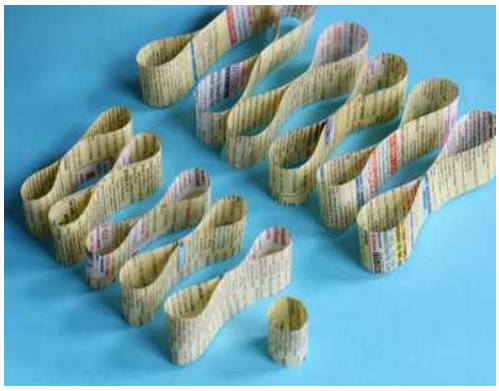
# Recycled gift bows: yellow pages ver

# http://howaboutorange.blogspot.com/sion

Cut 1" wide strips from pages removed from a phone book. Stacking several sheets and slicing them lengthwise with a paper cutter or rotary cutter is quickest. If you are one of the three people who still use the yellow pages, make sure you don't remove any sections you might need someday, like Clowns or Paternity. (Yes, those are real.)



Cut 5 or 6 full-length strips, depending on how full you'd like the bow to be. Cut 4 strips that are 3" shorter. Save one of the leftover short ends to use in the center of the bow.

Form each strip into an "eight" shape, securing the ends in the center with tape. (The photo above shows five shorter loops, but I ended up using only four.) Make a loop with one of the 3" leftover ends.

Arrange the longer pieces evenly to form a circle and staple it in the center. Swinging open the stapler helps position it without squashing the loops.

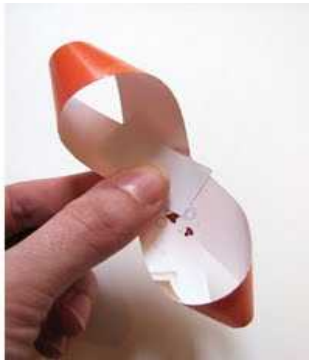
Repeat with the shorter set of loops. Then layer the smaller piece on top of the larger piece and staple them together in the center. Attach the single loop to the center with a piece of double-stick tape.

# Make a gift bow from a magazine page

http://howaboutorange.blogspot.com/

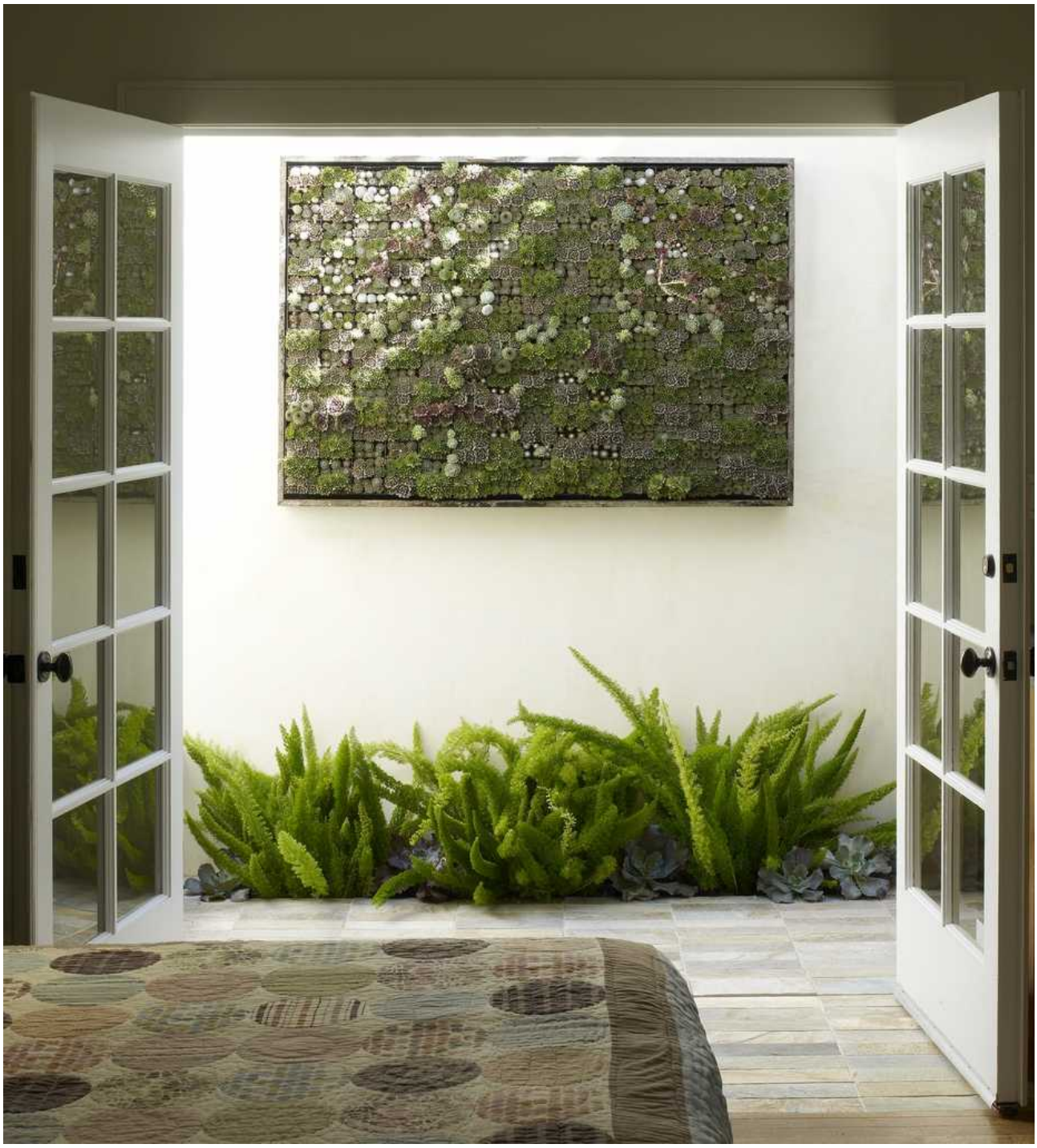
In gift wrap emergencies when you've got the present but need some wrapping, here's an idea for turning a magazine page into a bow. There may be better ways to stick this thing together, but I used what I had on hand: staples and adhesive glue dots. Double stick tape should work, too.

Cut a magazine page lengthwise into 9 strips, 3/4" wide. Leave 3 of the strips full length. Cut one inch off 3 of the strips. Cut two inches off 2 of the strips. Cut the last strip down to 3 1/2" long.



Twist each strip to form a loop at both ends and staple it in the center. Shape the last, short strip into a circle and secure it with a glue dot.

Layer the 3 longest pieces on top of each other, spacing them evenly and securing each with a glue dot. Add the next two groups of pieces, doing the same. And finally, stick the loop into the center.



# How to build a vertical garden

www.lushe.com.au

The greenwall is based on Patrick Blanc's design. Here's a quote from him describing his system published in Dwell Nov 2006:

"10mm thick waterproof PVC slabs covered with polyamid felt, into which holes (pockets actually) are cut for plants; a small hose, punctured every 10cm by a 2mm hole, to run the length of the top of the wall; a timing device to ensure regular, light watering- like a trickle slowly wending its way down a mossy rock. The ensemble is then attached to a metal structure that stands out from a supporting wall, trapping a cushion of air, which acts as insulation."

That's basically exactly what we built. The frame is a lattice work of 1*!* aluminum tubes. Sheets of expanded PVC (Sintra is the brand name I used) have been screwed on with rust proof screws. Then 2 layers of the moisture retention mat (synthetic felt sourced from Green Roof Solutions product number MRM14) is stapled on with rust proof (Arrow Brand "Monel") staples. There is a submersible pump on a timer that pumps water up to a tube running under the felt across the top of the wall. There is a basin at the bottom of the wall also built from expanded 3/4*!* PVC. We planted 3.5 inch plants in slits 5*!* wide separated horizontally by 2*!* gaps. The rows were 4*!* apart vertically and the plants are staggered every other row.

Our greenwall add moisture to the air, cleans the air by trapping and breaking down airborne particulates, and creates oxygen.

Some further detail on the moisture retention mat

The 100% recycled polyester and polypropylene moisture retention fabric provides roof membrane protection below our Aggredrain layer. The high retentive qualities of these fabric provide a slow, evaporative release of moisture for green roof plants from deep in the? green roof system.

This product is used as a protection layer above the waterproofing membrane and root barrier."

Some further detail on the watering regime.

We water 3 times a day for 10 minutes with a slow trickle as described in the How To. Because there? is soil around the roots we haven't needed to fertilize and the plants are growing well. When we do fertilize we'll just add it to the water in the basin.

# Vertical Garden Institute Lessons Learned

http://verticalgardeninstitute.org/

There are numerous ways to build a vertical garden. But here's how we've been doing it at the Vertical Garden Institute:

**Surface.** We have built vertical gardens on two kinds of surfaces. For flat gardens, we use "expanded PVC" sheets. The PVC sheets are 4'x 8'come 1/8$^{th}$ inch thick. We buy them for about $28 a sheet from a plastics supply house. For columns, we've used 55 gallon plastic drums, which are about 3' high and 6' around.

**Frame.** We've built a lot of stand-alone panels, on the theory that we could easily move them someday if need be. On a couple of panels, we've used 2″x 2″ cedar with metal reinforced corners. To date (October, 2010) all the rest have been constructed using a cheaper and more durable frame made of ¾" PVC pipe and fittings. Some of our gardens have not used frames at all – we simply attached the expanded PVC sheets directly to masonry walls, using plastic mollies and metal screws. We've not used metal frames because of the cost and weight.

**Fabric.** We've used a variety of non-woven, non-biodegradable fabrics. Based on Patrick Blanc's book and other research, we have experimented with several types of capillary mats, including "CapMat II," or non-labeled rolls, as the cloth media. These did not prove suitable because they did not absorb and hold water adequately. The fabric we've adopted for use this year (2010) is a ¼" felt carpet pad that comes in 40' x 6' rolls (making them the perfect width for covering the 55 gallon drums). We put two layers of cloth on the frame.

**Mesh.** On our tallest wall (18'), we screwed a plastic deer fence (quite strong) onto the surface and below the carpet. We added this so large plants would have root support. Don't know if this is really necessary, but we did plant some things that can get pretty big.

**Staples and screws**. We screw the cloth to the frame, using small zinc dipped self-

tapping screws. We use stainless steel staples.

**Irrigation.** We use drip irrigation emitters, of various flow rates. For our tallest garden, we used 7 gallon per hour emitters. For our others we've used ½, 1, and 2 gallon per hour. We use a nominally ½ inch poly pipe, with fittings that allow re-use of an end without recutting (the brand name for the irrigation fittings we use now is "Perma-Loc").

**Pressure reducer and filter.** We reduce our city supplied water pressure to 25 PSI. When we use our pond water for irrigation, we use a disk filter system to take out the algae and other stuff.

**Fertigation**. We have experimented with a number of different fertilization devices. In our first growing season, we used an ebb and flow recirculation system, but gave up on that because of the maintenance. In 2010 we've been using fertilizer injectors both large and small, which we use to inject a soluble 20-20-20 fertilizer into municipally supplied water. We've experimented with different levels of fertilizer concentration, and had good success with a variety of concentrations. We also have used "undosed" (no fertilizer added) pond water, and have had good results with that too.

**Water Control.** We are testing a number of different standard residential grade irrigation valves and solenoids. We've tested a number of irrigation timers as well, and have developed some preferences for timer design (when you've got to constantly reprogram because of changing water needs, it's nice to have a "clear" button!). We over-watered our first year, and lost a lot of plants to root rot. We under-watered this summer, and lost some plants to wilting. We are seeking a low-cost way to control water flow based on water need (that is, turning the water on when the fabric dries out, as opposed to turning the water off when it's raining), but we haven't found one yet. We've just started testing "propagation" timers, which allow a degree of control not provided by standard irrigation timers.

**Plants.** As Patrick Blanc has said about his beautiful vertical gardens, "it's all about the plants." So true. We'll provide more info on specific plants elsewhere, but we learned the hard way that plants can survive cold in the ground far better than high on a wall. In December 2010, the Pacific NW faced its coldest spell in many, many years. All the plants at the Institute's grounds were hardy to zone 8, the zone for the Willamette Valley in Oregon. However, all plants rated zone 6 and above died, and many zone 5 plants also did not survive. Based on this experience, for the gardens he planted in 2010, we have selected plants rated zone 5 or below (with a few exceptions). The owners of Patrick Blanc's first vertical garden in Tacoma, Goodwill Enterprises, published a list of the plants he had planted there in the fall of 2009 (http://tacomagoodwill.org/about/mwoc/living-wall/). The Institute's 2010 gardens include about half of the plants used by Blanc on the Tacoma wall, plus a number of native plants and other choices. Here's a photo of the Tacoma Goodwill vertical garden, taken on a day in May 2010 when the owner's gardeners were working the wall, which also suffered a great deal of winter mortality due to the extreme cold in December of 2010.

# Come creare un giardino verticale fai da te

I giardini verticali affascinano chiunque, e allora perché non crearne uno tutto nostro?! Magari sul terrazzo e magari anche con gli ortaggi che più ci piacciono.

