



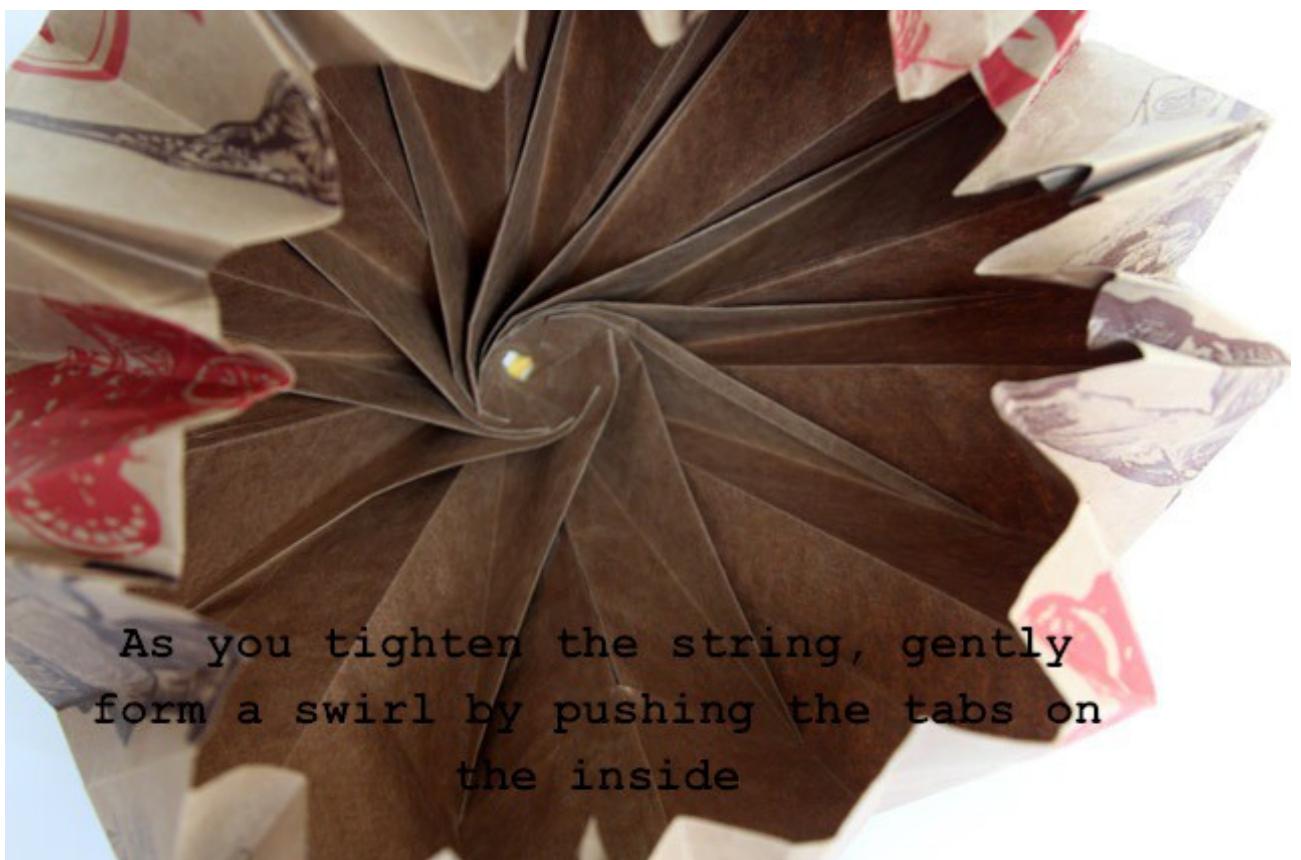
Idee 2014 pag.10 - 1







Idee 2014 pag.10 - 4



As you tighten the string, gently
form a swirl by pushing the tabs on
the inside



Idee 2014 pag.10 - 6

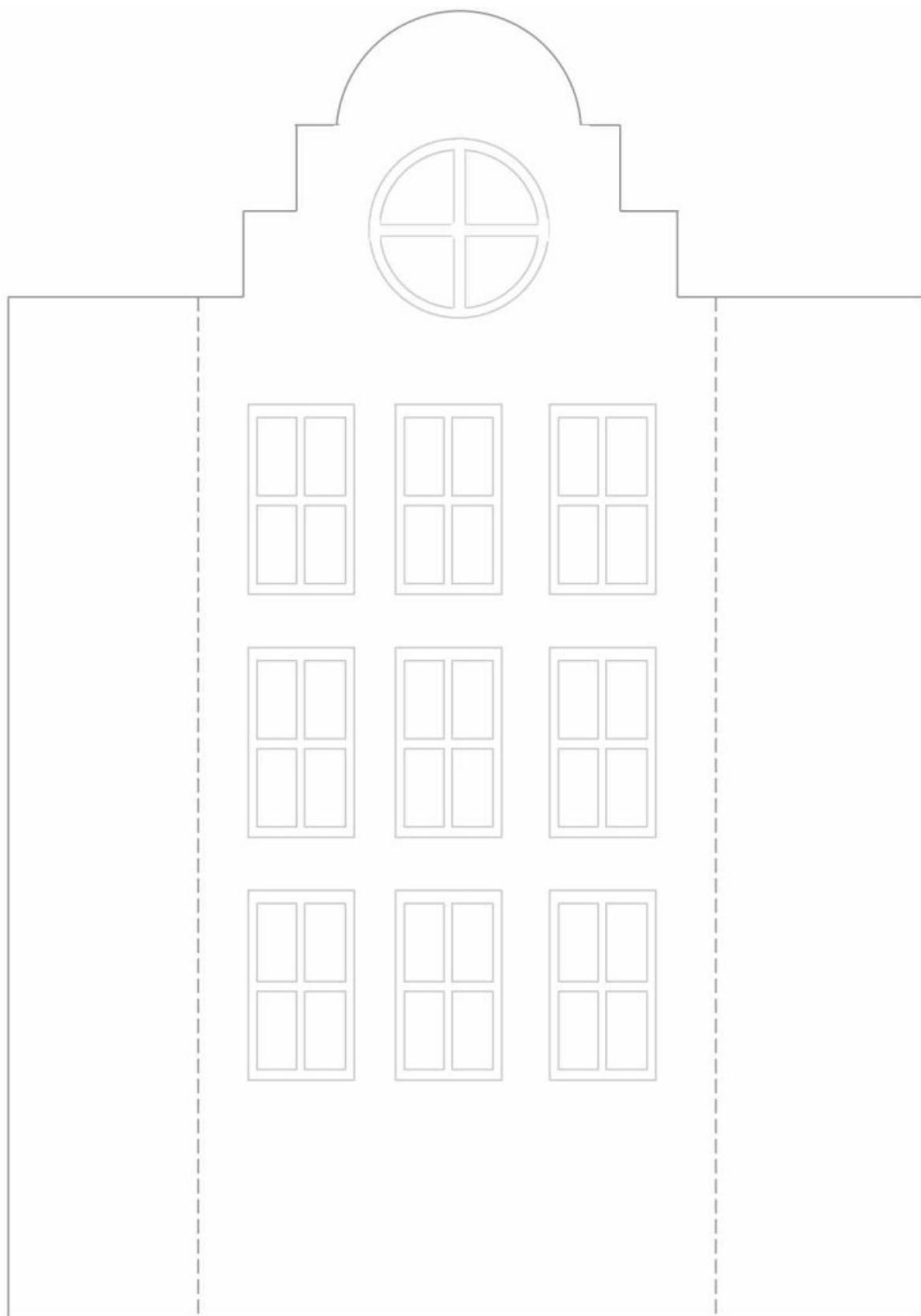


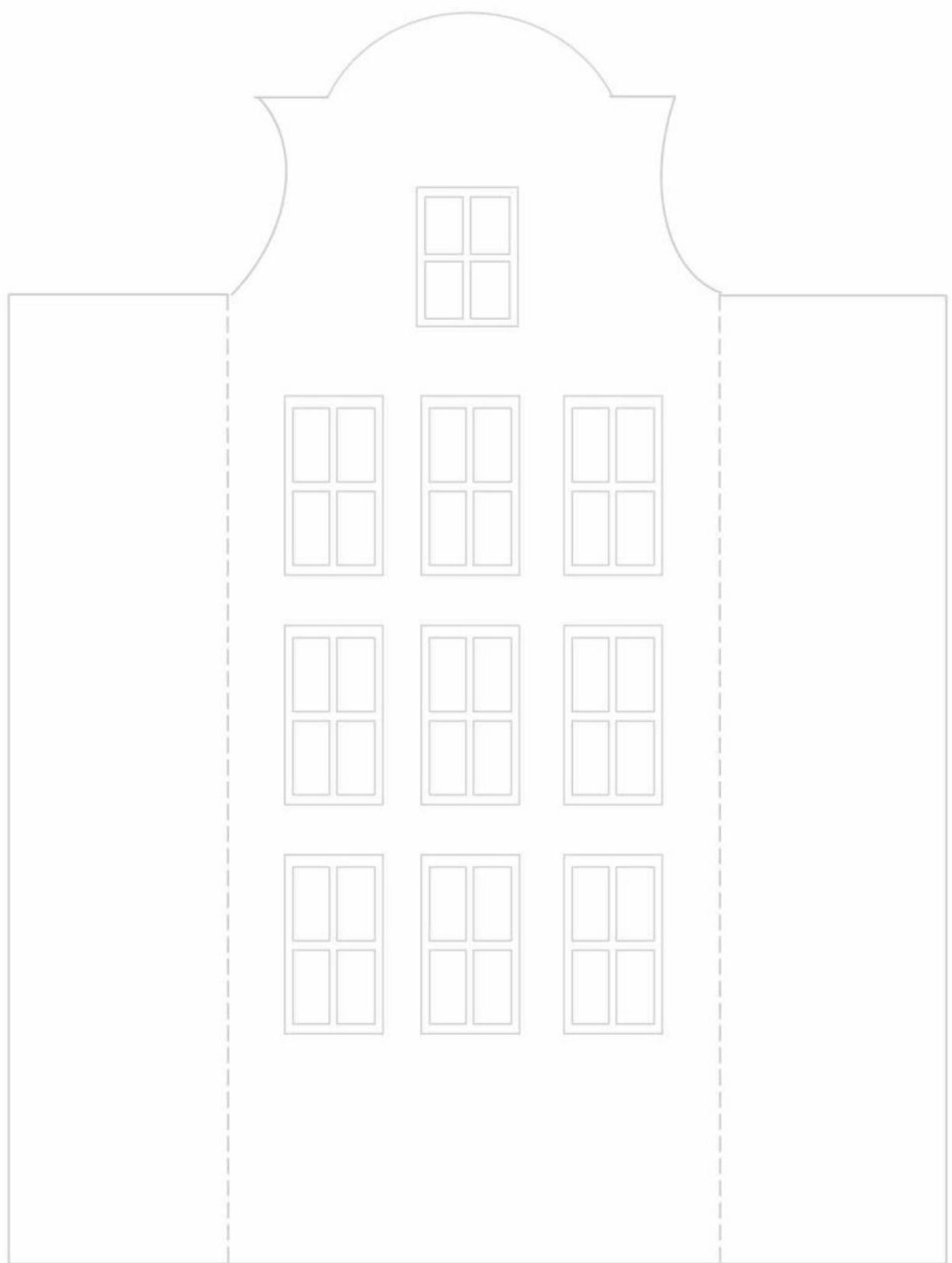
AshbeeDesign.com



3DCuts.com









CAVIALE DI RAPE ROSSE

eventually put on the bread. Silvena Rowe's book had been in my bag for a few days, I was reading it when I was on the bus, or waiting on a coffee. So I started paging through, and settled on a beet spread I knew would be beautiful - the sweet earthiness of the roasted beets accented with toasted walnuts, chives, dates, a bit of booziness, and a swirl of creme fraiche.



Addicting Beet Spread (aka beet caviar)

Addicting Beet Spread, aka Beet Caviar

1 bunch beets, boil or roast, then cool and remove skins

½ c. walnuts: grind in blender or food processor (you may toast first but not necessary)

2-4 cloves of minced or pressed garlic, your call

Grate beets and mix everything together with one-quarter to one-third cup mayonnaise.

Salt and pepper to taste.

Serve as a dip or spread with some good crackers. Incredibly tasty!

DADI VEGETALI



ECO FATTOI

a cura di Alessio Di Addezzio / illustrazioni di Andrea Conforzi

Dado vegetale

