, Bridge Street  
Music by Uphill String Band

### Saturday, September 5, 2009

**Fort Delaware**  
10 am  
Chainsaw Carving Demo  
11 am  
Axe Throwing Demo  
1 pm  
Horseshoe Competition - \$5  
2 pm  
Chainsaw Carving Demo  
3 pm  
Axe Throwing Demo  
3:30 pm  
Historic Storytelling, Gloria McCullough & Ann O'Hara

**Tusten Town Hall**  
10 am – 4 pm  
Historic Photo Display of Area Logging Industry – Free  
11 am  
Hands-on Papermaking, sponsored by Catskill Hudson Bank – Free  
1 pm  
Introduction to Woodlot Management, Ryan Trapani, Catskill Forestry Association – Free

### NY State Boat Access

10 am – 2 pm  
Rafting

### Main Street Activities

2 pm  
Origami Paper Folding at 4 Corners of Artful Living  
Peter Galbert, Furniture Making

### Library Parking Lot

3 pm – 6 pm  
Country Market: Fresh produce, baked goods, cheese and more

### Library

4 pm  
Movie: Sometimes a Great Notion, a circa 1960s film related to the logging industry – Free

### Narrowsburg Fire Department

5 pm  
Take-Out Chicken Barbeque  
– Advance Sales Only

### Tusten Theater

8 pm  
Oxford Depot,  
Country & Bluegrass Music  
Adults \$15, Children under 18 \$10

### Sunday, September 6, 2009

### Tusten Town Hall

8:30 am – 12:30 pm  
Lumberman's Flapjack Breakfast

8:30 am – 12:30 pm  
Historic Photo Display of Area Logging Industry – Free

### Historic Narrowsburg Tour & Picnic

10:30 am – 12:30 pm  
3½-hour tour. Meet at the library parking lot. Guided tour of Weiden Excelsior Mill & Tusten Settlement Church. Choral presentation of original compositions and picnic lunch by Jill's Kitchen, accompanied by a Barbershop Quartet  
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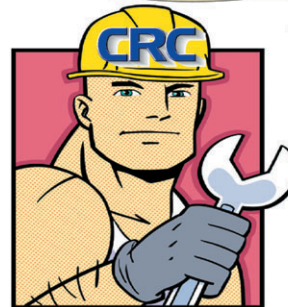
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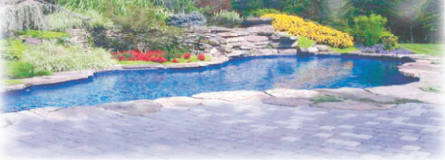
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# Bee Green and Other Gardens

## A conversation with Kelley Edkins

By Mary Greene

Kelley Edkins has been helping her clients create beautiful gardens for a number of years now, and she was awarded the prestigious Sullivan Renaissance Environmental Impact Award in 2008 for her creation of a community garden in Fallsburg, NY. The garden, called the Bee Green garden, is still in the development phase. Its initial creation, says Edkins, involved the diversion of 2,000 bags of organics that would have entered the Monticello landfill. Edkins has involved Rutherford Elementary School children in this project, and she says, “They love to compost!” Further, she says, “Kids don’t know how to be responsible for their waste. We have to teach them.”

**OCH:** Our Country Home (OCH) had a conversation with Edkins about tips for beginning gardeners and also her work with the Bee Green garden.

**OCH:** How does the beginning gardener choose a good location for a garden?

**KE:** You observe how the sun rises and how it sets, and you watch to find the most southern spot. In the summer, that generally means sun from between 2:00 until 5:00 p.m. Of course, it depends on what you are growing. But most people want flowers, and flowers want sun.

Also, you have to get to know your land, observing where the water flows and working in sync with nature.

**OCH:** Is it better to place your garden next to the house or another structure, or to put it in the middle of the yard?

**KE:** Again, when you are designing and building a garden, you have to think of what your necessities are and what you want from the garden. I like to have a vegetable garden right off the house. It’s easy to get the lettuce that way, the herbs for cooking and fruits and vegetables. But, not everybody has that luxury. Conditions of sun and soil are more important than location.

**OCH:** In getting started with backyard composting, is there a certain ratio to keep in mind?

**KE:** I tend to go with four carbons to one nitrogen—four napkins to one banana peel.

**OCH:** Four napkins?

**KE:** Yes, a napkin is paper; that’s a carbon. And the

banana peel is your nitrogen. Carbons are basically anything brown and bulky. Examples are ash from a fire, straw, woodchips and paper. Your nitrogen is basically anything green, your vegetable leavings, coffee grinds, manure and grass clippings.

Anything that decomposes is organic material. I am an extreme composter; I will compost lint from the dryer—anything that I can find that will decompose. It makes you think about the materials you are using around the house: is this pure, will this harm my body. I compost to reduce waste, landfill waste in particular.

Another person might be a total organic gardener who prefers to compost with only pure organic matter. It’s an art form, you know. You might do it one way, I might do it another way.

I tend to compost in the most economic way, to be environmentally conscious and functional. I watched the landfill in Staten Island when I was a child, and it traumatized me. And, the Monticello landfill is the highest point in Monticello. Did you know that? So, I am always trying to reduce and reuse waste.

**OCH:** How does the beginner gardener think about creating a unified design look?

**KE:** I recommend people to get books, take pictures, and just look around for what they like. Then, when you have a picture or a vision of what you like, it can be improvised. Uniform, for me, involves clumping of mass planting, and then creating a sequence, so there is always something for the eye to look at. I do that with color, with an array of color for the eye. It’s important—it’s like using color therapy. A lot of my clients need to see that color.

Right now, Southwestern gardens and cactus gardens are popular. But, some people might hate cactus gardens. They might prefer something like the cottage style. There is also a Japanese Zen style. There are lots of different overall styles that a beginner can choose from. A whole new movement is the permaculture garden, which is holistic gardening that uses ancient, universal technologies like the farmers used to do: you use what you have. Native planting is a whole new trend, too, which focuses on protecting the endangered plant species.

**OCH:** Once the garden is established, how does the gardener maintain healthy soil and soil strength?

**KE:** By constantly amending the soil, adding organic materials and feeding the plants organic materials. I use alfalfa and even plant stock feed to give nutrients to the plants. I like to give my plants compost tea; they like the nitrogen kick.