L'idea che vi proponiamo è molto semplice da eseguire, anche perché i materiali per costruirlo sono alla portata di tutti.

**Cosa ci occorre?**

**Un portaoggetti di stoffa**

**Ganci e viti**

**Piante o semi**

Per prima cosa agganciare la struttura alla parete che abbiamo scelto con solidi ganci metallici, assicurandovi che sia ben fissato e stabile in modo da garantire il sostegno anche sotto il peso del terriccio.

La seconda cosa importante è assicurarsi il drenaggio dell'acqua delle singole tasche, se il liquido non dovesse uscire, applicate dei fori alla base di ciascuna tasca. A questo punto potete inserire il terriccio stando ben attendi a non arrivare fino all'orlo delle tasche, per evitare spiacevoli fuoriuscite durante l'innaffiatura. Ora potete seminare, le piante che più vi piacciono, noi vi consigliamo: **basilico, prezzemolo, salvia, lavanda, lattuga, pomodorini e piselli**, ma potete sbizzarrirvi come più vi piace.

Per quanto riguarda l'irrigazione è necessario avere una maggiore accortezza, sia nella quantità che nella potenza del getto d'acqua, perché rischiereste di danneggiare le piante o far fuoriuscire dalla tasca i semi.

Un'altra cosa che vi consigliamo è quella di **mettere un vaso con dei fiori alla fine del porta oggetti,** per evitare che si bagni spiacevolmente il pavimento.

**Ora il vostro piccolo orto o giardino verticale è pronto!!!**

**Un altro modo per sviluppare un giardino verticale, è quello di usare vecchie grondaie**, un sistema un po' complesso in confronto a quello di riusare un portaoggetti, ma è un'alternativa comoda per chi vive in città e ha solo un piccolo balcone a disposizione.

**Cosa ci occorre?**

**Vecchie grondaie**

**Ganci e viti**

**Terriccio**

**Semi**

**Parete a disposizione**

Per prima cosa assicuriamoci che le **vecchie grondaie siano ancora integre**, fate dei piccoli fori sul fondo che permetteranno di far uscire l'acqua, poi potete fissarle alla parete, usando viti e ganci molto resistenti.

Una cosa da tenere presente è la caratteristica della pianta che andremo a coltivare, quindi fate a**ttenzione all'esposizione di sole** della parete che avete scelto per il vostro giardino verticale. A questo punto potete riempire i vostri contenitori, noi vi consigliamo di usare **metà terriccio e metà fertilizzante naturale**, proprio per fornire alla pianta elementi naturali utili alla crescita. Infine potete passare alla semina.

# Torta Paradiso

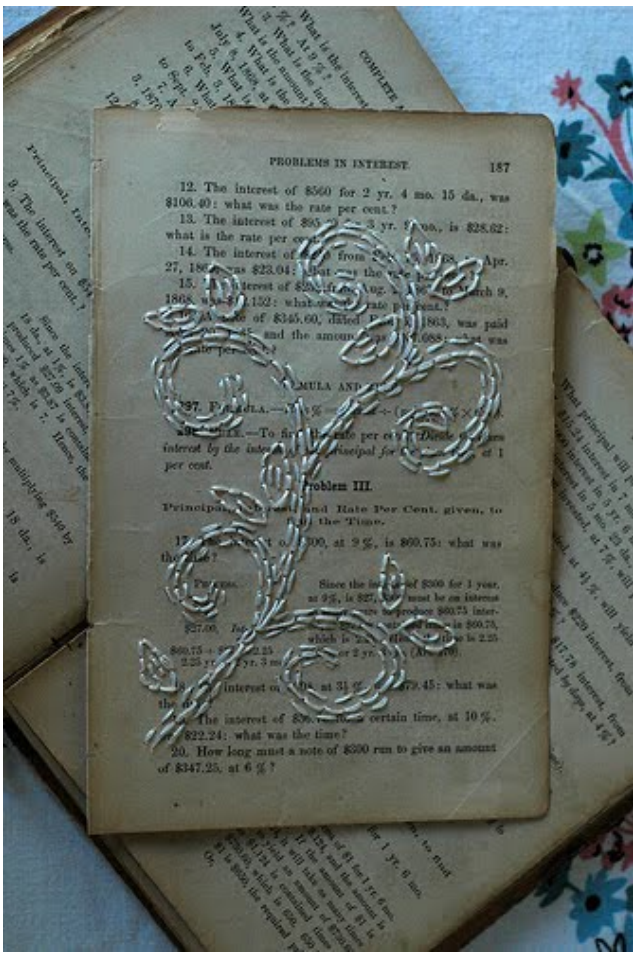
200 g di burro a temperatura ambiente
200 g di zucchero a velo
100 g di farina “00”
100 g di fecola di patate
la scorza grattugiata di un limone
2 uova intere e 2 tuorli (a temperatura ambiente)

Lasciare il burro fuori dal frigo per almeno tre ore (dev’essere molto morbido ma non sciolto) e montarlo con un cucchiaio di legno fino a farlo diventare una crema spumosa. Incorporarvi lo zucchero a velo in due volte, delicatamente. In un altro recipiente stracciare le uova e i tuorli con l’aiuto di una forchetta, come per fare una frittata. A questo punto bisogna aggiungere le uova al burro montato, un cucchiaio alla volta, mescolando e montando ad ogni aggiunta fino a completo assorbimento dell’uovo e conseguente rigonfiamento della massa. Questo passaggio richiede tempo e pazienza ma è fondamentale per la riuscita del dolce, non bisogna assolutamente aver fretta di aggiungere altro uovo prima che la cucchiaiata precedente non sia stata ben amalgamata, lo scopo è quello di incorporare aria all’interno della massa, molto lentamente, in modo da renderla soffice ma densa, non troppo montata. Aggiungere infine le farine setacciate e la scorza di limone ed incorporarle molto delicatamente con l’aiuto di una spatola, con movimenti dal basso verso l’alto. Versare l’impasto in una teglia da 20 cm di diametro, imburrata ed infarinata, e cuocere in forno statico preriscaldato a 180°C per un’oretta circa o fino a quando la torta non risulterà asciutta all’interno. Lasciar raffreddare e cospargere con abbondante zucchero a velo. Questa torta si conserva tranquillamente per più giorni, anzi, è addirittura più buona a partire dal giorno successivo.

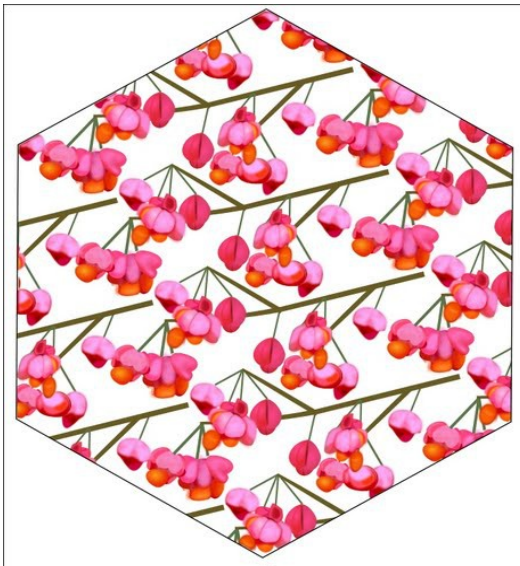
# Torta di mele al cardamomo

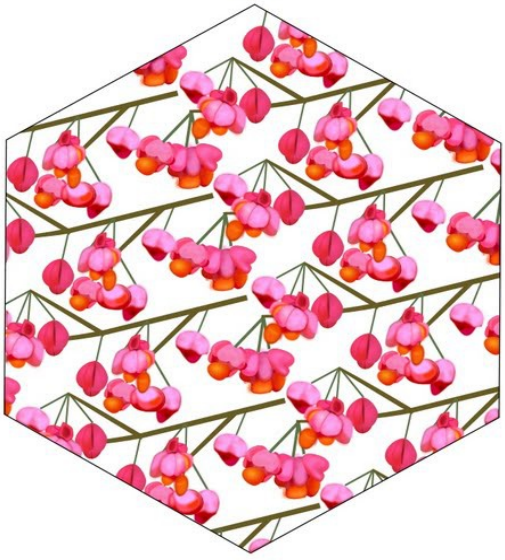
170 g di farina
50 g di farina di segale
170 g di zucchero
2 mele golden
2 uova
150 g di yogurt greco
4 bacche di cardamomo
1 cucchiaino di lievito per dolci
130 g di burro

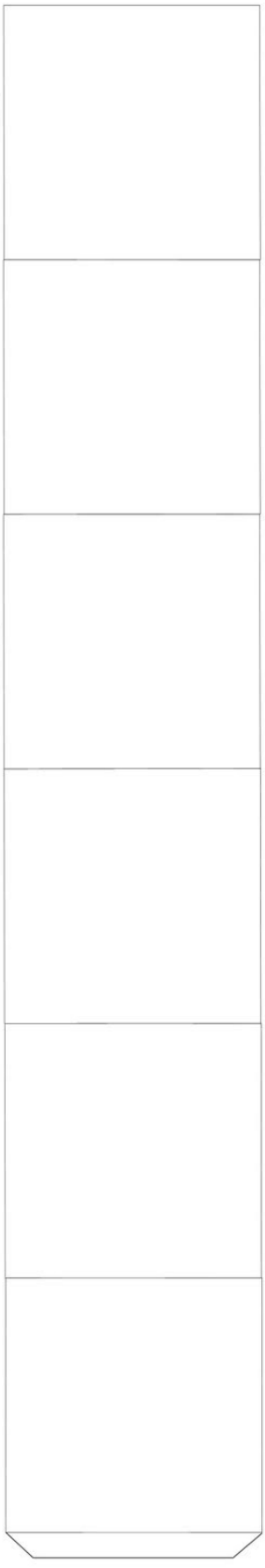
Pestate le bacche di cardamomo, eliminate le capsule verdi e riducete in polvere i semini neri. Uniteli al burro e fatelo fondere a fuoco dolce. Lasciate intiepidire. Preriscaldate il forno a 170 gradi. Imburrate e infarinate uno stampo da 22 cm di diametro. Mescolate yogurt, uova e zucchero. Setacciate i due tipi di farina e il lievito. uniteli poco alla volta all'impasto, mescolando per impedire la formazione di grumi. Sbucciate le mele e tagliatele a pezzetti di 2 cm di lato. Unitele all'impasto. Terminate con il burro. Mescolate bene, versate nella teglia e cuocete per 40 minuti. Servite la torta fredda.