Esistono diverse varianti per realizzare un ottimo concentrato. Ecco i consigli per la lavorazione "a freddo".

Glutammato monosodico, conservanti, additivi, coloranti, aromi chimici, addensanti, correttori di acidità ed estratti di lievito. E solo un pizzico di verdure. Questi gli ingredienti tipici dei dadi acquistabili nei supermercati... Il nostro consiglio è lasciarli sugli scaffali e ripiegare su una variante salutare e gustosa, se possibile con verdure biologiche, magari autoprodotte!

Ingredienti e strumenti



250 g di VERDURE DI STAGIONE (sedano, carote, porro, zucchine...)



400 g di SALE FINO



250 g di CIPOLLE



2 SPICCHI D'AGLIO



Colino



Bilancia



Mixer

Coltello o mezzaluna



Barattoli di vetro

Un chilo di dado autoprodotto costa circa 1,50 €.

Quasi un decimo del corrispettivo in cubetti.

100 g di ERBE AROMATICHE (alloro, rosmarino, basilico, prezzemolo, origano, maggiorana, salvia, erba cipollina...)



andrea.conforzi.com

1 Sminuzza grossolanamente 250 g di verdure di stagione precedentemente lavate e 100 g di erbe aromatiche. Pesa il tutto per controllare che il totale sia di circa 350 g. Aggiungi anche le cipolle.

Dura circa un anno in frigorifero, diversi mesi in dispensa. Sarà molto utile per insaporire risotti, legumi, carni, in sostituzione di un soffritto per il sugo se abbiamo poco tempo. Ottima anche per le pappe dei bambini.