Fall and spring are times to really build up the soil with whatever you have around: wood ash, compost, grass trimmings, leaf mulch, straw and so on. Take ashwood for instance—I keep it in my basement all winter, and in the spring I spread it on my gardens. That’s amending the soil.

**OCH:** How does someone learn the craft of gardening?

**KE:** Mostly by observing the lay of your land. If you find that you have a question, then you do the research and find the answer. Then you try new methods and see if they work for you. You just have to start working your land, keep asking questions and hang out with other gardeners—they love to share.

**OCH:** Can you talk a little bit about the Bee Green garden that you are creating in Fallsburg?

**KE:** Well, the Bee Green garden, which is two acres in Morningside Park, started out as a Sullivan Renaissance project. We applied in 2007 and were given funding in 2008 to create a community garden. We built it using 2,000 bags of organic materials. We created an organic network throughout our community. We used the layering, or lasagna, method; I don’t have any digging equipment or heavy machinery. I had help from friends, businesses, family, schools, grants, the Renaissance and volunteers.

**OCH:** How did the garden get its name?

**KE:** We are passionate about saving the honeybees—we have two beehives and plan to keep growing our bee community. We are also passionate about being environmentally conscious—hence the name, Bee Green.

**Kelley Edkins of Gardens by Kelley (www.gardensbykelley.com) is located in Woodridge, NY. She can be reached via email at gardensbykelley.com or by telephone at 845/436-4634.**



# TRY THIS Staycations



By Clarissa Chatley

Between the river, quaint towns, great eateries and cultural events the Upper Delaware River Valley is a magnificent place to plan a staycation. A staycation is a vacation without all the expensive airfare, hotel and car rental costs. The family chooses to stay close to home and explore the many special activities right in our country backyard. It's a great opportunity to take life at a slower pace and focus on your loved ones and your own relaxation. Here are two themed ideas for a great staycation right here.

## Foodie Staycation:

The Upper Delaware River Valley and beyond is home to many great restaurants, here are a few of my favorites and suggestions:

### Main Street Café

Main Street, Narrowsburg, NY  
845/252-7222

*One of my favorites:* Sunday brunch on the deck with mimosa in hand.

### Front Porch Café

Route 17B, White Lake, NY  
845/583-4838

*One of my favorites:* Dessert. Ina's almond cake is delicious. Trust me on this.

### Restaurant 15 Main

251 Bridge Street, Narrowsburg, NY  
845/252-6562

*One of my favorites:* 15 Main's hanger steak with potato gratin.

### The Settlers Inn

4 Main Avenue, Hawley, PA  
570/226-2993

*One of my favorites:* The grass-fed beef burger on foccacia with tomato tapenade.

## Kids' Staycation:

There are plenty of fabulous kid-friendly events going on. Our family has tried these events and can vouch for their enjoyment factor. The kids in particular gave them rave reviews.

### The Wayne County Fair

August 7 – 15, 2009  
Route 191, Honesdale, PA  
www.waynecountyfair.com

The best part: anyone over 24 months of age pays an affordable \$8, which gets you on all the rides as many times as you'd like. (Of course, it's not a good idea to ride after too many samples of the good down-home county fair food.) Don't miss the agricultural exhibits and fireworks night.

### Little Word's Fair

August 14 – 16, 2009  
Route 55, Grahamsville, NY  
*The best part:* this is a true country fair with something for everyone. In addition to the midway and rides, there are some great craft vendors, agricultural exhibits and delicious fair food.

### Forestburgh Playhouse

Forestburgh, NY  
845/794-1194  
*The best part:* exposing children to theater at a young age. In addition to the enjoyable Broadway shows, many of which are suitable for the whole family, the playhouse has a series just for kids. And don't miss "High School Musical," running through August 15.

### Costa's Family Fun Park

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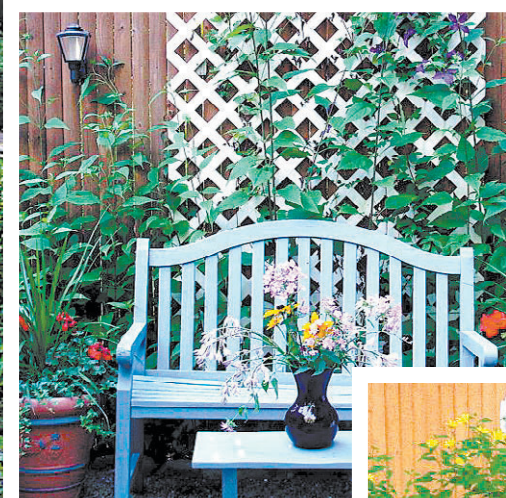
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Lee Davies wears a blouse made from antique fabric and an old flour sack. Her skirt is made from an old flour sack. She holds dresses fashioned from a variety of cast-off linens.



Old chairs in various states of disrepair inspired John Roth's sculpture.



WalkingWoman—This Tom Holmes sculpture is made from maple and oak, broken sticks and a yarrow staff and stands 12 feet.



TwinTowers—This Tom Holmes sculpture is made from carpenter ant-eaten pine found during a home renovation and mounted in a painted pine box.



At first intended for the garbage pile, this wire fence inspired John Roth to fill it with other found objects and hang the resulting sculpture above a lamp made from pieces of clear glass that fill a wrought iron basket.

# New Life

Artists find surprising uses for **castoff things**

By Marcia Nehemiah

What looks like so much junk to you and me is the inspiration for many area artists who find new life for our trash and castoffs.

**Lisa Strier**, for example, has been scavenging since childhood, and says, "My resources vary wildly: dog food cans, flea market photographs, construction dumpsters, highways and the rural countryside." She is struck by the sacred nature of commonplace things. A piece of barbed wire fencing found on a hike in the woods and her great-grandmother's rhinestones become an amulet. Other pendants contain beach glass, hardware, copier "guts," copper exhaust pipe and metal found after a river flood.

She recognizes that nothing is permanent, and quotes a Japanese saying: "Mono no aware," which describes beauty as "an awareness of the transience of all things, and a bittersweet sadness at their passing. It can also be translated as the 'ah-ness' of things, of life, and love."