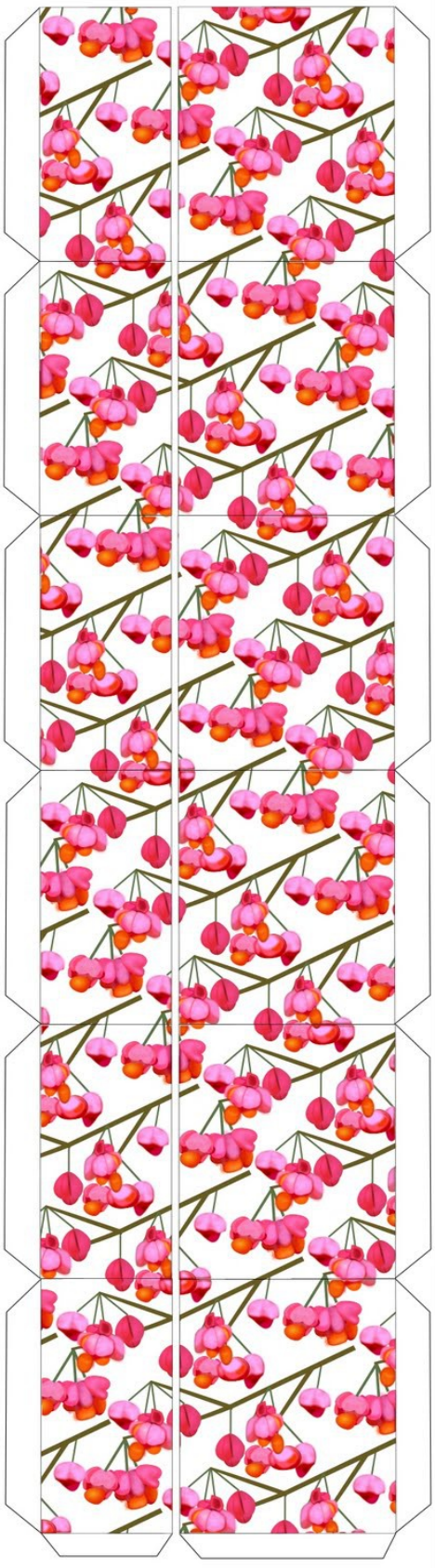


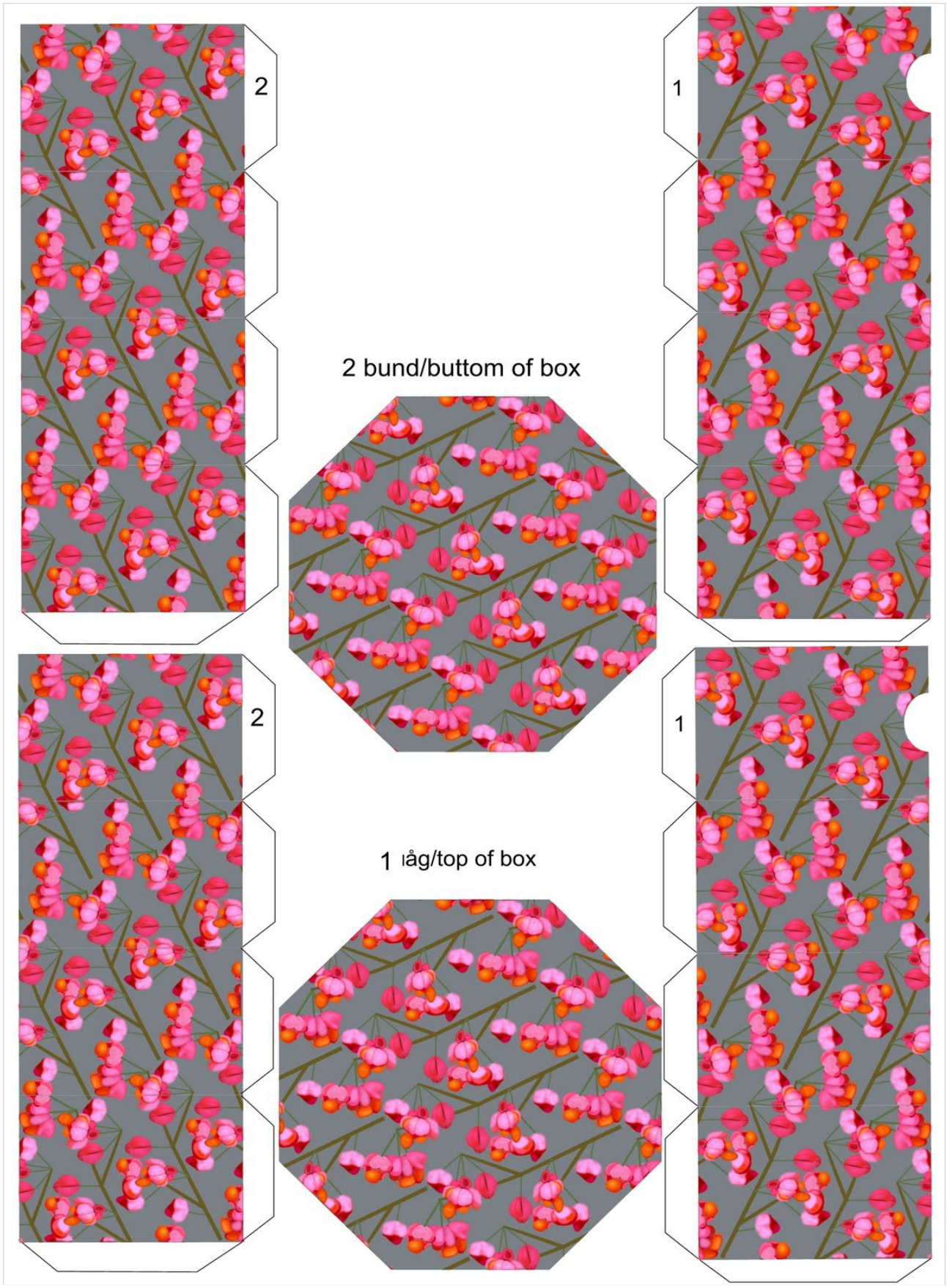
My decoupaged drawers sit pretty







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1 låg/top of box

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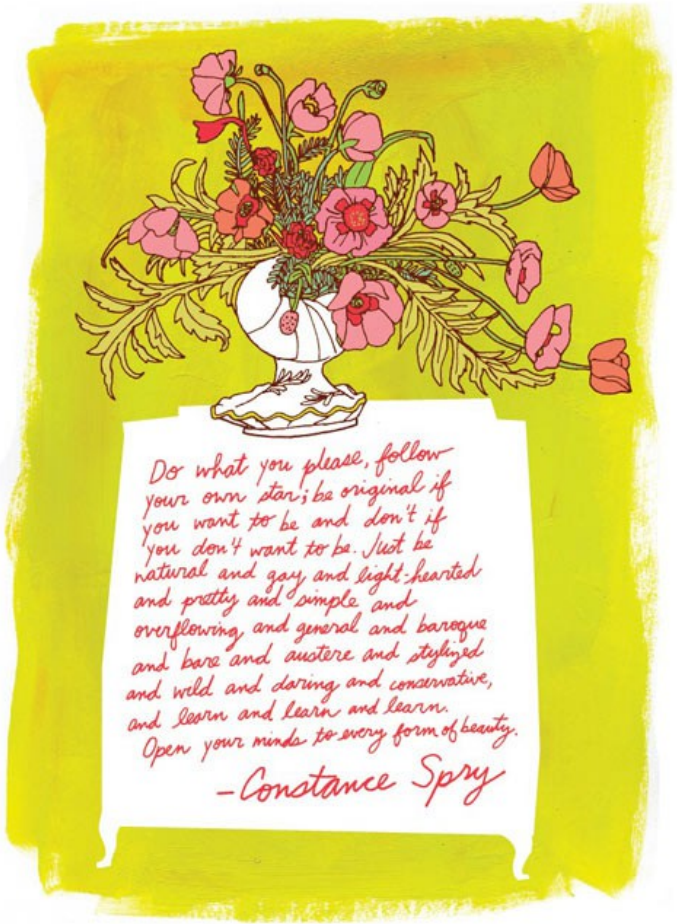
Fly with me

in every cloud.....that brushes by.....
deep within my pocket
count me the stars
a once courageous heart
if not with you

Miller & Smith


Do what you please, follow
your own star; be original if
you want to be and don't if
you don't want to be. Just be
natural and gay and light-hearted
and pretty and simple and
overflowing and general and baroque
and bare and austere and stylized
and wild and daring and conservative,
and learn and learn and learn.
Open your minds to every form of beauty.
– Constance Spry

# Orange & Vanilla Marmalade

- 3 pounds oranges
- 4 cups water
- 2 lemons, juiced
- 2 vanilla beans
- 4 cups granulated sugar

*Yields approximately 6 half-pint jars*

1. Place two small plates in the freezer (these will be used later to test for gelling).
2. Quarter the oranges. Once quartered, separate the peel from the flesh. Chop the flesh up into small pieces, removing seeds as you see them. Place the seeds in a muslin tea bag (they contain a good deal of pectin and will aid in thickening the marmalade). Thinly slice the peel into long strips, then cut the strips into smaller, 1/2-inch pieces.
3. Put the seed bag, fruit flesh, sliced peel and water in a heavy, large stainless-steel soup or stockpot. Bring to a boil over medium-high heat. Boil for 5 minutes, cover, and remove from heat. Allow to cool at room temperature overnight or for at least 8 hours.
4. Remove lid from pot and place over medium heat. Bring mixture to a gentle simmer. Reduce heat to medium-low and cook for 15 minutes.
5. Slice the vanilla beans open and, using the tip of a paring knife, scrape out the seeds within. Add the seeds to the pot. Add sugar and lemon juice and stir. Continue cooking over low heat for 45 minutes or until mixture reaches 220ºF on a candy thermometer.
6. About 30 minutes into the cooking time, you'll want to begin prepping the canner, jars and lids. Sterilize 6 half-pint mason jars, lids and screw bands. Fill a canner or large stockpot with water and set over medium-high heat. Bring just to boiling point. Place lids in a small saucepan and fill with water. Bring to a boil, turn off heat, remove from stovetop and set aside.
7. Test for gelling. Remove one plate from the freezer and spoon about 1 tsp. of the marmalade on to it. Place back in the freezer and wait two minutes. Remove the plate from the freezer and push the edge of the marmalade with your fingertip. If it is gelled properly, the surface will wrinkle a bit. If it fails to wrinkle, or is obviously still runny, continue cooking the marmalade for 5 minutes longer and then repeat the test.
8. Place hot jars on top of a kitchen cloth on the counter. Remove seed bag from the marmalade, squeezing to remove any juices. With the help of a canning funnel, pack marmalade into jars, reserving 1/2-inch headspace. Use a non-metallic spatula to remove any trapped air bubbles and wipe rims clean with a damp cloth. Put on lids and screw bands, tightening only until fingertip-tight.
9. Using a jar lifter, place jars in canner. Process 15 minutes in a boiling-water bath. Remember to adjust for altitude. Check to ensure that the jars have sealed properly, label and store in a cool, dark area.

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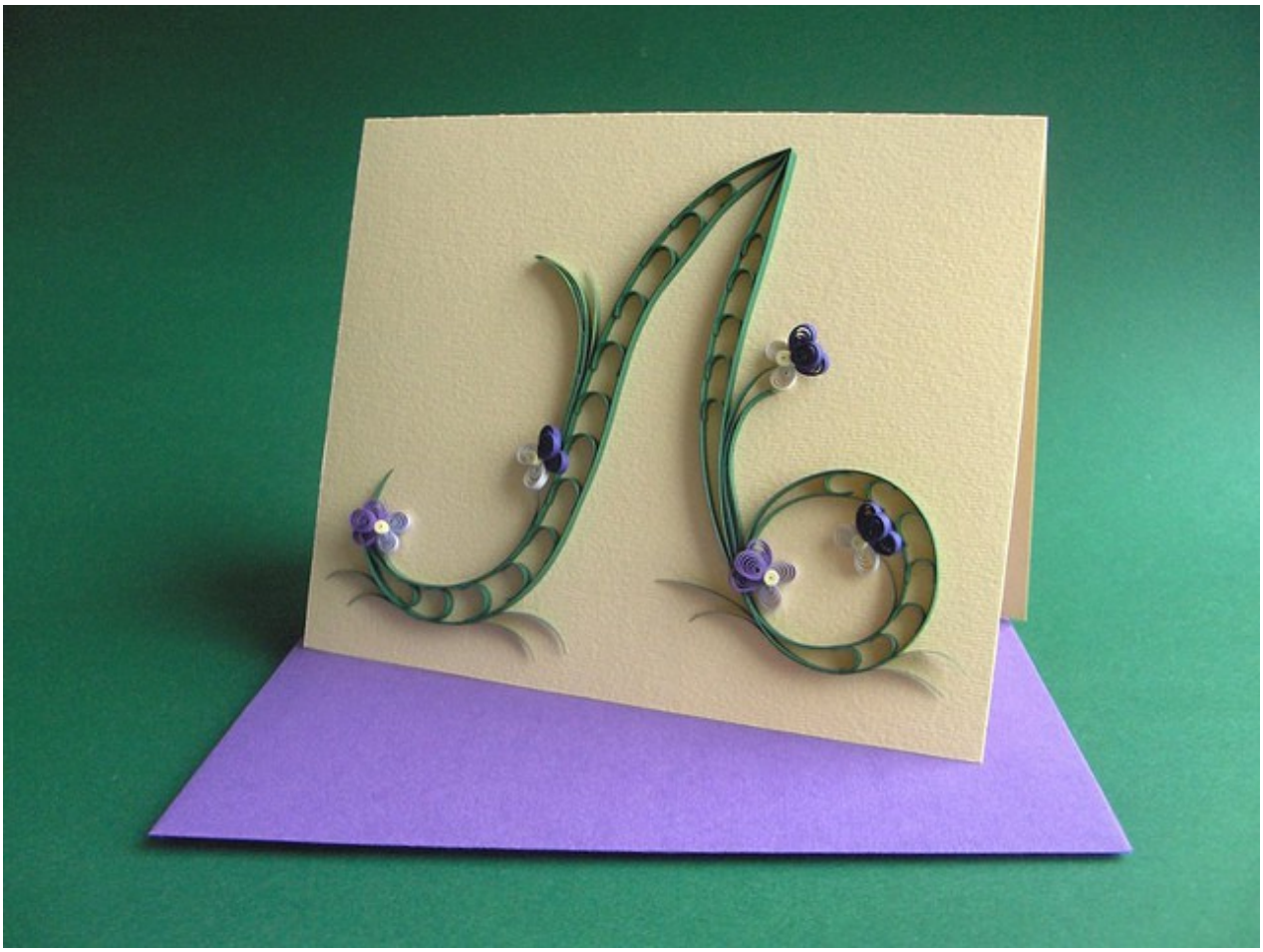