Un cucchiaino di questo preparato equivale a un cubetto di dado industriale.



2 Inserisci il preparato in un mixer e lavoralo fino a ottenere un battuto molto fine.



3 Scola il composto con l'aiuto di un colino a trama fine facendo fuoruscire il liquido in eccesso.



4 Versa il composto in un contenitore e aggiungi 500 g di sale fino.



Consigliamo il sale di Trapani che si trova facilmente in erboristeria.

5 Il dado è tratto! Va riposto in barattoli di vetro puliti, meglio se sterilizzati facendolo bollire in una pentola con l'acqua oppure messo in un forno preriscaldato a 140 gradi per qualche minuto.



La ricetta è di Luciana Sgrignuoli e Lucia Cuffaro, esperta di "far da sé" e autrice di www.autoproduciamo.it

Invia foto e commenti a ecofatto@lanuovaecologia.it.

GIUGNO 2014 / La nuova ecologia 33



Whistle & Ivy



Whistle & Ivy



Whistle & Ivy



Whistle & Ivy

POLPETTE DI TONNO RICOTTA E MAIONESE



“ Ingredienti per 2 persone:

- 180 g di filetti di tonno sott'olio Angelo Parodi
- 2 uova
- un panino secco
- un bicchiere di latte
- 60 g di ricotta fresca
- 50 g di parmigiano grattugiato
- erba cipollina e timo freschi
- sale e pepe q.b.
- pangrattato q.b.
- olio di semi di arachide per friggere

per la besciamella:

- 250 ml di latte
- 25 g di burro
- 25 g di farina
- sale q.b.
- erba cipollina
- tabasco