Strier's work can be found at [ikantware.blogspot.com](http://ikantware.blogspot.com) and at [Barryvillearearts.org](http://Barryvillearearts.org).

**Daria Dorosh**, a multimedia artist, also focuses on the impermanence of things. She says, "I am interested in that edge between an object's original purpose and

how it migrates to a new one—a shoe becomes a planter, clothing becomes a rug." Her sculptures are made from materials as varied as fabric scraps, rusted scissors or an old bottle embedded in concrete. Broken crockery is re-formed into sculpture. An object's original purpose becomes "a springboard to help me articulate a current purpose through art. One of my favorite artifacts is a thousand-year-old piece of pottery from the Southwest with fingerprints of the maker pressed into the coils. I think about that person sometimes. Old displaced materials and objects link me to the people who made them. I can sense their presence. My re-purposed art composition might be a reminder to someone someday that I took the time to make a bridge between cultures and purposes, and handed it to the future for further consideration."

Her work can be viewed in her Barryville, NY studio by appointment (845/557-06740), at [dariadorosh.com](http://dariadorosh.com), and will be part of The Material Girls booth at Barryville Area Arts Association Arts in the Park on August 8.

Time is a central concern in **Tom Holmes'** work. Like Dorosh and Strier, he is sensitive to the impermanence of all things and to "rebirth as we transform the death of objects into their recycled new lives. Through

this process we process our own lives. The discard of our world gives us, as artists, an appealing and cheap way to explore our creative instincts." Holmes visits junkyards on the lookout for intriguing pieces of metal. He checks the scrap piles at stone yards. In early spring, he scavenges for material on beaches near oceans, rivers and lakes, where he finds weathered wood, feathers, stones and pieces of rusted metal. "You never know what you're going to find. Randomness and chance are a force in the creation of found sculpture. My work is about following the path that opens as I am creating something."

He says his sculptures are a way of stopping time. "Things have a beginning, a life and an end. All things naturally decay. I find something at the exact time it is beautiful and present it cleanly, with little or no manipulation."

His work is on display at The ARtery in Milford, PA; Beacon Artists Union in Beacon, NY; and at [tomhomes.com](http://tomhomes.com).

When **Lee Davies** was a young mother, she once looked at a pair of curtains and saw a dress. Ever since that time, she's been recycling all manner of old fabric into dresses, vests, blouses and pillow covers. "One of my favorite and treasured finds are old flour and sugar sacks. I take apart the sack and even keep the thick thread used to sew the large square together." She scours thrift stores for inspiration, buying articles of clothing that

she takes apart and reconfigures into her own uniquely designed garments. A top is made from old aprons, but the pocket comes from a pair of contemporary cargo pants. Another top is made from an old tablecloth with a collar made from a lace handkerchief. Antique buttons and ribbon embellish many of the pieces. She can restyle an old garment that no longer fits into something completely new. Davies' inspiration comes from 19<sup>th</sup>-century photographs, cowboy movies and nature. "When I want to see what colors go together, I take a walk in the woods and look at the trees and lichen." She can be reached at [sylviais2448@yahoo.com](mailto:sylviais2448@yahoo.com).

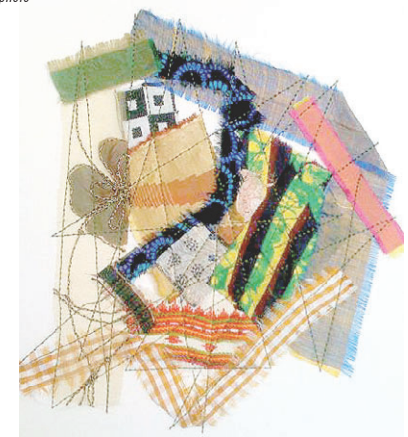
**Jen McGlashan** wanted to make jewelry without the mining and the waste. Her "McFlashpants" collection of jewelry and small housewares are made "almost entirely from reused, renewed, repurposed, recycled and reinvigorated materials," she says. The Living Jewelry series are necklaces crafted from reused flatware and ginseng bottles, which are receptacles for very, very small plants grown organically in her Pond Eddy, NY garden. Old forks become hooks for hanging a hat or coat. Fork tines become rings. The Green Pieces line remakes scrap into wearable interlocking puzzle pieces. After crafting rings and necklaces from old forks and spoons, McGlashan saved leftover silver for two years and recently made a necklace over six feet long.

McGlashan's work is available at The Cutting Garden in Youngsville, NY, the Barryville Antiques Emporium,

the ARtery in Milford, PA and online at [mclashpants.etsy.com](http://mclashpants.etsy.com) and [mclashpants.com](http://mclashpants.com). She has booths at RiverFest, Barryville Arts in the Park, the River Road Fair, the Hemlock Farms Arts Fair and Bethel Woods.

**John Roth's** functional art and home furnishings give new life to reclaimed objects. Drawer pulls are made from billiard balls or old toy wooden blocks. A salvaged piece of linoleum is laid on top of a cabinet. Wooden lath becomes molding, an old maple sugar tap is the door pull and the clasp is an old carpenter's rule. The cabinet stands on feet made from old shoe molds. A wrought iron basket filled with found glass—vases, a creamer, drinking glasses—makes a decorative lamp. A scone is an old fry basket filled with marbles, wooden blocks and other found glass. "I bought an old grist mill across from my house at a tax sale. It's filled with junk. Every time I go over there I find something I didn't spot before." When he was clearing junk from a property near his house he found a rusted wire fence. "I folded it down so I could take it to the dumpster, but then I liked the way it looked so I saved it. I knew I would use it for some sculpture." Today, it hangs on the wall of his house filled with random old objects—a harmonica, a croquet ball, a very old skate, a red Viewmaster.

Roth works on commission. He can be reached at 570/729-0016.

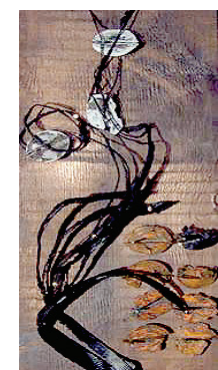


Available at this year's Riverfest, Daria Dorosh's "Wisdom of the Weeds" consists of fabric scraps on paper.

Contributed photos



Finish nails, can lids, copper tacks, latex paint, oilstick on plywood, spray paint and tire are included in Lisa Strier's sculpture titled "For All I Know, This Happens Every Night."