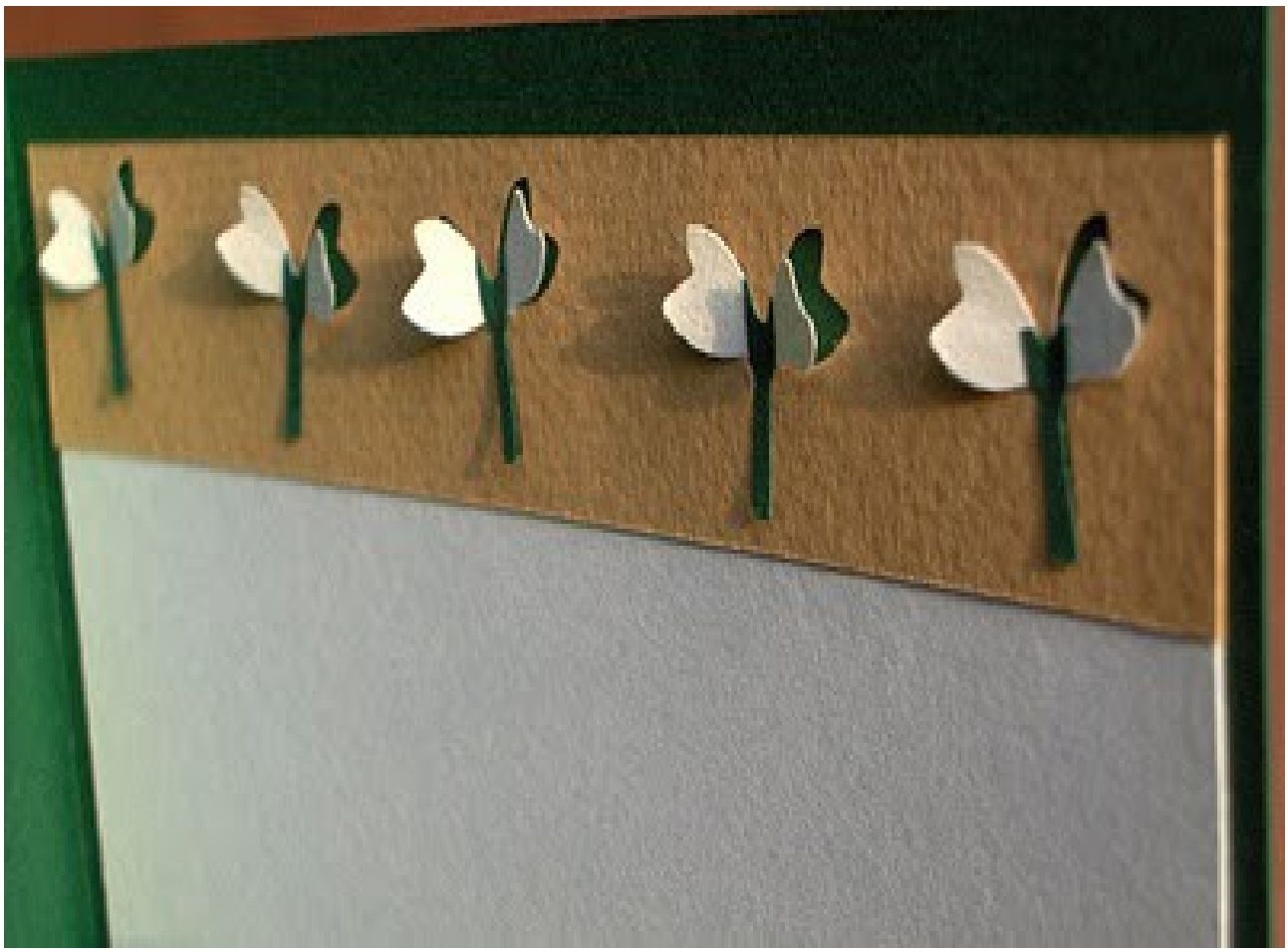

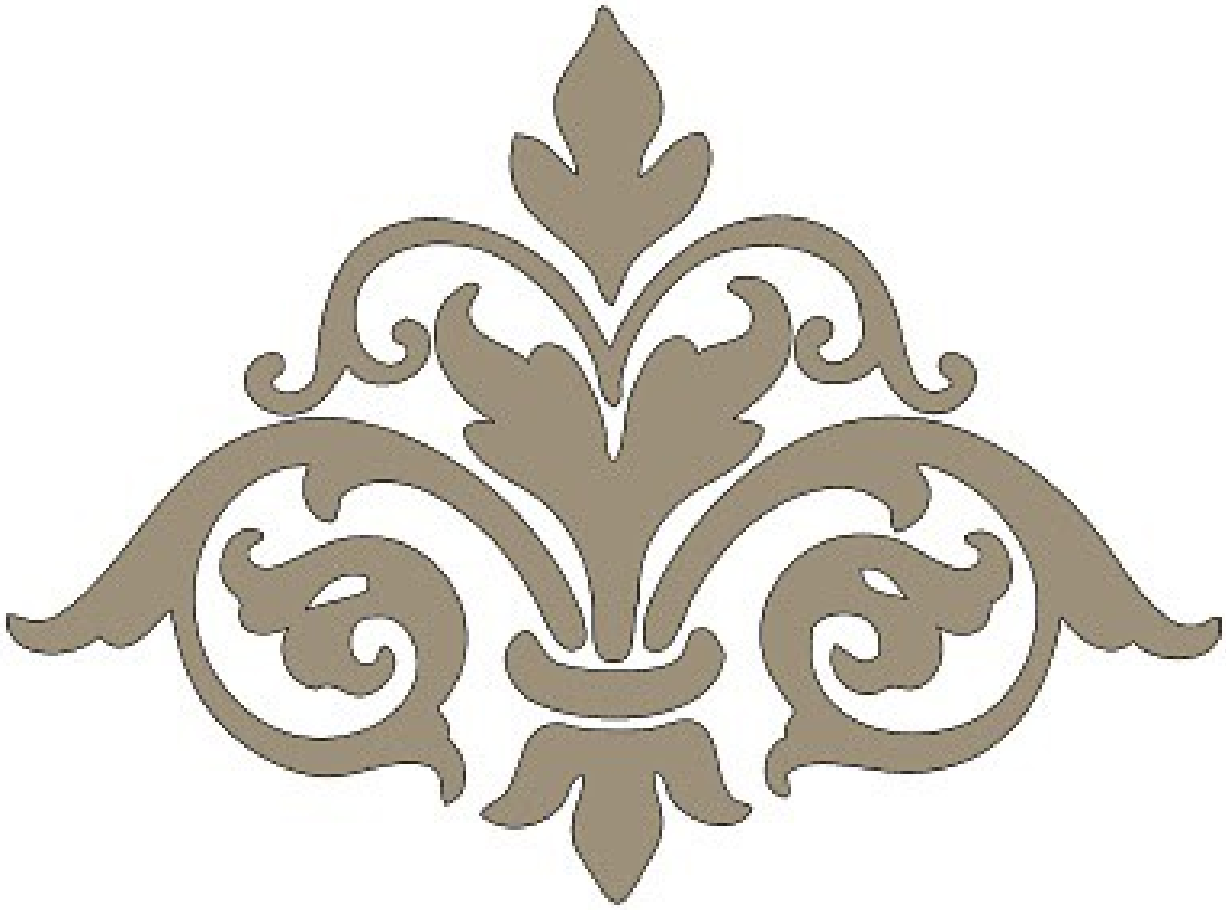

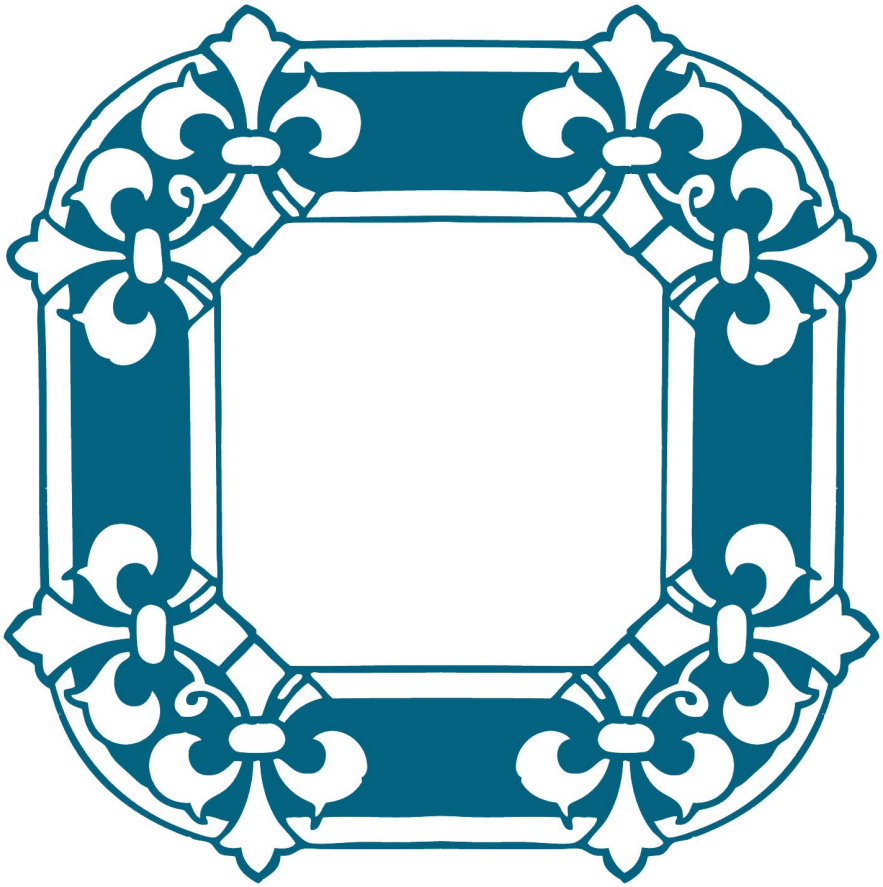

GOOD
LUCK

girl in air

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5 CENTS
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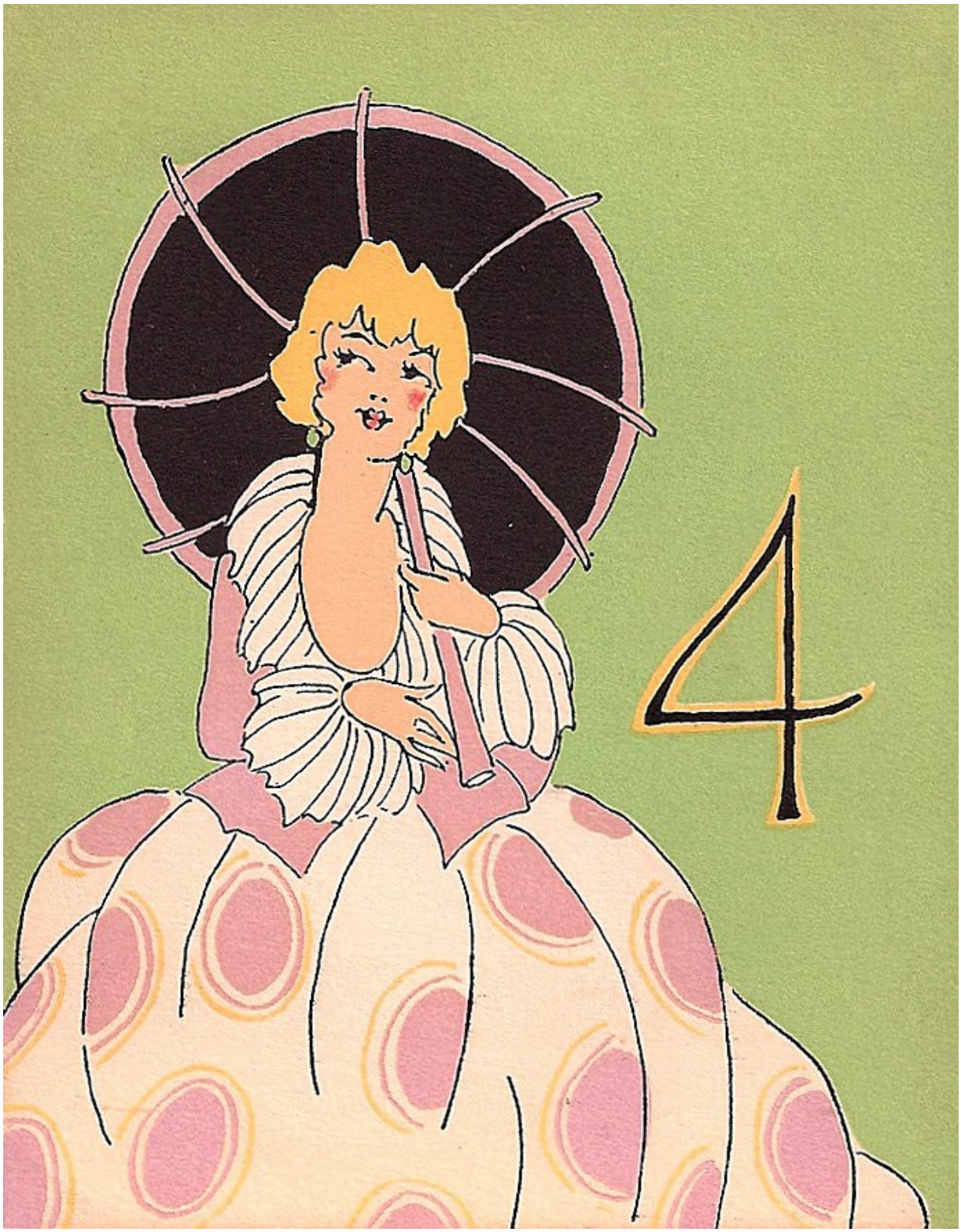
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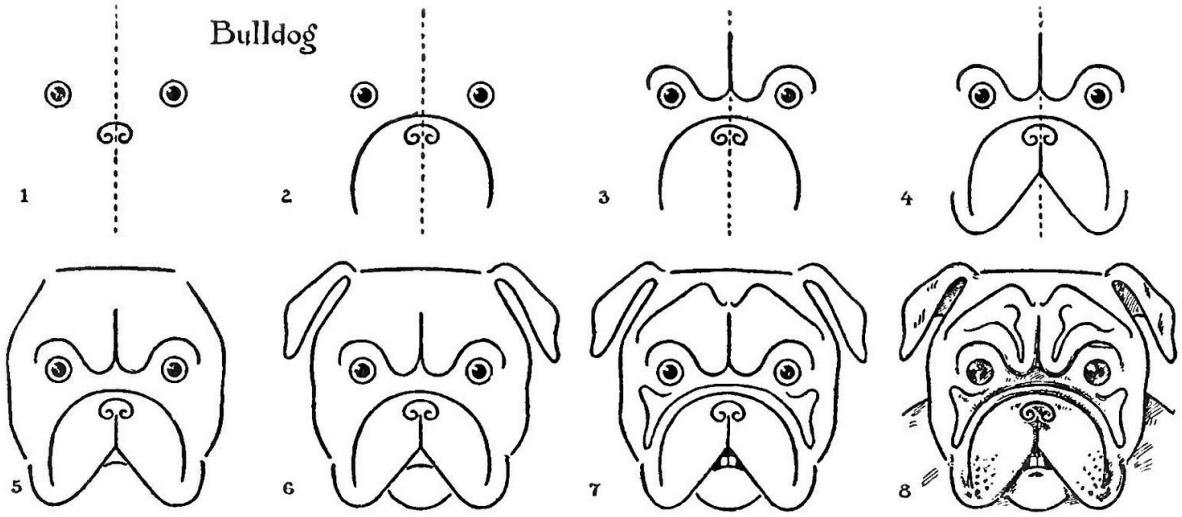
To My
Valentine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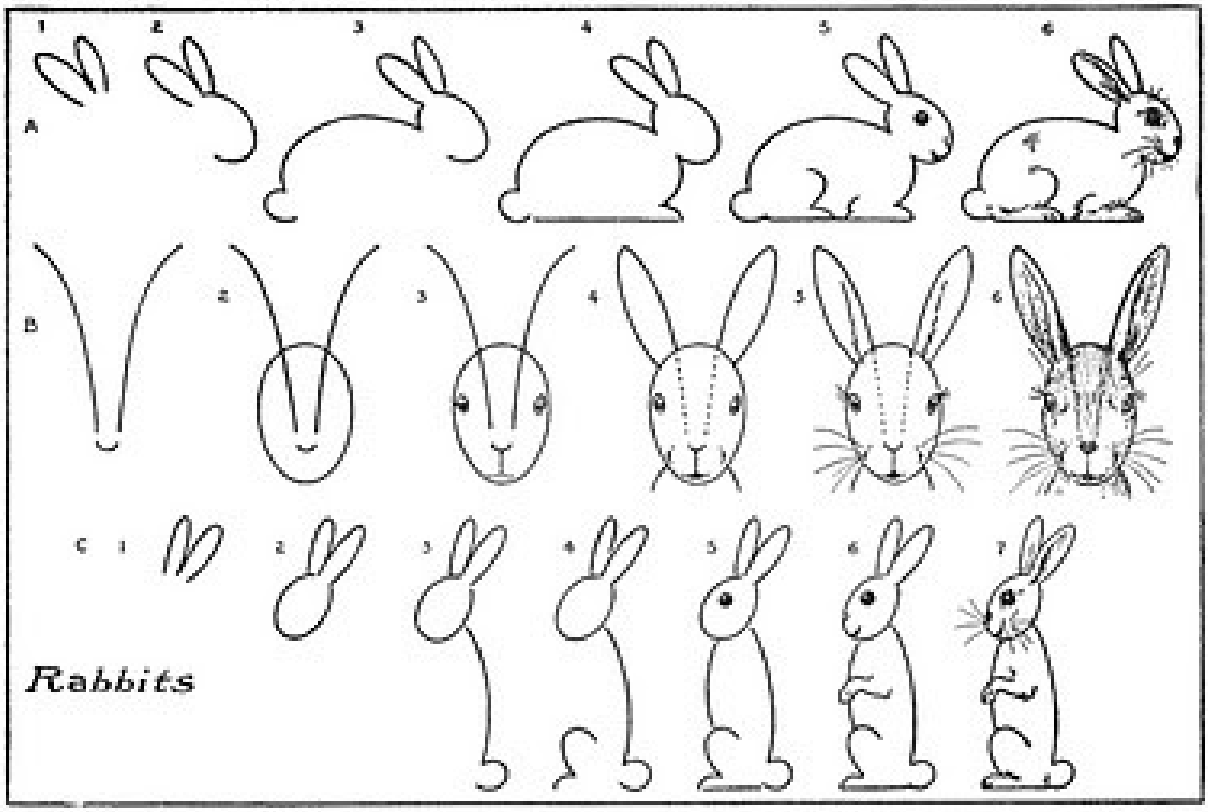
A
B
C
Rabbits

# Roasted Beet Soup

- 4 red beets
- 2 tablespoons olive oil
- 1 small shallot, chopped
- 2 cups chicken or vegetable Stock
- Fresh thyme
- Salt & Pepper to taste
- 2 ounces of crumbled goat cheese or 1/4 cup of sour cream

Preheat oven to 425 degrees. Clean beets and trim the greens from the bulbs. Slice the beets in half and place on a parchment-lined baking sheet. Clean the shallot similarly, slicing off the two ends of the shallt and removing any papery skin. Slice the shallot into fourths and place alongside beets. Drizzle with olive oil. Sprinkle a bit of sea salt and pepper. Roast in preheated oven for 35-45 minutes, or until the beets are soft and tender when poked with a fork. Remove the beets from the oven and allow to cool slightly before scooping the soft flesh from the skin and placing into a blender. Add the roasted shallot, vegetable stock, and fresh thyme. Puree until smooth. Transfer to a small pot, heat until steaming. Salt and pepper to taste. Serve topped with crumbled goat cheese or sour cream.

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& GUMÆLIUS

302
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82

OCH
King

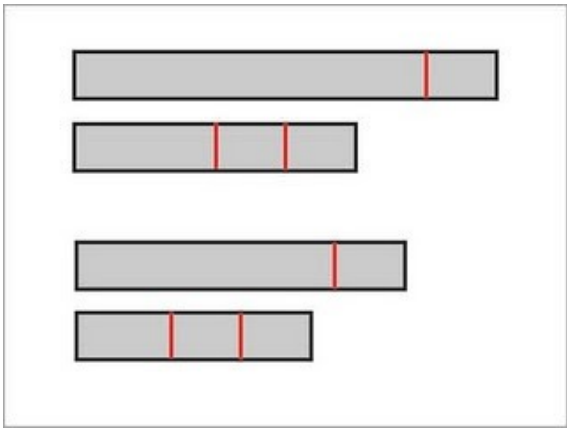
# Pop Up Photo Album Card

I decided to try this design on a smaller scale. I'm guessing that the photo album pages are about 12" square, designed to accommodate eight 4"x6" photos on the two page spread. For a card, try making it half size--with each half of the card 6" square. Your photos should be printed 2"x3".

**How to make a pop up photo album card**

Cut out the following pieces from card stock:

--base card, 12" x 6", folded in half so each side is 6" square
--4 rectangles, 2"x3"
--2 strips: 1/2" wide, 4.5" long
--2 strips: 1/2" wide, 3" long
--2 strips: 1/2" wide, 3.5" long
--2 strips: 1/2" wide, 2.5" long