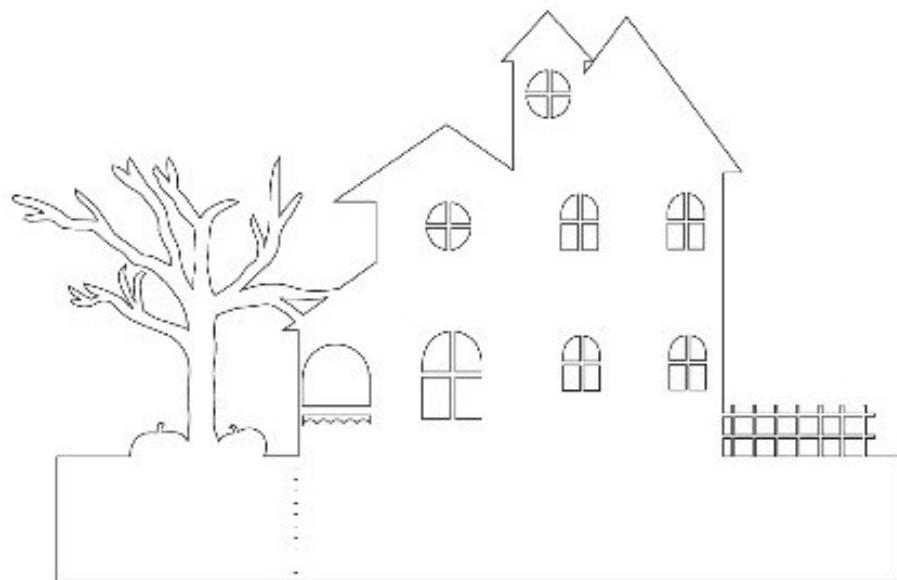
Realizzazione:

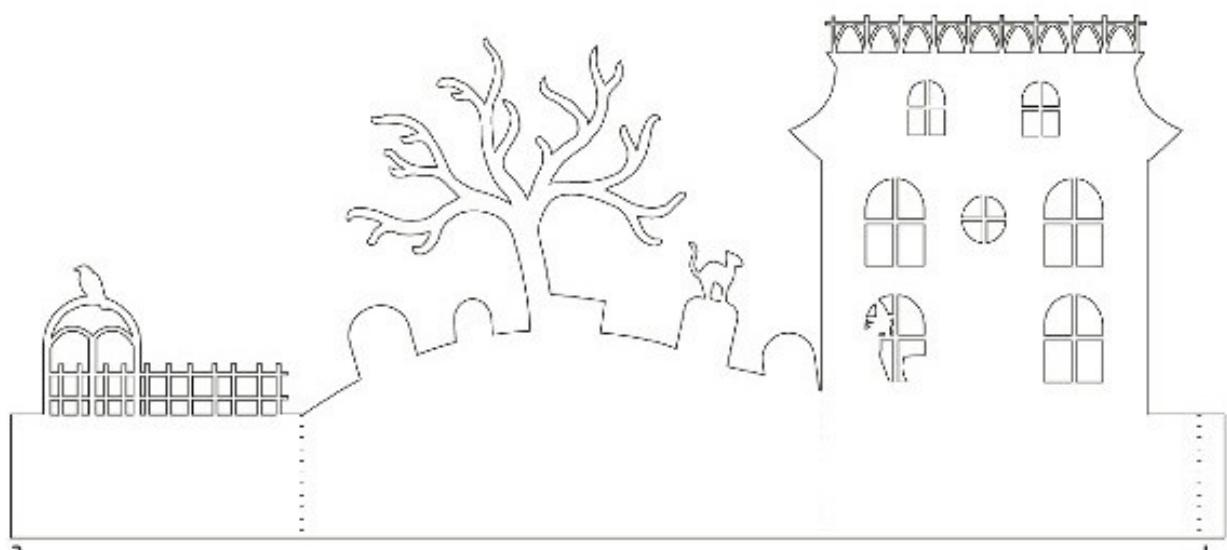
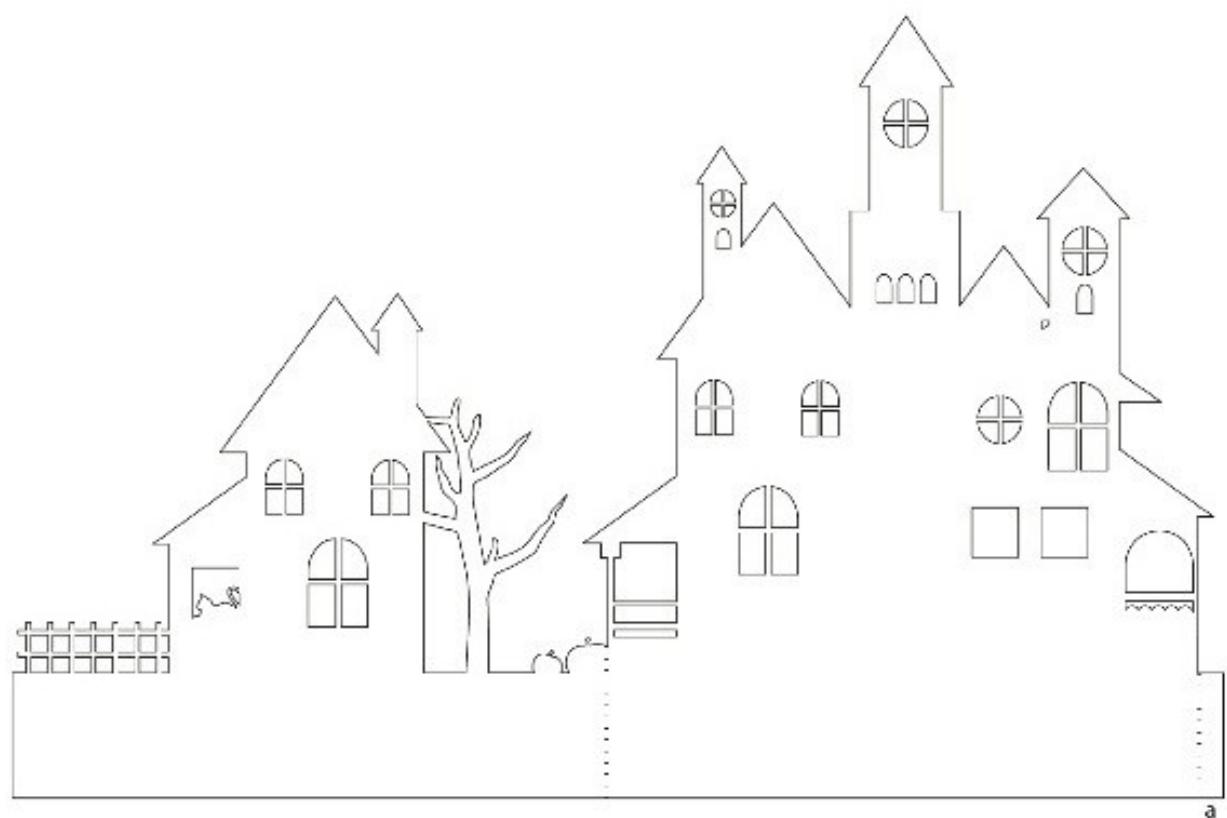
Ammollare il pane nel latte freddo per circa 10 minuti, poi strizzarlo per bene. In una ciotola unire il tonno sgocciolato dall'olio di conservazione, la ricotta, il pane ben strizzato, il parmigiano, il sale, il pepe, le erbe aromatiche tritare, 1 uovo intero e un cucchiaio di pangrattato. Mescolare il tutto fino ad ottenere un composto omogeneo e compatto.