This high-end piece of Jen McGlashan's Living Jewelry line is made from a candlestick and silver chain. Running through each cylinder is a vine of fo-ti, a Chinese medicinal plant, as well as chocolate mint for aroma.



From Daria Dorosh's Rubble landscape series, selected objects on steel.





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# Ice Cream

without an Ice Cream Maker



TRR photo

By Clarissa Chatley

Who doesn't love the soft, incredibly creamy and fresh taste of homemade ice cream. The ingredients are not complicated, but you need an ice cream maker. Right? Well, not necessarily. For the truly daring, that fresh flavor can be had without investing in an ice cream maker or doing the labor-intensive handle turning that is involved.

The recipes below will yield a rich, smooth and creamy homemade ice cream that needs to be scooped just before eating because it will melt faster. Enjoy!

## Vanilla Ice Cream

- 2 cups heavy whipping cream
- 1 can (14-ounce) sweetened condensed milk
- 1 teaspoon vanilla extract

With an electric mixer, beat the whipping cream until thickened and you see soft peaks (do not over mix). Add the sweetened condensed milk and vanilla extract. Mix until thoroughly combined.

Pour into a plastic container and freeze for at least four hours, the longer the better.

## Toasted Coconut Ice Cream

- 2 cups heavy whipping cream
- 1 can (14-ounce) cream of coconut
- 1 teaspoon vanilla extract
- 1½ cups toasted coconut

With an electric mixer, beat the whipping cream until thickened and you see soft peaks (do not over mix). Add the cream of coconut, vanilla extract and toasted coconut. Mix until thoroughly combined.

Pour into a plastic container and freeze for at least four hours, the longer the better.

## Quick Tip

For a variety of flavors, use the vanilla ice cream recipe and throw in chocolate chips, toffee chips, chopped candy bars, maple syrup and nuts or slices of fresh fruit.

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# Thai *on the grill*

By Clarissa Chatley

Nothing says summer better than a barbeque. Truth be told, I use my outdoor grill year round. Grilling is an easy way to cook that provides some relief from the heat and confines of the kitchen, in particular when the temperature soars. What could be better than the wonderful sizzle of something wonderful on the barbeque as you sit in a chair sipping something delicious and taking in the backyard scenery? When the outside temperature gets above 80, I know I'd rather fire up my grill than my oven. Here we'll explore grilling from appetizers to dessert, Thai style.



## Appetizer: Cilantro Grilled Shrimp

2 pounds grilling sized shrimp (jumbo or larger)  
1 bunch cilantro  
1 bunch scallions  
Juice of 2 - 3 limes  
3 tablespoons sugar or agave  
2 Serrano or Jalapeño chilies  
5 large cloves garlic

Wooden skewers, soaked in water for 1 hour  
Blend everything in a food processor (except shrimp).

Pour over shrimp and let stand 1 to 2 hours or overnight. If desired, reserve some of the marinade to heat and serve as a dipping sauce.

Put shrimp on a soaked skewer and grill about 2 minutes on each side.



## Entrée: Grilled Chicken Satay with Homemade Peanut Dipping Sauce

1 pound skinless, boneless chicken breasts, cut in half and then cut into ½-inch strips  
2 cloves garlic, minced  
2 teaspoons minced fresh ginger root  
2 teaspoons peanut oil  
2 scallions, for garnish  
Wooden skewers, soaked in water for 1 hour

## Peanut Dipping Sauce

4 shallots, minced  
2 teaspoons minced garlic  
2 teaspoons minced fresh ginger root  
1 teaspoon hot red pepper flakes  
½ cup creamy, all natural (organic if possible), peanut butter  
1 cup coconut milk  
2 teaspoons soy sauce  
1 teaspoon sugar or agave  
1½ tablespoons lime juice  
2 teaspoons peanut oil

Toss chicken, garlic, ginger, and oil in a bowl until the chicken is coated in the marinade.

Cover and marinate for 1 hour or overnight.

Heat the peanut oil in a skillet over medium heat. Stir in shallots, garlic, ginger and hot red pepper flakes.

Cook and stir until shallots begin to turn golden brown.

Reduce heat to low and stir in peanut butter, coconut milk, soy sauce, agave and lime juice until blended. Simmer very gently for 10 minutes, then remove from heat and keep warm. Garnish with fresh cut scallions.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Thread chicken onto skewers.

Grill chicken skewers on preheated grill until no longer pink in the center, about 3 minutes per side.

Serve with warm peanut sauce.

Continued on page 24





### Side Dish: Grilled Bok Choy

- 1 large head Bok Choy
- Salt & pepper
- Olive oil
- 1 teaspoon fresh ginger, finely minced

Wash bok choy and slice in half.  
Lay face up and drizzle with olive oil, salt and pepper to taste.  
Grill for 8 to 10 minutes on each side.  
Plate and sprinkle with minced fresh ginger.



### Dessert: Tropical Grilled Pineapple

- 1 pineapple
- 1 can coconut milk
- ½ cup brown sugar
- Pinch of salt
- ½ cup toasted coconut
- 1 tablespoon coconut-flavored liqueur
- Wooden skewers, soaked in water for 1 hour

Cut top of pineapple off as well as all the skin. Cut pineapple into spears and put to the side.  
In a medium saucepan, heat coconut milk until warm (do not boil). Add in brown sugar and salt.  
Stir well.  
When sugar has dissolved, remove from heat and stir in coconut-flavored liqueur.  
Reserve half the marinade for basting and as a dipping sauce.  
Pour the remainder of marinade over the pineapple.  
Fully coat all sides; cover and let marinate for 45 minutes.  
When ready to grill, push a wooden skewer into each pineapple piece, then place on the grill.  
Grill for 5 to 10 minutes each side or until the pineapple turns bright yellow.  
As you grill, baste the pineapple with half of the leftover marinade.  
Use the other half of the leftover marinade as a dipping sauce and sprinkle toasted coconut on pineapple just before serving.