On the 4.5" and 3.5" strips measure and mark .75" from one end of the strip. Score across the strips at the mark and crease the strips.

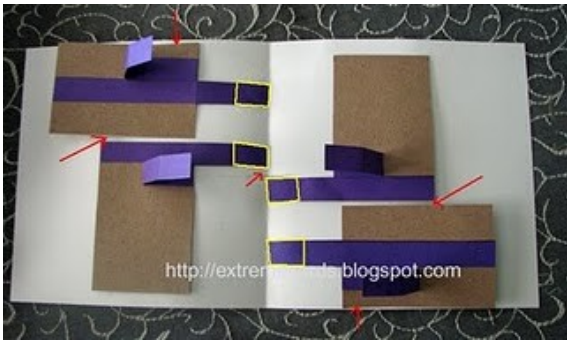
On the 3" and 2.5" strips measure and mark 1.5" and .75" from one end of the strip. Score and crease at both these marks.

*Assemble landscape photo base (make 2)*
Turn rectangle to landscape orientation. Place a 4.5" strip horizontally across the center of rectangle. Line up the long uncreased end with the left edge of the rectangle and glue.

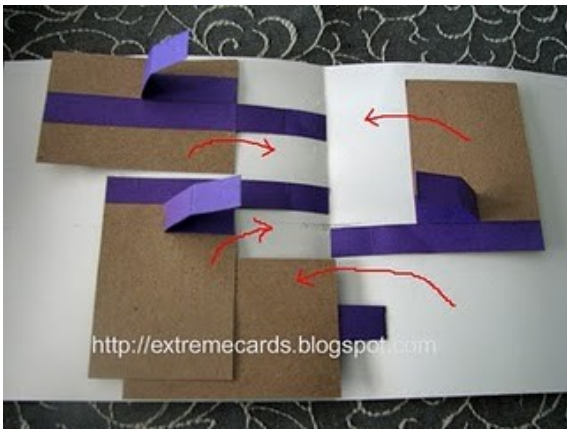
Abut the bottom of a 3" strip to the top edge of the strip you just glued. The 3" strip is creased into three sections. Make sure the strip is turned so the longer section is to the right and the shorter sections to the left. Align the end of the strip with the right hand edge of the rectangle. Glue the strip to the rectangle.

*Assemble portrait photo base (make 2)*
Refer to photo and make these in a similar fashion. Notice that the 3.5" strip is glued along the top edge of the rectangle (not the center), and the 2.5" strip directly below it.

Lay out the photo bases on the card as shown. Take care to leave a little gap between the edges of the photo bases and the top and bottom edges of the card. Also leave a little gap between the photo bases. (Indicated by red arrows).

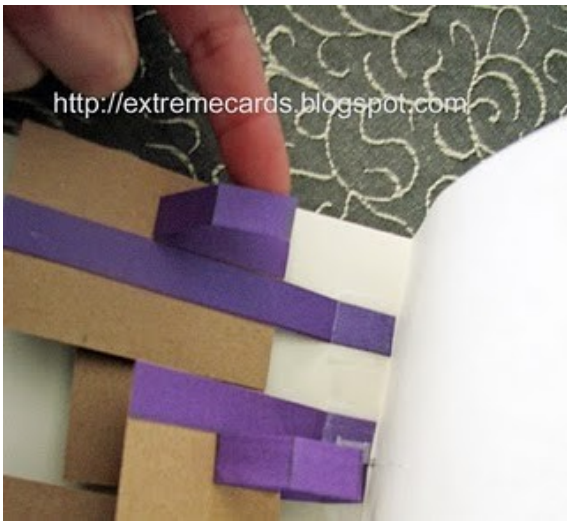


Spread glue on the *back* of the creased strip sections nearest the card fold, gluing the ends of the strips to the card. (I have outlined in yellow the sections that will be glued to the card.)
Allow for some drying time here.
Flip the photo bases into position. Be sure your glue is sufficiently dry, as you will have to manipulate the bases a bit to get them to bypass each other. Start by flipping the bottom base to the left. (The picture was taken at this point.) Pull the two in the middle toward each other, and twist them around each other as needed to get them to flip across. Then flip the top one, sliding it under the portrait base that is partially on top of it.




When you are done it should look like this.

Now you will glue the loose ends of the strips.
Partially close the card, collapsing all of the photo bases to one side. Fold the strips ends down, toward the center fold of the card. You want to fold the strips on the *second* crease in from the end.