In una padella dai bordi alti, scaldare abbondante olio per friggere.

Passare le polpette prima nell'uovo sbattuto e poi nel pangrattato. Appena l'olio raggiunge i 180°C friggere poche polpette alla volta fino a quando saranno dorate. Poi prelevarle con una schiumarola e metterle a scolare l'olio su carta paglia o carta assorbente.

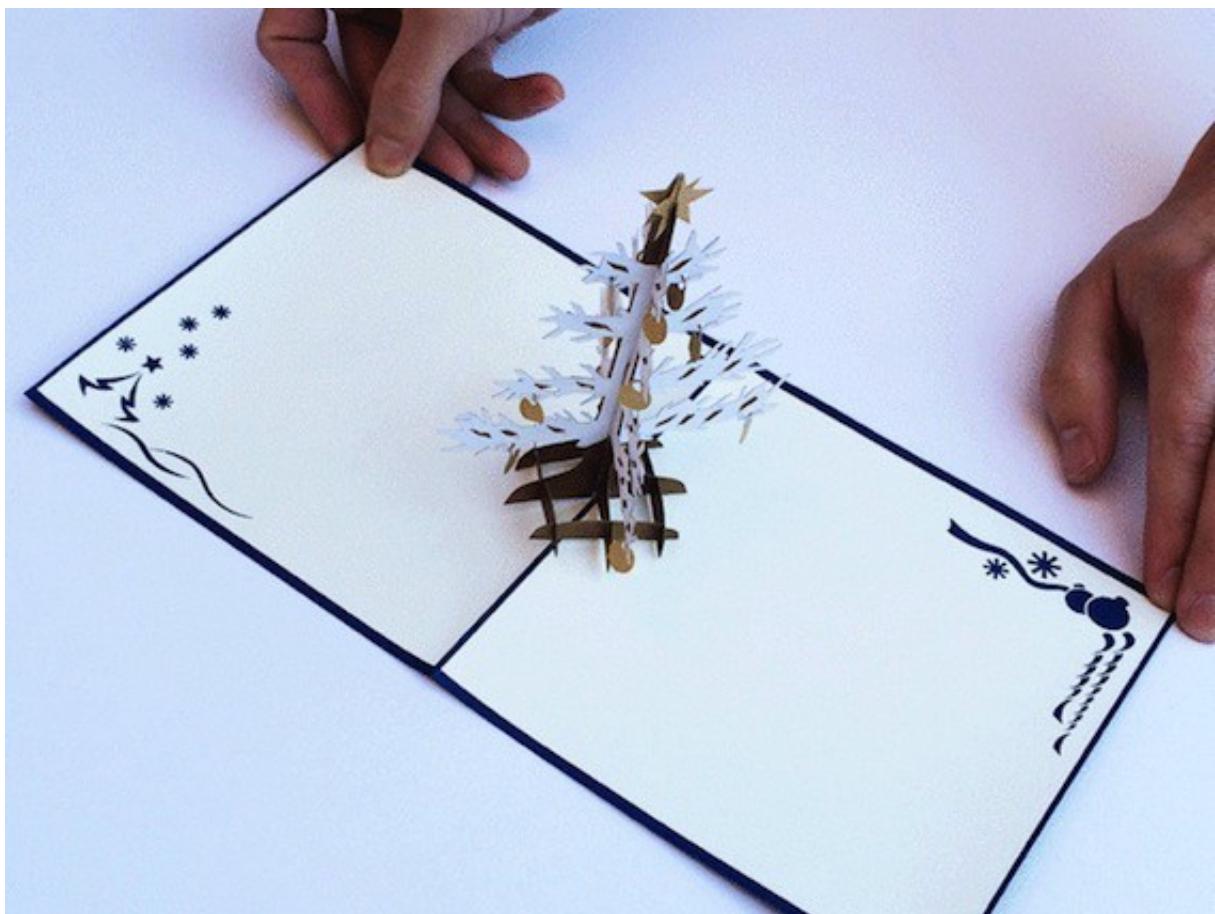
Per la besciamella da accompagnamento: scaldare il latte. In un pentolino sciogliere il burro, aggiungere la farina e mescolando aggiungere il latte caldo (ma non bollente!), regolare di sale e proseguire la cottura fino ad ottenere la giusta consistenza. Aggiungere il trito di erba cipollina e alcune gocce di tabasco. Servire con le polpette.