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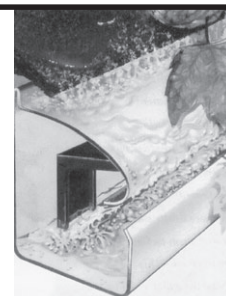
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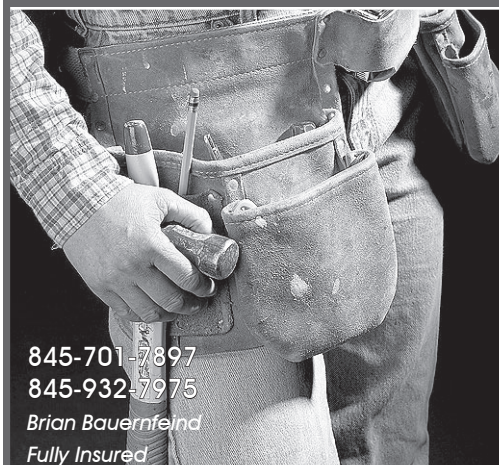
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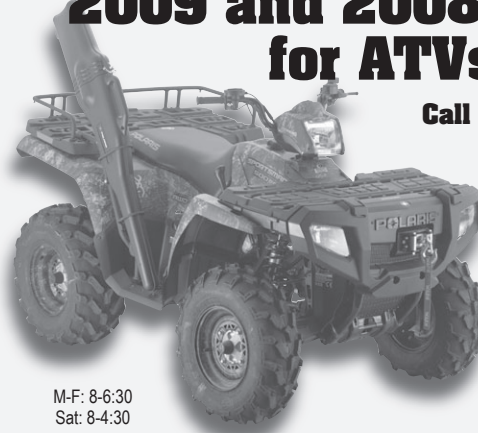
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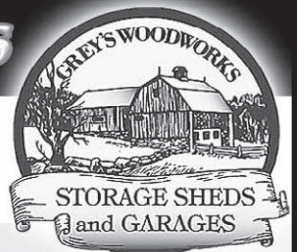
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# Summer Cocktails with an agave twist

By Clarissa Chatley



## Carolyn's Pomegranate Margaritas

Recently Carolyn Burgess, proprietor of Main Street Café in Narrowsburg, NY, made a batch of the most delicious pomegranate margaritas that I have ever tasted. Her recipe did not call for agave, but to give it a twist I've adapted the recipe to use agave and enhance the sweetness. If you don't care for extra sweetness, omit the agave.

1 cup pomegranate juice  
1 cup tequila  
½ cup Triple Sec  
¾ cup fresh lime juice  
½ cup organic light agave  
Thin strips of lime for garnish

Combine pomegranate juice, tequila, Triple Sec, fresh lime juice and organic light agave.

Stir well, fill the pitcher with ice and stir again.

Pour into margarita glasses, garnish each with a lime strip and serve.

Makes one batch.

Pour into margarita glasses, garnish each with a lime strip and serve.



## Pear Mimosas

It's funny how much I enjoy Main Street Café in the summertime. There's nothing quite like Sunday brunch on the deck with mimosa in hand, the river right below us and the sight of an eagle soaring above the tree tops. (Eagles can also commonly be sighted from Narrowsburg's Main Street deck, but without the mimosa to enhance your vision!) Trust me—you'll want to experience this for yourself. Here is a take on the classic mimosa with a pear and agave twist.

One ounce pear vodka  
One ounce pear puree  
½ ounce organic light agave  
Champagne or prosecco  
Fresh pear for garnish

In a cocktail shaker, combine pear vodka, pear puree and agave. Shake and pour into champagne glass.

Top off with champagne or prosecco; add pear slice to glass and relax.

Makes one mimosa.



## Cherry Mojitos

Mojitos are one of my favorite summertime drinks. Mojitos originated in Cuba and there are many discussions as to what makes a "pure" mojito. If you have an adventuresome spirit, a mojito with fruit is just the ticket. Traditional mojitos are made with rum, but this recipe calls for vodka. Again, we are adding agave to give this drink a little extra ooh-lah-lah. So get out your mortar and pestle, download the mojito song (available on itunes), shake those hips and enjoy your own little piece of cherry heaven. Coming right up!

1¼ cups freshly squeezed lime juice (about 9 limes)  
3 pounds cherries  
18 ounces best-quality black cherry vodka  
1 bottle sparkling water (750 ml)  
2 cups organic light agave  
Fresh mint

Put lime juice into a medium non-reactive bowl. Halve and pit cherries; add to lime juice. Stir in agave. Refrigerate at least 1 hour (or overnight).

Stir cherry mixture and vodka in a large serving bowl.

Place about 4 mint leaves at the bottom of each glass with a very small pinch of raw sugar and muddle it until the mint becomes fragrant. Fill glasses with ice.

Spoon ½ cup cherry-vodka mixture into each glass. Top off with sparkling water.

Serve immediately.

Makes one batch.

Need the provisions to make your agave-inspired cocktails?

Check out these businesses.

### Hancock Liquors

7 West Main Street, Hancock, NY  
607/637-5364

### Narrowsburg Fine Wine & Spirits

Main Street, Narrowsburg, NY  
845/252-7222

### Narrowsburg Liquors

Peck's Plaza, 106 Kirk Road,  
Narrowsburg, NY  
845-252-3235

### White Lake Wine & Spirits

Route 17B, White Lake, NY  
845/583-4570

Agave can be found at:

### Nature's Grace

947 Main Street, Honesdale, PA  
570/253-3467

### Northern Light Natural Foods

Route 6, Hawley, PA  
570/226-5858

### Sunflower Health Food Store

71 North Main Street, Liberty, NY  
845/292-3535

## What is agave?

Agave (pronounced ah-GAH-vey) is the same plant from which tequila is made. It has been used for thousands of years as an ingredient in food. The nectar made from the plant is known in Mexico as aguamiel or "honey water."

Aztecs prized the agave as a gift from the gods and used it to flavor foods and drinks. Now, due to an increasing awareness of agave's many beneficial properties, it is becoming the preferred sweetener of health-conscious consumers, doctors and natural foods cooks alike.

The taste of agave is comparable, though not identical, to honey. Many people who do not like the taste of honey find agave a more palatable choice. It also has none of the bitter aftertaste associated with artificial sweeteners.

Some purveyors offer varieties of agave nectar based on different plant varieties and preparation methods. The most common is a light agave and a dark agave. Light agave is heated less and goes through a more thorough filtration to produce a mildly flavored product neutral enough to be used in many culinary applications. Dark agave is filtered less, and the solids left in the syrup make for stronger nectar with a flavor sometimes compared to maple syrup.



