



MARTHA STEWART

# Living

## LIFE MADE BETTER

185 Inspiring Ways to  
Refresh Your Home, Health  
& Happiness

QUICK & EASY  
COOK LIKE A PRO

THE ABC'S OF  
ORGANIZED STYLE

NEW BEAUTY  
ESSENTIALS

CHIC & SIMPLE  
THE HOME  
MAKE-UNDER

# Out & About

WHERE TO GO, WHAT TO SEE, AND HOW TO EASE INTO SEPTEMBER

| ON THE ROAD |

## SHIFT GEARS

When executive chef Matthew Accarrino of San Francisco's SPQR heads to wine country for fall figs, tomatoes, and peppers, he brings his bike. He's a competitive cyclist and trains there, but it's amateur-friendly terrain: The Vine Trail is paved and car-free; the streets are quiet, the hills optional, and the pit stops divine. Here, he shares three favorites.

📍 Northern California

### 📍 ST. HELENA

Griddled bread topped with tomatoes draws crowds to the Bruschetta Food Truck. Bikers get a warm welcome: "It even has a pump." [cliffamily.com](http://cliffamily.com)

### 📍 YOUNTVILLE

At Kollar Chocolates, grab confections made with "indigenous Napa Valley flavors" like wild fennel and Jacobsen Orchards lavender. [kollarchocolates.com](http://kollarchocolates.com)

### 📍 SONOMA

Glen Ellen Star is "a postage-stamp-size restaurant" where you can enjoy "a really good pizza made by a former French Laundry chef." [glenellenstar.com](http://glenellenstar.com)



| WHY NOT? |

## Grow Your Own Greens

It's not too late to plant a garden. These salad starters actually thrive in cool temperatures.

### Spinach

For big, leafy plants, enrich well-drained soil with compost, and space them about a foot apart so they have plenty of room to grow. 'Corvair' and 'Emperor' varieties are especially good choices for this time of year.

### Kale

This superfood prefers similar soil to that used for spinach, and can in fact get sweeter as the temperature drops. For optimal germination, plant 6 to 10 weeks before the first frost. Curled-leaf cultivars, like 'Winterbor' and 'Darkibor', are extra-cold-hardy.

### Arugula

Prone to bolting (the term for when a plant grows a flower stalk and turns bitter in flavor) in hot weather, arugula loves an autumn garden. Sprinkle seeds of a heat- and cold-tolerant type, such as 'Astro', over dampened soil, and cover it in a thin layer of additional soil.

| SECRET SOURCE |

## Just Bulbs

"This website has light bulbs of all wattages, shapes, and sizes, from the silver-tipped ones [below] that decorators love to any kind of Edison—even energy-saving CFLs. It's especially great for hard-to-find styles."

—Living home editor Lorna Aragon  
[justbulbsnyc.com](http://justbulbsnyc.com)



| ON OUR BOOKSHELF |

These new design guides are like master classes in enhancing your living space. Page through Amanda Lindroth's *Island Hopping* (Vendome), full of Caribbean estates she's elevated with sherbet colors, cabana stripes, and batik, and you'll swear you feel a cross breeze. If you skew Scandi, check out *Hygge & West Home* (Chronicle). In it, friends of the textile company, like Coral & Tusk owner Stephanie Housley and illustrator Julia Rothman, bring its bright, cozy prints to life. *Dry Gardens* (Rizzoli) proves that some lush yards don't need a ton of water: Daniel Nolan's drought-proof landscapes radiate green, russet, violet, and terra-cotta.

CLOCKWISE FROM TOP: CASPER BENSON/GETTY IMAGES; FORMULA 2/S; COURTESY OF RIZZOLI; COURTESY OF CHRONICLE; COURTESY OF VENDOME