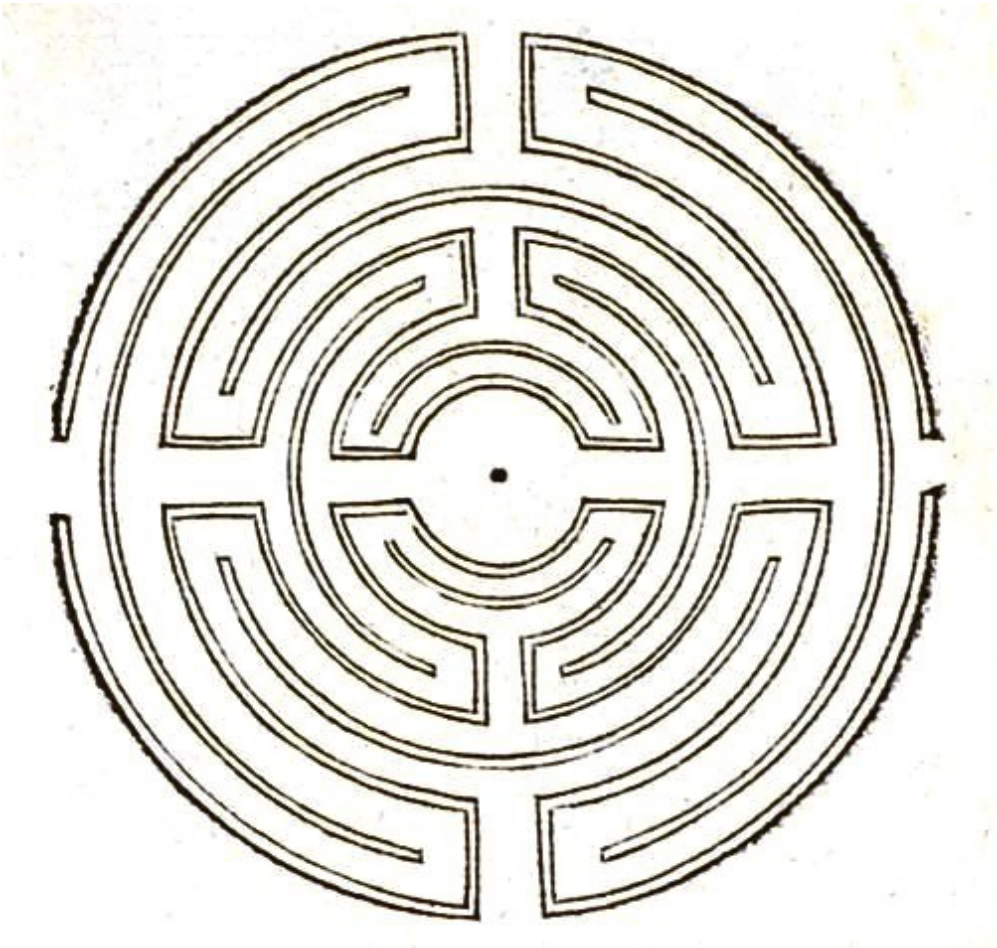


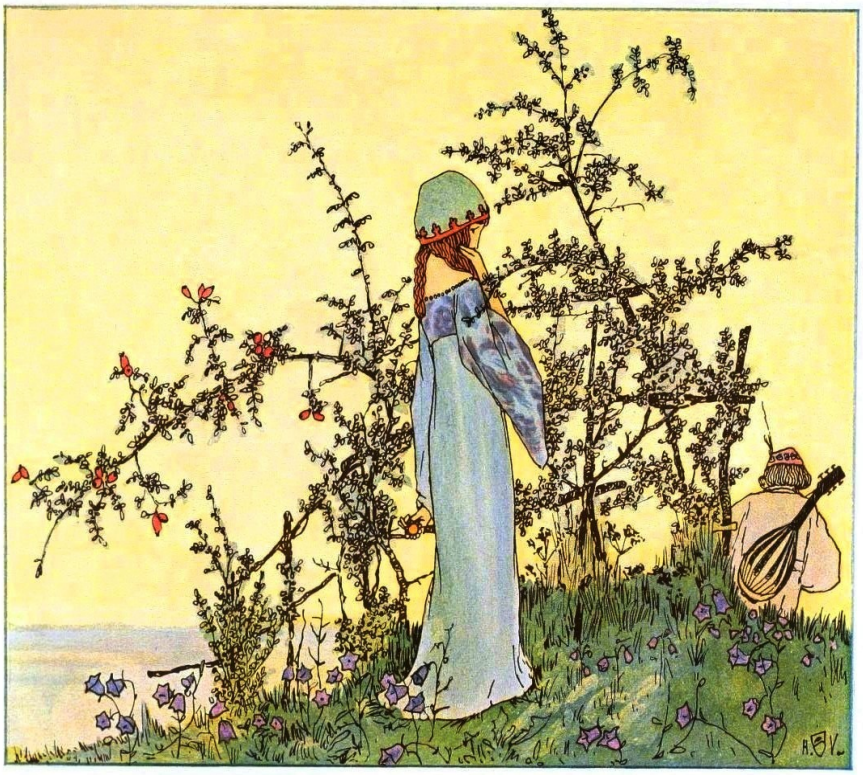
Spread glue on the strip, but only between the end of the strip and the *first* crease. Still holding the card partially open, check that the card bases and strips aren't crooked. Close the card. Flip the card over, partially open it and glue the other two strips. Close the card and weigh it down until it dries.

Left side

Right side

Finish by gluing your photos to the photo bases and to the card (shown as blue rectangles).





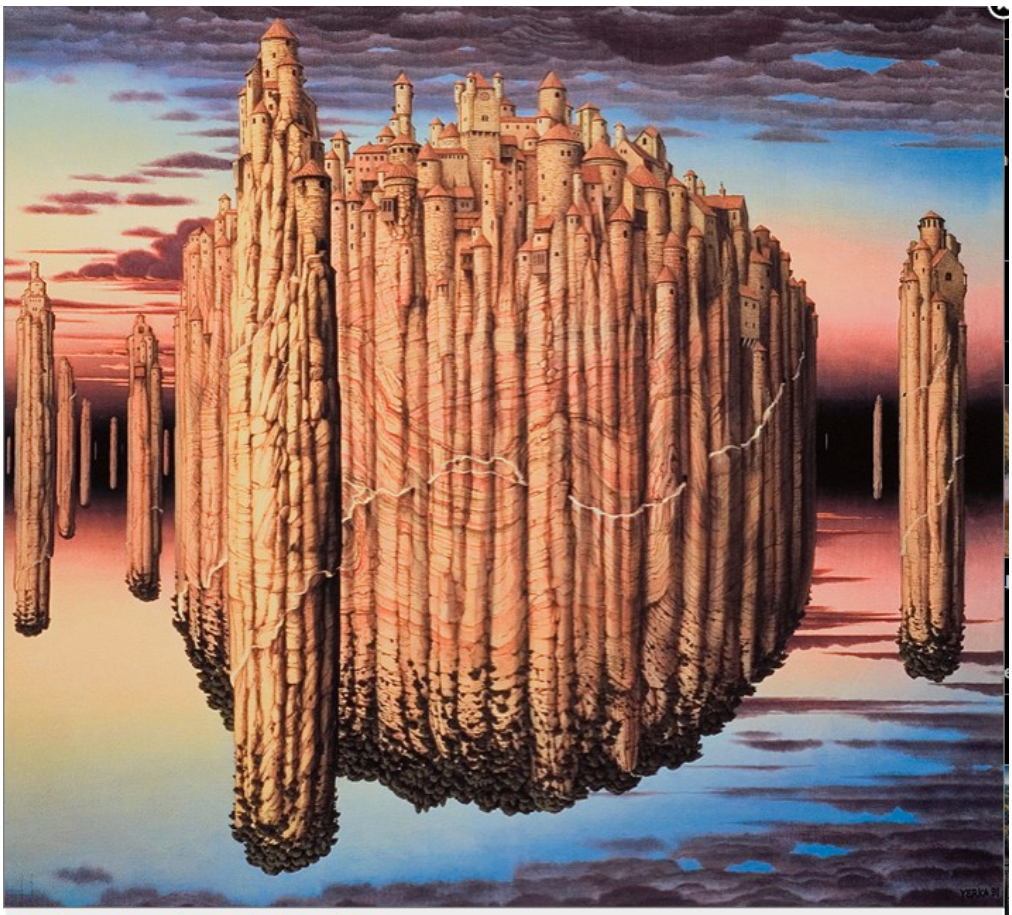
HEINRICH VOGELER-WORPSWEDE.
AQUARELL: «ABSCHIED.»