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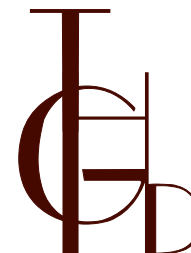
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# Refinish Any Surface

By Lori Malone

Nothing breathes new life into old furnishings like a fresh coat of paint. There are a number new paint formulas on the market that allow for most surfaces including glass, ceramic and plastic to enjoy a paint transformation. Below are some basics on refinishing most surfaces. Don't be afraid to experiment with different paint techniques or use interesting colors. If you don't like the end result, you can always repaint it.

## Preparing the surface




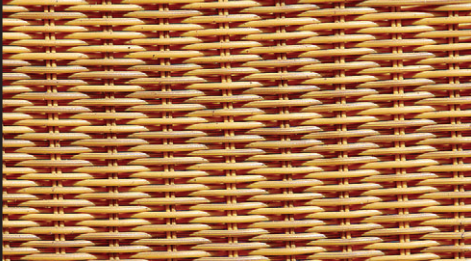


Check for wobbly legs and loose screws and make whatever repairs are necessary prior to refinishing.

Clean the surface with a damp cloth and mild household cleanser to remove dirt and wax buildup. Be sure to let dry thoroughly before painting. If the surface has a polyurethane finish,

you will need to use a paint-stripping product to remove it prior to refinishing.

Use a wire brush on metal surfaces and sandpaper on most other surfaces to remove rust and blistering paint. Wipe with tack cloth. Most surfaces will require a good primer to ensure an even finish. If you intend to use latex paint, use a latex primer. If you are using an enamel paint or a specialty paint product, use the appropriate primer for that kind application. Some stains require wood conditioning to assist in a professional finish. Apply coats evenly and allow to dry completely before applying another coat. If there are air bubbles or brush strokes on the surface, lightly buff them out with fine grit sandpaper. Always use tack cloth after sanding to ensure surface debris is removed.

*Continued on page 30*

	SURFACE	PREP	PRIMER	PAINT	APPLICATION	FINISH
	<b>METAL</b>	Use wire brush to remove loose paint and rust.	Use a primer with rust-inhibiting properties.	Use paint with rust inhibiting properties.	Spray paint works best for most projects. However, if you are refinishing a larger object, you may want to use rollers or a paint sprayer.	Top coat with a spray sealer to ensure longevity.
	<b>WOOD</b>	Remove dirt and wax build up with a household cleaner, then rinse. Sand rough areas and wipe away dust with a damp cloth. Let dry.	Use a primer or wood conditioner depending on whether you are painting or staining the piece.	Decide if you are painting or staining the pieces. Most paints work well on wood. Use the stain most suited for the wood pieces and your level of expertise.	Rollers, brushes, spray or sponge applicators are all usable for paint. Use cloth for stains. Apply both stain and paint in the direction of wood grain.	Use clear polyurethane for extra protection on painted surfaces and either wax or polyurethane on stained surfaces. Check stain for directions and compatible sealer.
	<b>PLASTIC</b>	The shinier the surface, the less likely the paint is to stick. Use fine-grit sandpaper, rubbing lightly over the entire surface to knock off the shine. Or, use a one-step product like Krylon Fusion.	N/A	Use paint formulated to adhere to plastic surfaces.	Spray paint works best for most projects.	N/A
	<b>WICKER*</b>	Remove dirt with a damp sponge and a mild detergent. Glue down or trim any loose caning.	Use a wood primer with an enamel/oil base.	An oil-based house paint works well in adhering to wicker. Enamel spray paint is also effective.	Spray paint works best for most projects.	Top coat with a spray sealer to ensure longevity.
	<b>GLASS</b>	Start with a clean, dry surface. If you want to use a pattern, tape it to the inside of the glass.	N/A	Apply a thin layer of glass paint; this will yield a translucent, stained-glass look. For a more opaque finish, apply an additional coat after the first is dry.	Paint slowly and gently to avoid bubbles.	Using an artist's brush, seal the design with glass-paint varnish. If you're going for a pretty, frosted-glass appeal, use a varnish with a matte finish.
	<b>CERAMIC</b>	Sand the surface lightly to ensure paint adhesion. Clean the surface with trisodium phosphate (TSP) cleaner to remove grease and dirt.	Use a primer suitable for the paint you will using, either latex or one formulated for ceramic.	Brush on latex paint in a gloss or semigloss finish. You also can use a paint formulated for ceramic or porcelain surfaces. Allow the paint to dry completely before handling.	Paint slowly and gently to avoid bubbles.	Top coat with a spray sealer to ensure longevity.

\*Determine if it is real wicker or a plastic/resin wicker. If it is the latter, see "Plastic" for finishing process.



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Continued from page 29

**The right paint for the right job**

Most surfaces can be painted providing you use paint formulated to adhere to that specific surface, and that you follow manufacturer's instructions and recommendations.

**Wood:** Determine if you want a painted finish or a stained finish.

**Paint:** The most commonly used paint for wood surfaces are latex and enamel.

Latex paint is easy to use and easy to clean up after. The color possibilities are endless.

Enamel paint has a high content of resin, giving it a nice gloss finish. It is rub resistant and so would work well in areas that are well used and need to be washed every so often.

When you open the can, be sure to stir and blend the pigment that settles to the bottom of the can.

**Stain:** If you want to stain the wood you will need to remove all traces of old paint.

There are a number of stains on the market—find the one that suits your level of expertise. Not all are easy to use or are guaranteed to give good results, so take a few minutes to plan and read the labels.

Start by turning the can upside down and vigorously shake it for several minutes. Open it and stir thoroughly, using a medium-sized slotted screwdriver. Wipe the screwdriver with a clean rag, but keep both handy. You will need to continually stir the stain throughout the staining process.

**Plastic:** Remove the shine on the surface of the plastic object. The shinier the surface, the less likely the paint is to stick. If you're painting an entire item, such as a plastic chair, use fine-grit sandpaper, rubbing lightly over the entire surface to knock off the shine. Be careful not to push too hard and scratch the surface. Sand thoroughly; even a small surface with shine remaining may repel paint.