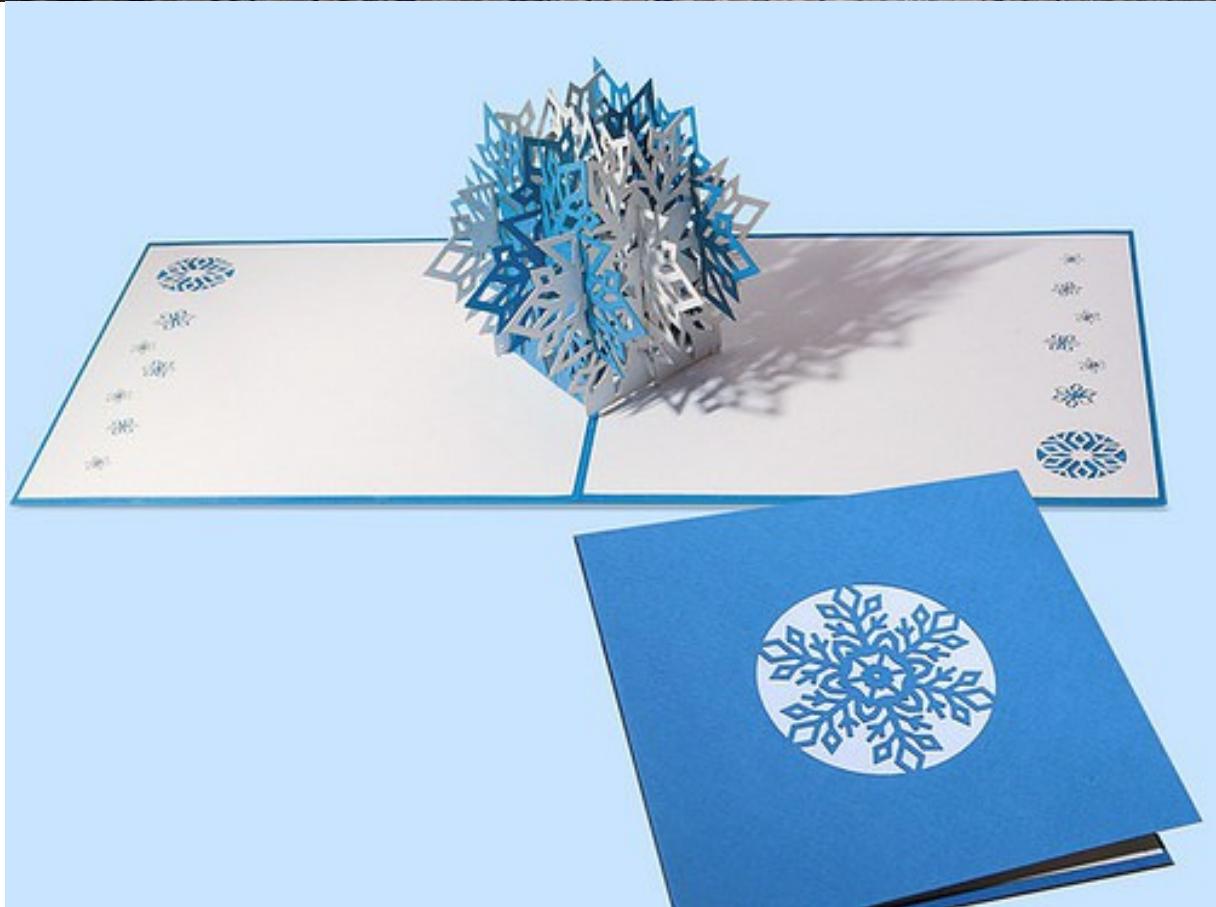






Idee 2014 pag.10 - 19







ZUPPA DI MAIS E PATATE

Ingredienti:

3 pannocchie di mais fresche
800 grammi d'acqua pura
250 grammi di patate
2 scalogni medi
2 spicchi d'aglio
olio extravergine d'oliva
sale marino integrale
pepe arcobaleno in grani
200 grammi di yogurt bianco intero
qualche rametto di origano fresco
paprika in polvere o peperoncino

zuppa di mais e patate

Mettete a bollire con calma (a fiamma bassa) l'acqua in una pentola media, e intanto togliete le foglie alle pannocchie, e con il coltello tagliate via i chicchi di mais dai torsoli. Questa operazione sarà molto più facile se prima taglierete le pannocchie a metà (basta inciderle, poi si spezzano facilmente facendo pressione).