Jacek Yerka

Jacek Yerka - Bible dam

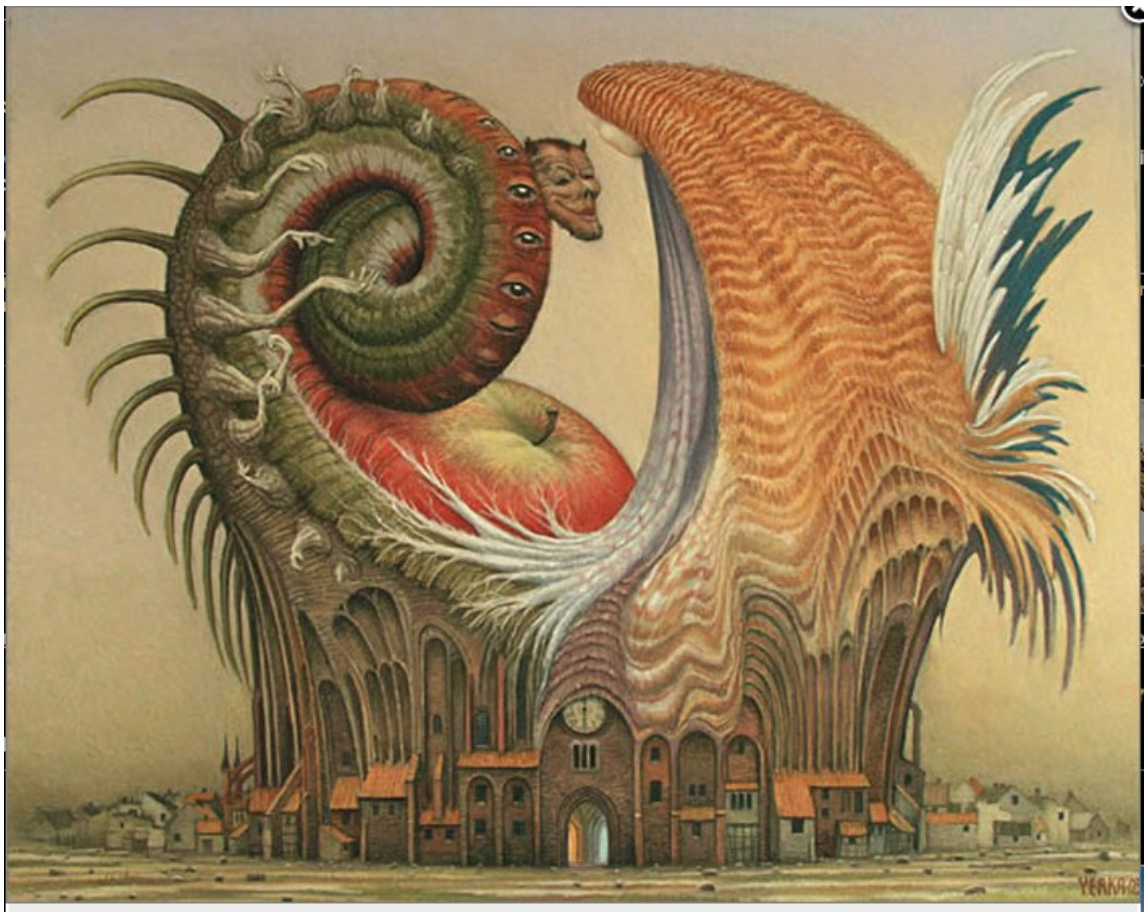
Jacek Yerka - Tower of subconsciousness

Jacek Yerka - The tree of the world



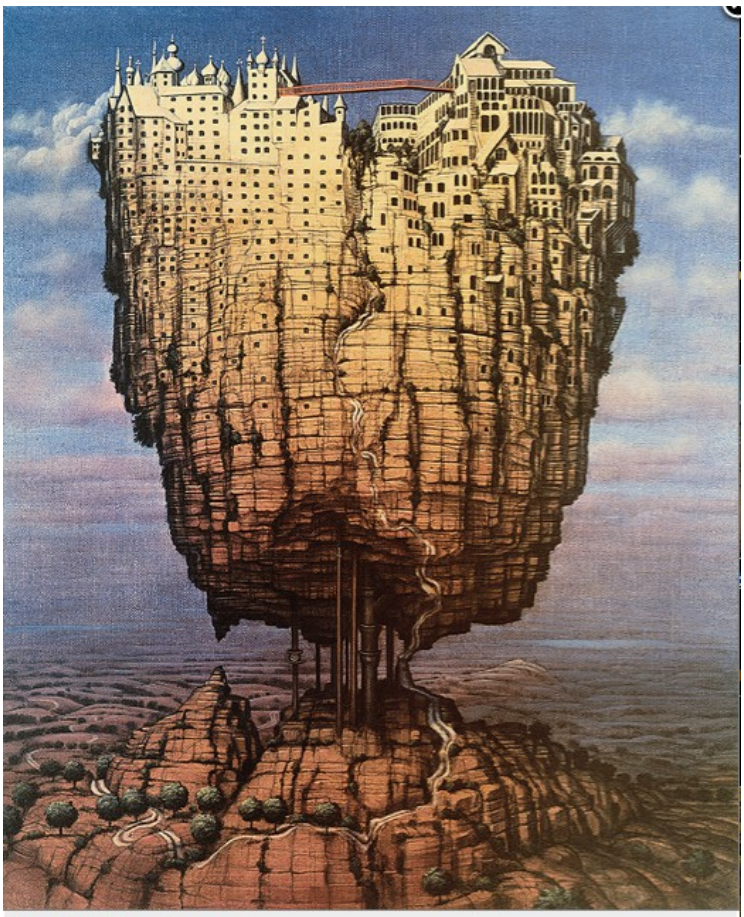
Jacek Yerka - Theory of the strings

Jacek Yerka - Tea-time in a castle



Jacek Yerka - In the cathedral shadow

Jacek Yerka - Four seasons



Jacek Yerka - Europa

Jacek Yerka - Easter

Jacek Yerka - Double life II

Jacek Yerka - Don't slam the door

Jacek Yerka - Creating the water

Jacek Yerka - Country wolves

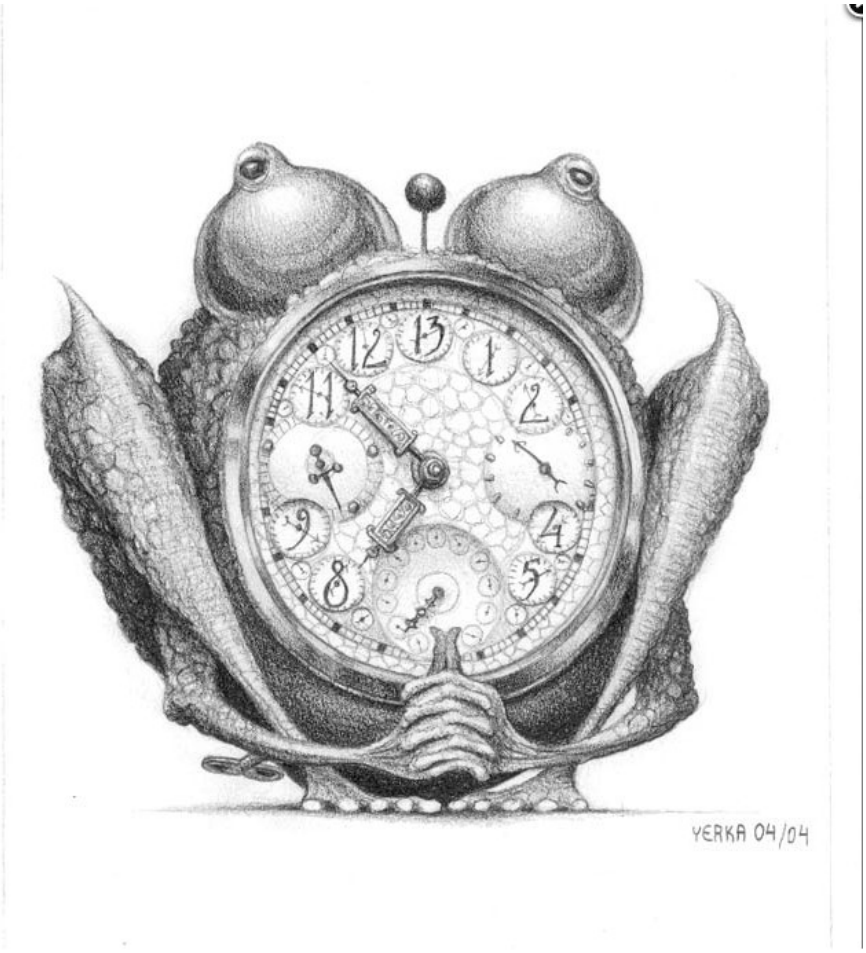
Jacek Yerka - Chess on island

Jacek Yerka - Between Heaven and Hell

YERKA

YERKA 07

**Jacek Yerka - Applemania**



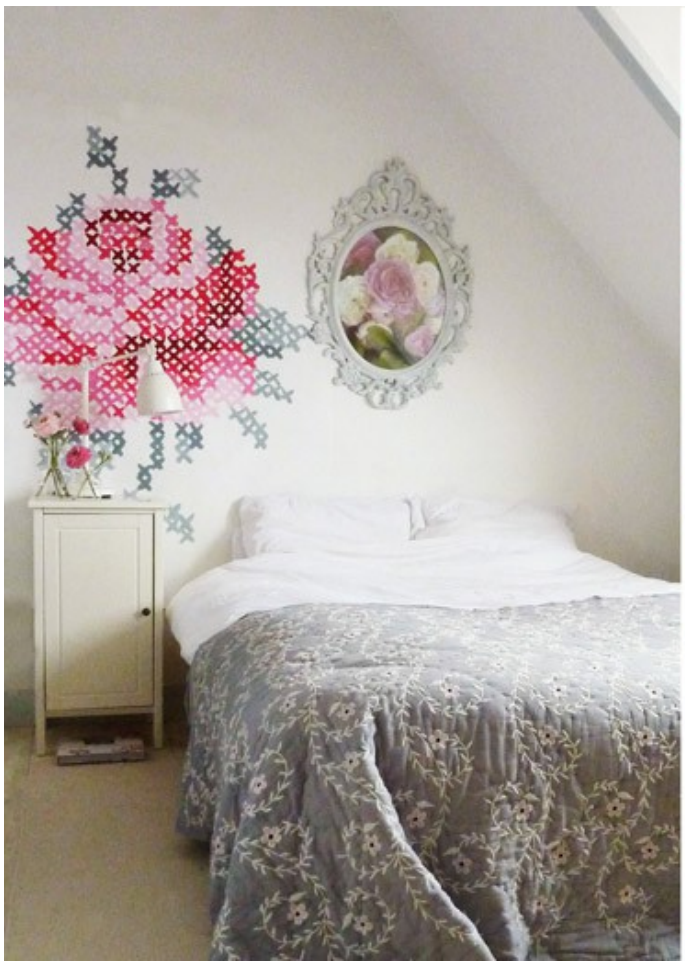
Jacek Yerka - Amonit

# Brioche con crema pasticcera

(Per circa 12 bioche)
500 gr. di farina manitoba
2 tuorli
1 cucchiaino di sale
100 gr. di zucchero
70 gr. di burro
250 gr. di latte
1 bustina di lievito di birra disidratato
1 bustina di vanillina

Mettere tutti gli ingredienti all'interno del cestello della macchina per il pane con il programma solo impasto e lievitazione(ovviamente potete impastare anche tutto a mano).
Una volta che l'impasto è pronto e lievitato per almeno 1 ora, lo tiriamo fuori dalla macchina del pane, e formiamo delle piccole palline tutte della stessa dimensioni e le posizioniamo su di una teglia rivestita di carta forno e le lasciamo lievitare ancora un paio di ore.
Una volta che le brioche sono lievitate le spennelliamo con del bianco d'uovo sbattuto e inforniamo per 20 minuti a 180°.Quando sono pronte le lasciamo intiepidire e con una sac a poche le farciamo con la crema e una spolverata di zucchero a velo.

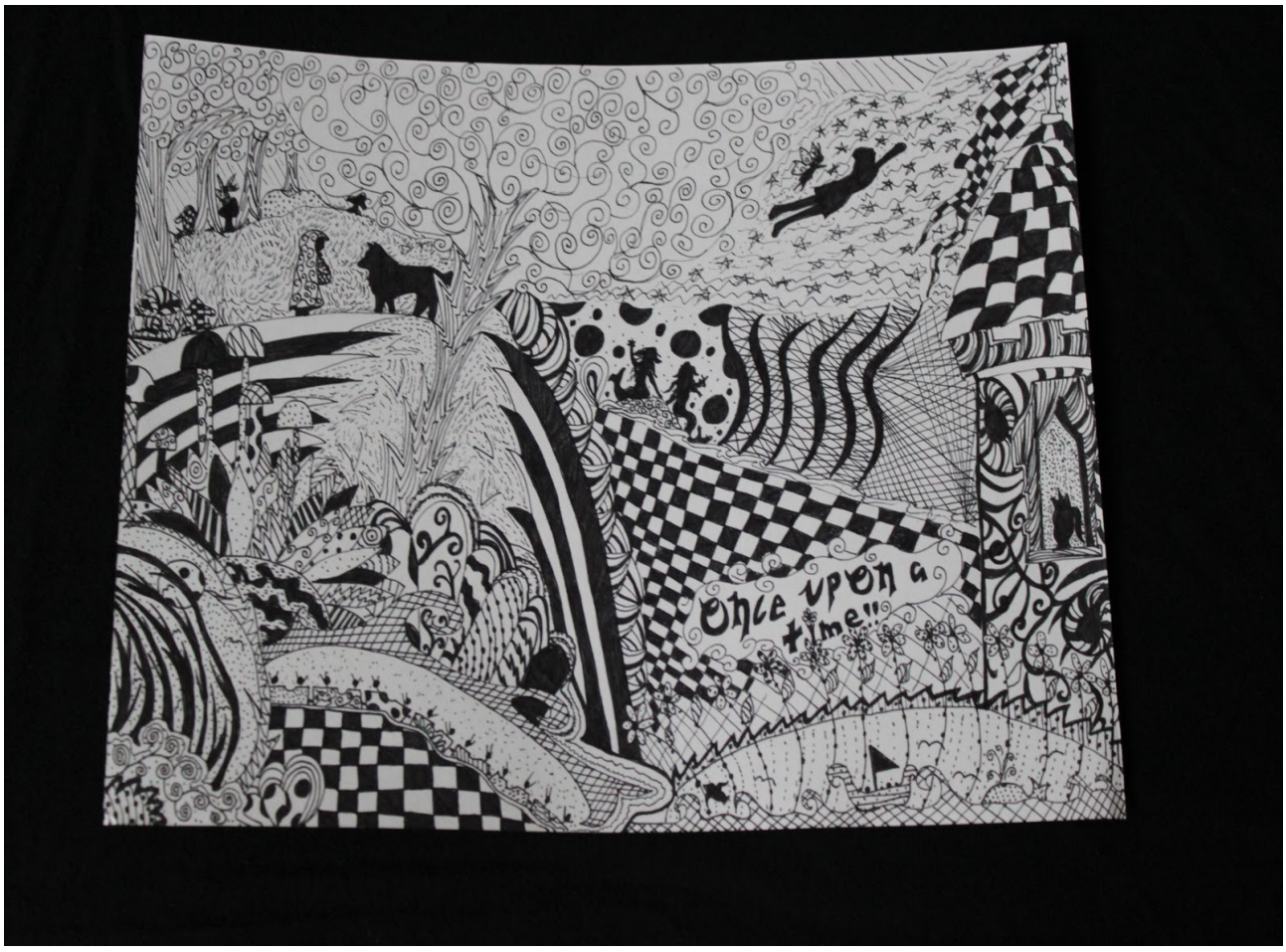
The road is near the porch.
Jean is having a dream.
Her dream is about an elf.
Fern has on her new dress.
The snail can't crawl fast.
The bird will sit on the vine.
The bed is in my way.
Ann has a doll and a horn.
The man spilled salt
Then he got corn and soap.
Don't fall off the porch.
Susan looked at all the art.
The prune is in the cup.
Dad got an ice-cream cone
Jack saw a goat and
Jim saw a fox by the stove.
Jim draws cats
with long tails.
for candy.
A huge man got on a bus.
Don is eating hot toast.
The fox saw a box of rocks.
The big boy is very tall.
The big boy is five feet tall.
Ned grew beans in a jar.
Mom has milk for the goat.
He will play there all day.
A man sells meat for stew.
This cub has black fur.
Ann's dress is on her bed.