Treat small areas for detail painting by removing the shine only from the portion of the plastic that you will paint.

**Wicker:** First determine if it is real wicker or a plastic/resin wicker substitute. If it is the latter, see "Plastic" for finishing process.

Spray paint will give you the best coverage and allow you to get into the weave. An oil-based house paint works well in adhering to wicker. Enamel spray paint is also effective.

Start with a wood primer before you paint it. This is especially helpful if your furniture already has a dark shade of paint and you want to paint a lighter color over it. Read the label on the primer to calculate how long it will take to dry.

**Glass & ceramic:** Clean surface and deglaze ceramic by lightly sanding. There are also deglazing solutions available. Use paint formulated for these slick, non-

porous surfaces. Application requires light even coats. Use a sealant on ceramic pieces.

**Specialty paint products**

**Krylon™** is the leader in spray application paint products. They offer paint for many surfaces including plastic, wood and metal. They even have a spray exterior stain. Their Krylon Fusion™ will adhere to plastic without sanding or priming and is available in a number of colors and finishes.

As their name suggests, **Rustoleum™** has the market cornered on rust-prevention paint products. They offer an array of colors and finishes.

For glass and ceramic surfaces, **Delta Air-Dry PermEnamel Paints™** is formulated to adhere to slick surfaces and is offered in many opaque colors. If you want to paint glass and preserve its translucency, use **Delta's Glass Paint™**. Delta products can be purchased online or from craft stores.

**Application**

**Brush and sponge application:**

When using a brush to apply paint, make sure that the bristles are suitable for the application and type of paint or stain being used. Nylon brushes are fine for latex paint and natural bristles are better suited for stain applications and enamel or oil-based paint. Sponge applications won't shed; they apply paint evenly and can be tossed after use. Bargain brushes tend to shed bristles during application, so if you want a professional finish, use a quality brush. Brushes and sponge applicators come in many sizes. Think about the job at hand and buy brushes and applicators in several sizes to get into crevasses and details.

**Cloth application:** Many stains suggest a cloth application. Fold your staining cloth into a square. Dip one corner into the stain. Gently squeeze out excess and apply to a small area of wood in the direction of the wood grain. Allow it to seep into the surface.

**Spray paint application:** Hold the can about 10 to 12 inches from the surface as you spray. Shake the can during the application to keep the color mixed. Don't spray with the can tilted too much or upside down because it will clog. Spray lightly, with even pressure on the spray nozzle, to avoid paint runs. Make sure you are in a well-ventilated space.

**Finishes and Sealers**

Use a gloss or matte sealer to provide longevity to your finished project. Make sure you select one that is compatible for the paint or stain you have used, as that will enhance its performance.

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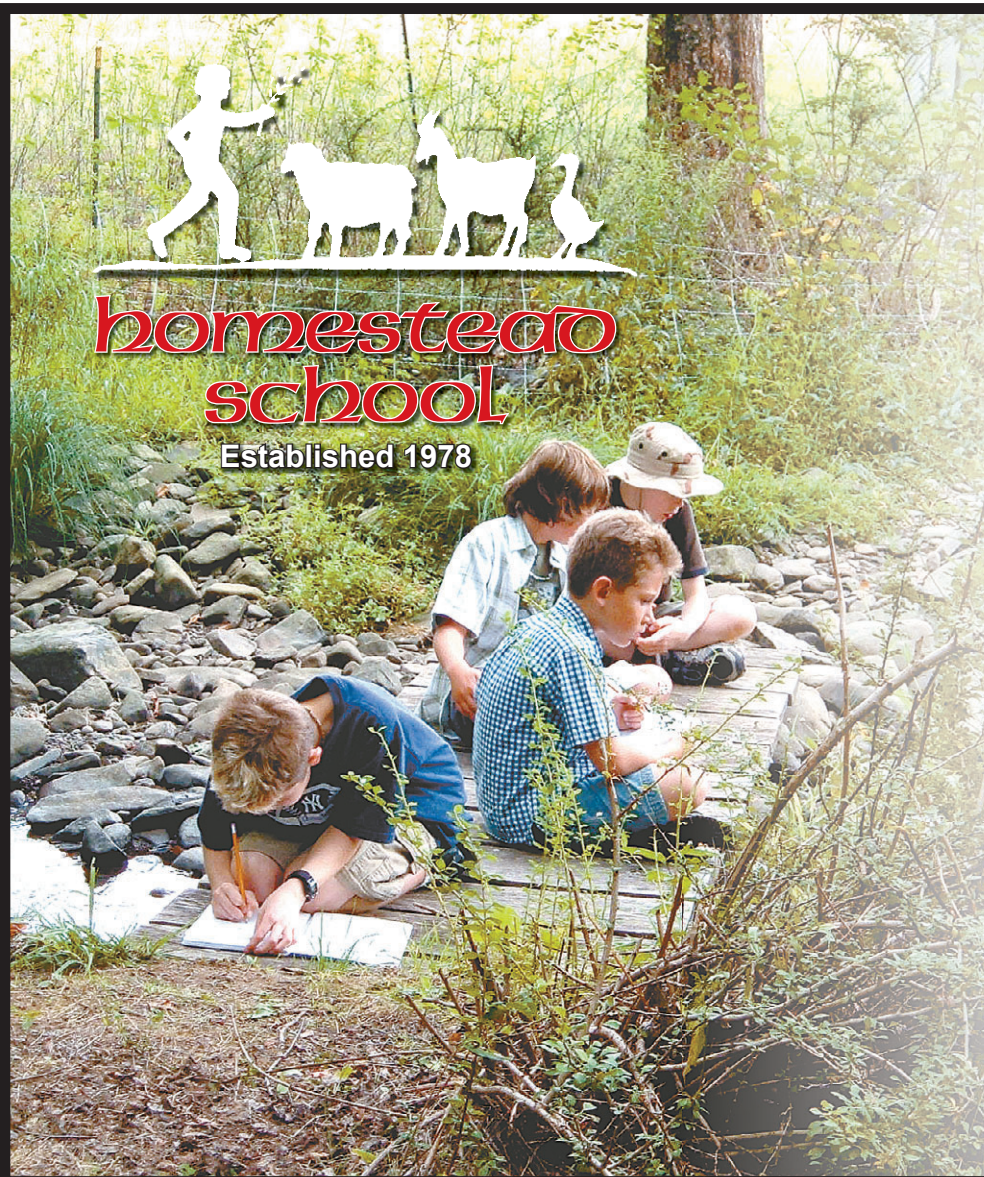
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# Creating a Lasagna Garden