Mettete i chicchi da parte in una ciotola, e i torsoli in pentola nell'acqua (va benissimo se è ancora fredda, anzi meglio) così avrete un brodo (buono! non ci pare!) di torsoli di mais.

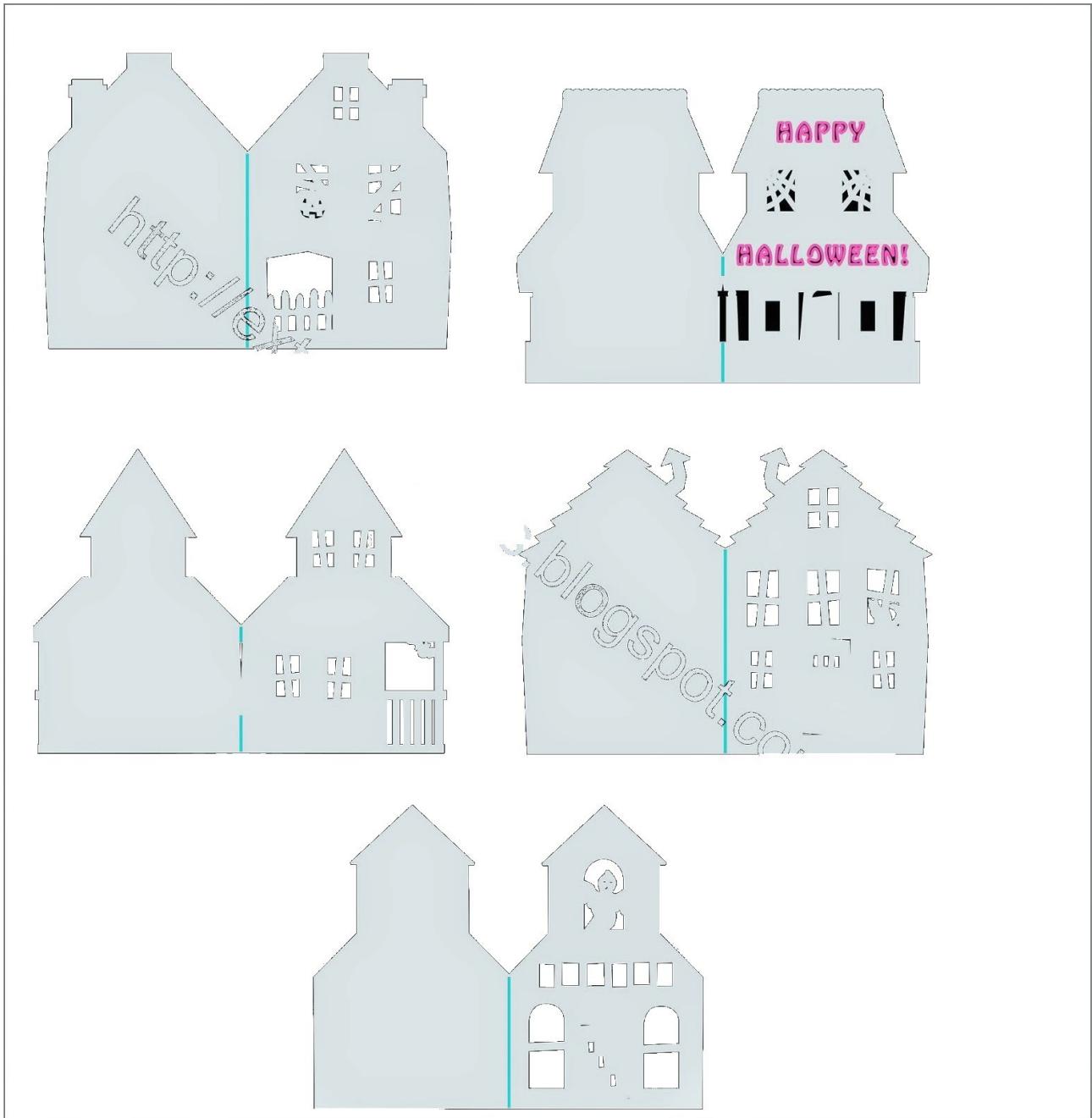
Sbucciate e tagliate a fettine sottili gli scalogni e gli spicchi d'aglio.

Lavate, asciugate e sbucciate le patate e tagliatele a dadini piuttosto piccoli. Coprite il fondo di una padella di acciaio larga con un po' d'olio, e quando è caldo metteteci le patate, mescolate fino a quando sono ben ricoperte di olio, aggiungete un po' di sale e lasciatele cuocere 7 minuti o poco più; poi aggiungete lo scalogno e l'aglio, mescolate e fate cuocere ancora un paio di minuti.

A questo punto togliete i torsoli dall'acqua, gettateli e versate in pentola i chicchi di mais e le patate. Alzate un pochino la fiamma e fate sobbollire per una decina di minuti.