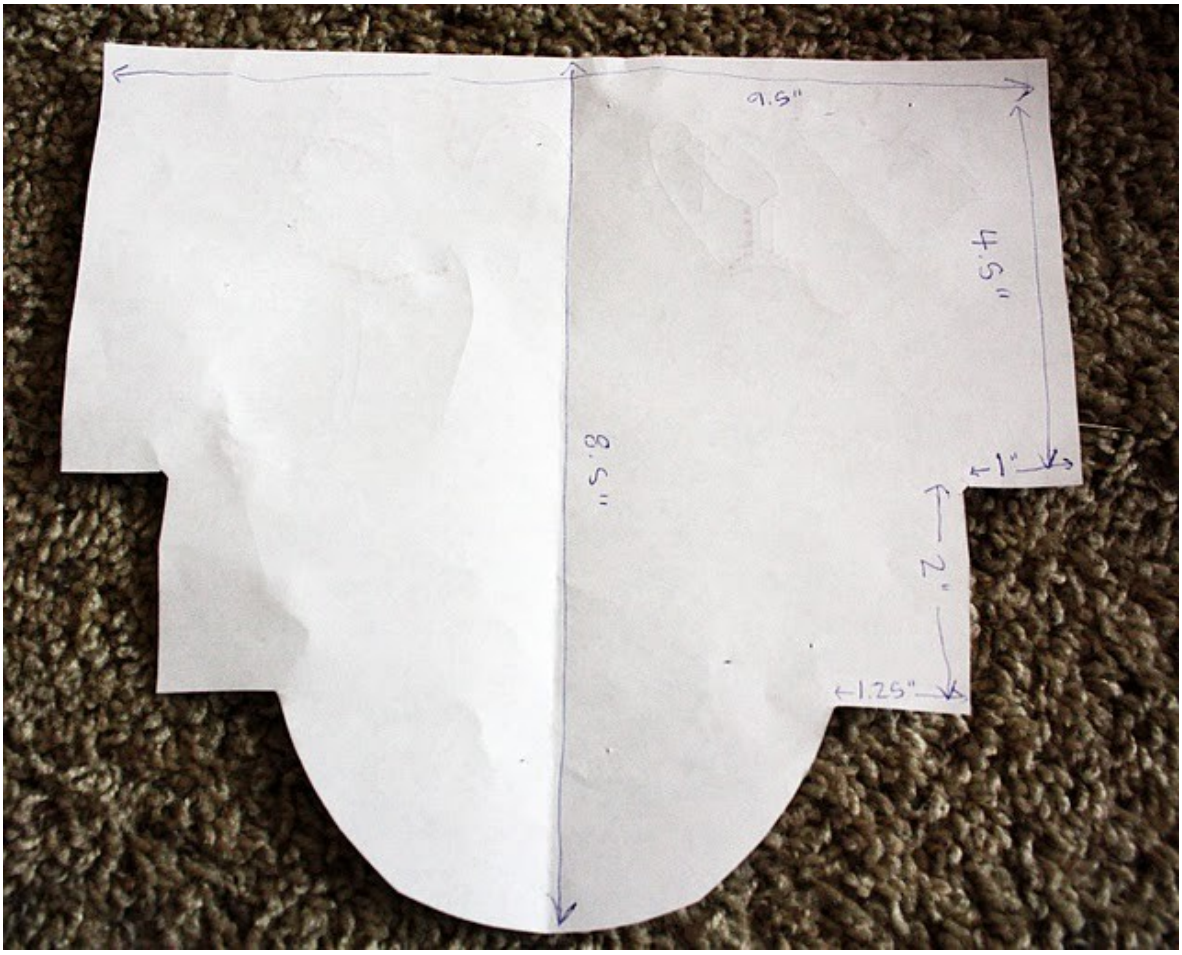


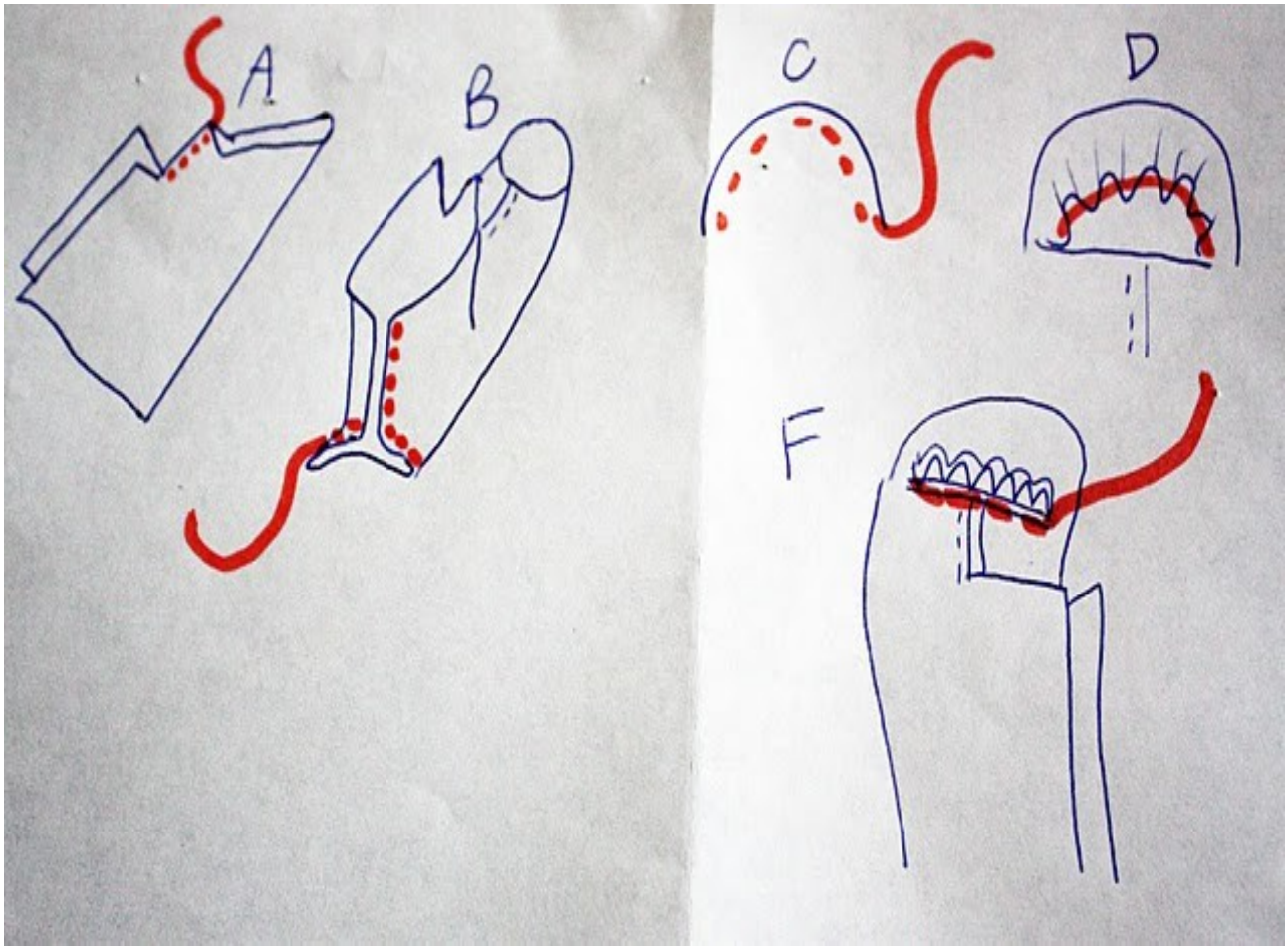
HAPPY
day

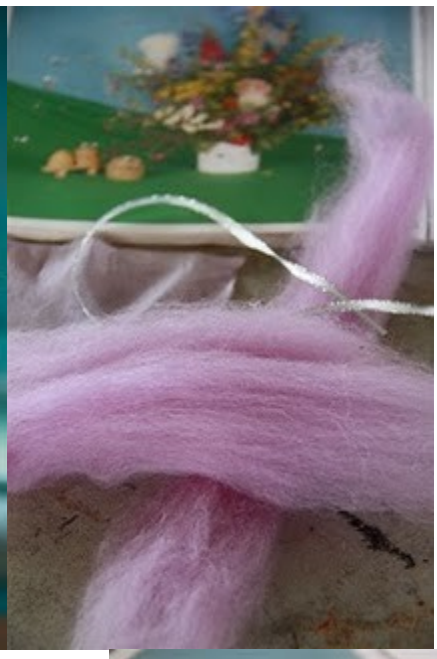
EEK!

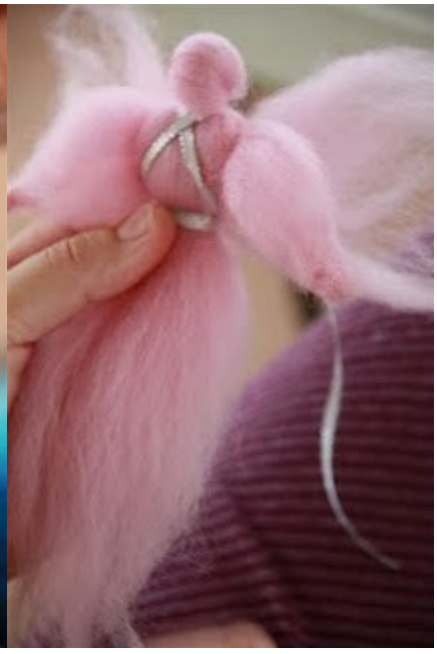
Too many things in my head...

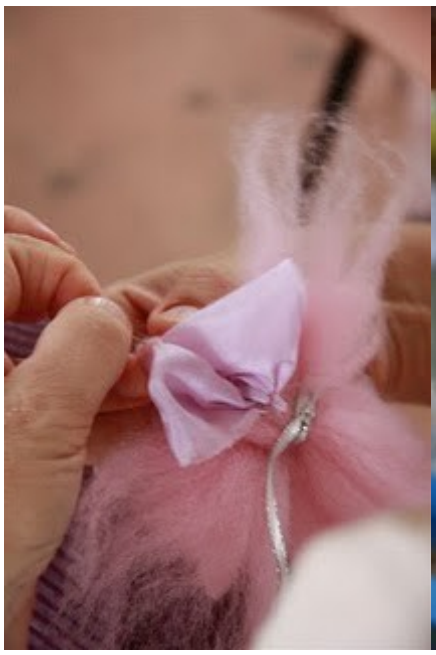

Once upon a time"


9.5"
4.5"
8.5"
1"
2"
1.25"

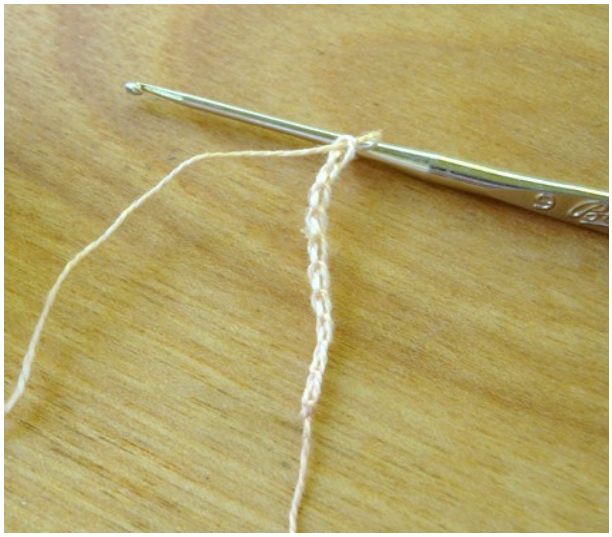
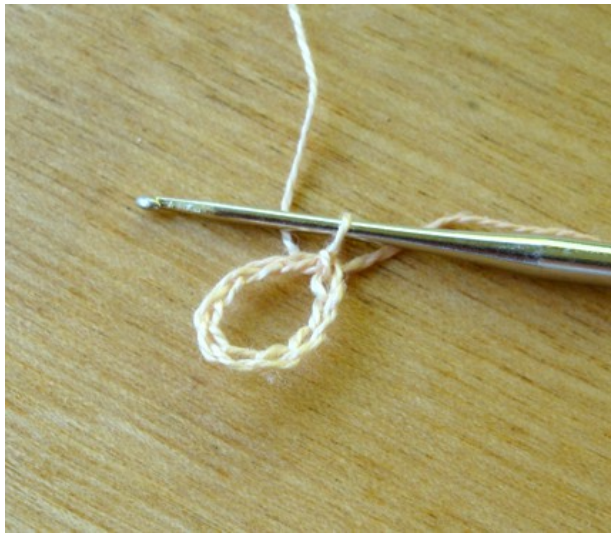

A
B
C
D
F



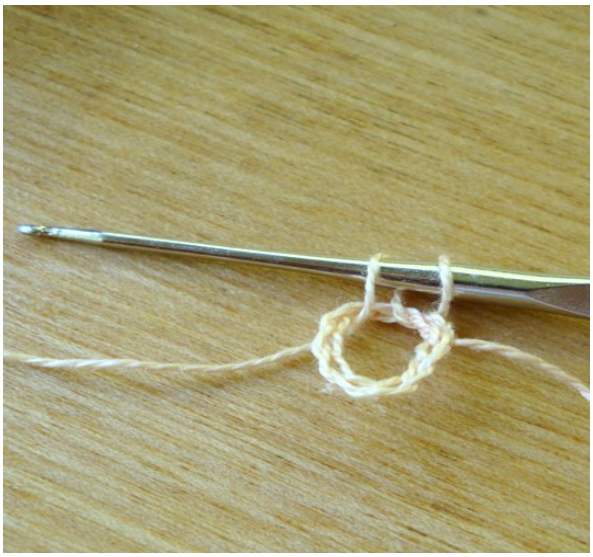
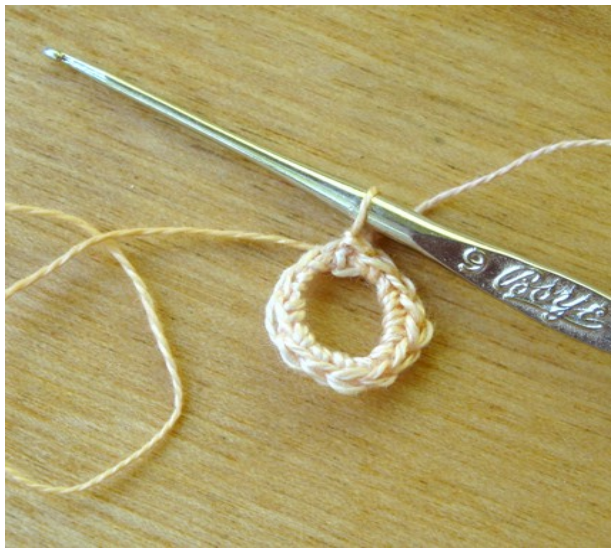




S

Make a chain 10 stitches long.  Join chain to form a circle.

Chain 1, single crochet (sc) from the center of the circle 12 times.  Join with a slip-stitch (sl).

Chain 2, 2 double crochet (dc) in each sc, slip-stitch to make a circle.

Chain 2, *work 3 dc into next stitch, chain 3, skip 2 stitches; repeat from * 7 more times. Always slip-stitch to join the circle.

Chain 2, dc in next opening, *chain 3, dc 2 times in next opening, dc in next 2 stitches; Repeat from until the round is completed.

Chain 5, * dc 2 times in next opening, dc in next 3 stitches, chain 3; repeat from * until the round is complete.

Chain 5, * dc 2 times in next opening, dc into next 4 stitches, chain 3; repeat from * until the round is complete.

Time to measure your work thus far against your stone. They should be almost exactly the same diameter. If it is smaller just add another round or two following the pattern you see developing. Now for the fun!!