By Jennifer Bitetto

In the fall of 2008, we bought a charming ranch home on the flats in Narrowsburg, NY. Naturally, there was yard work that needed tending to and two very busy people with children and a new house to move into. We collected our fall leaves into a pile to avoid bagging them and sending them off to the landfill. Without woods to dump them in, we let the pile continue to grow into the spring and summer. In addition to starting a compost bin, we knew we would need to do something else with our growing pile. A friend suggested lasagna gardening (also known as the layer cake method) and passed along a book, "Lasagna Gardening" by local author Patricia Lanza, which details everything one would need to start and complete the process.

According to Lanza, "lasagna gardening is a non-traditional, organic, layering method you can use to create better

soil while keeping your gardens neat and attractive. Lasagna gardening is an easy time-saving way to install and maintain any kind of garden without removing the sod, digging or tilling."

Not having to dig is a great advantage for any gardener, especially one without heavy digging machinery! The lasagna method is quite simple and straightforward and can be done at your own pace, over the space of a few days or weeks. And it is a great way to put those piles of old newspaper, cardboard boxes and lawn trimmings to good use.

So, we dove right in on a breezy, sunny Sunday afternoon. To document the process, we took some step-by-step photos to encourage you to create your very own lasagna garden. The best part is most of the materials can be recycled right from your own home and backyard.

## SUPPLIES

Newspaper  
Peat Moss  
Bone Meal  
Grass Clippings  
Water  
Leaves  
Herb Plants  
Rocks

### *Did not use, but recommended:*

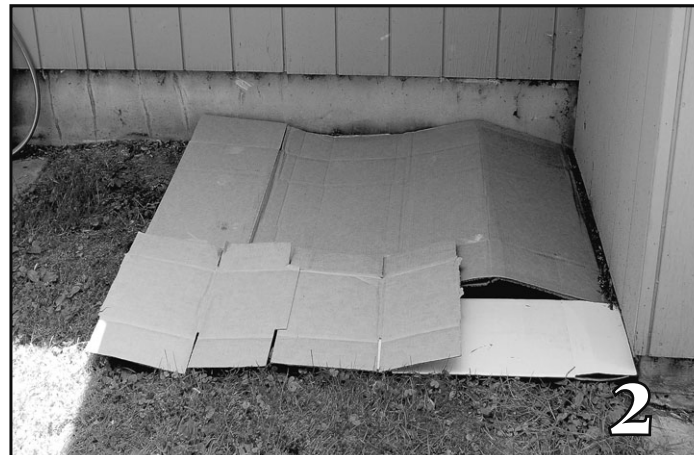
Compost  
Hay  
Animal Manures  
Sawdust  
Wood Ash  
Blood Meal

## GETTING STARTED



*Photos by Danielle Gaebel*

**First, I chose the spot where I wanted to create our lasagna garden.**



**You could mark your garden with stakes and string or do as I did, which was simply to create a layer of cardboard in the space. This first layer is used to smother existing grass and weeds.**



**I then covered the cardboard with a layer of peat moss. Peat moss was frequently added on top of other layers of material that I used.**



**Next, I soaked newspapers with water and layered them over the peat moss.**



**Leaves and other lawn debris from our compost pile was used as the next layer.**

*Continued on page 34*





I gathered rocks to create a wall around the bed to keep the new dirt intact. After seasoning for a period of at least two months, the lasagna garden is ready for planting. We chose a variety of herbs for our new lasagna garden.



Sage



Dill



Thyme & Rosemary



Mint



Basil



Cilantro

FROM OUR RECIPE FILE

### Fresh Herb Quesadillas

Flour, corn or rice tortillas  
Aged White Cheddar Cheese (or one of your favorites) cut into thin slices  
Fresh dill, rosemary, basil or cilantro (or a mixture)

Preheat oven to 350 degrees.  
Layer cheese onto tortillas. Dice fresh herbs and sprinkle over cheese, cover with another tortilla.  
Bake in the oven at 350 degrees for 10 to 15 minutes or until cheese is melted and tortillas are slightly crispy. Cut up and serve.

### Cilantro & Lime Marinade Perfect for steak, chicken or fish

1/3 cup fresh lime juice  
2 tablespoons lime zest  
1/4 cup olive oil  
1/2 cup fresh cilantro, chopped  
2 tablespoons fresh garlic, minced  
Salt & pepper

Combine all ingredients in a food processor or blender and pulse until combined. Marinate meat 1/2 hour per pound or overnight..

### Green Goddess Herbed Butter

1 stick softened butter  
1/4 cup fresh dill  
1/4 cup fresh parsley  
1 teaspoon white wine vinegar  
1 teaspoon lemon zest  
1/2 teaspoon fresh minced garlic  
Salt & pepper to taste

Combine all ingredients and mix well.  
Butter can be served in a bowl or formed into a log and sliced.  
To make a butter log, pile your butter on waxed paper.  
Fold wrap over to contain butter and shape into a firm log.  
You can then roll the butter log in additional fresh chopped herbs if you choose.  
Then wrap butter firmly in additional waxed paper.  
Chill butter at least 2 hours before using, or store, tightly wrapped, in freezer.  
To serve, slice into 1/4 inch pieces and place on top of cooked meat, fish or vegetables just before serving.

### Herb Vinaigrette

1/2 cup light olive oil, flaxseed oil, avocado oil or hemp oil  
1/4 cup red wine vinegar  
1 tablespoon agave  
1/4 cup (or a nice handful) of fresh dill, rosemary, basil or cilantro  
1 small shallot  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper

Combine all ingredients in a blender and blend until smooth. Pour into glass jar or vinaigrette bottle.

### RESOURCES

"Lasagna Gardening," by Patricia Lanza, is available at Hamish & Henry Booksellers, 34 B Main Street, Livingston Manor, NY, 845/439-8029, [www.hamishandhenry.com](http://www.hamishandhenry.com)



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