A questo punto prelevate con un mestolo una metà della zuppa e "vellutatela" con il frullatore a immersione, poi rimettete la crema che otterrete in pentola con il resto per avere una zuppa un po' chunky (vedi foto sopra), come dice Heidi (se preferite proprio una vellutata potete pure frullare tutto ovviamente). aggiustate di sale, e servite subito aggiungendo una macinata di pepe, un cucchialone di yogurt, la paprika o, se non avete bimbi, il peperoncino (se avete l'harietta l'harissa, che è una salsa di peperoncini, sarebbe l'optimum) e qualche fogliolina di origano fresco. E ci vediamo all'Auditorium! :-)



Crown Tree di Lotta Olsson





Idee 2014 pag.10 - 26





{You will need}

- Empty fragrance bottle
- Pliers to remove the cap from the bottle
- Baby oil
- Fragrance oil
- Reed sticks
- Vodka

Tutorial

1. If you're using a perfume bottle, gently remove the pump spray with pliers. Wash the bottle thoroughly and leave to dry.
2. When dry pour the baby oil in to the container
3. Next drop in a tablespoon of essential oil. Let it sit for a minute to see if the scent is strong enough. If not add a few more drops at a time until you reach your desired strength.
4. Add a dash of vodka as a binder to keep the liquids mixed together
5. Finally drop in a few reed sticks remembering to flip over every few days to reinvigorate the scent.
As I was using a Chanel bottle I hoped the black reeds would add an extra air of sophistication!



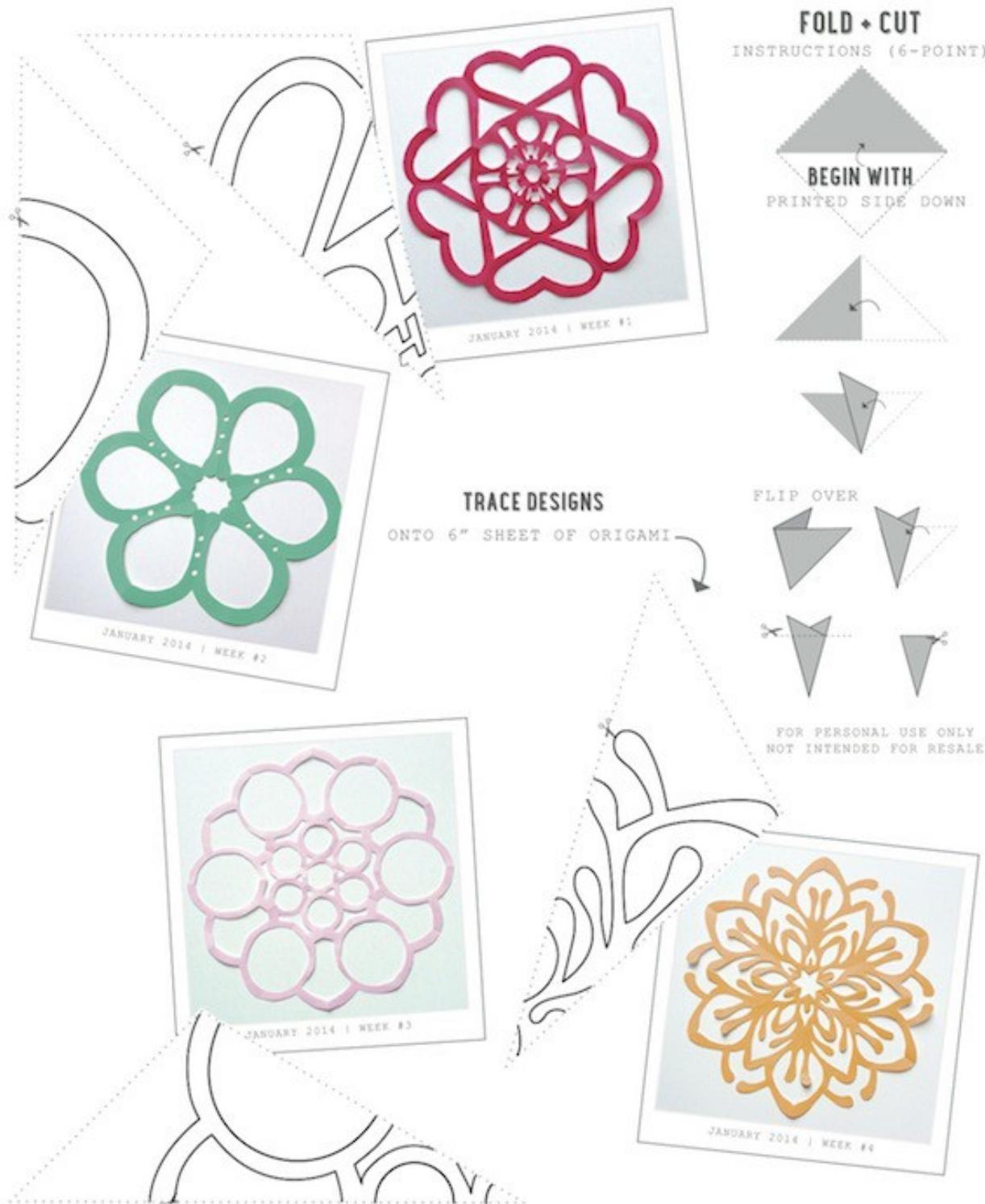




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THE KIRIGAMI PROJECT

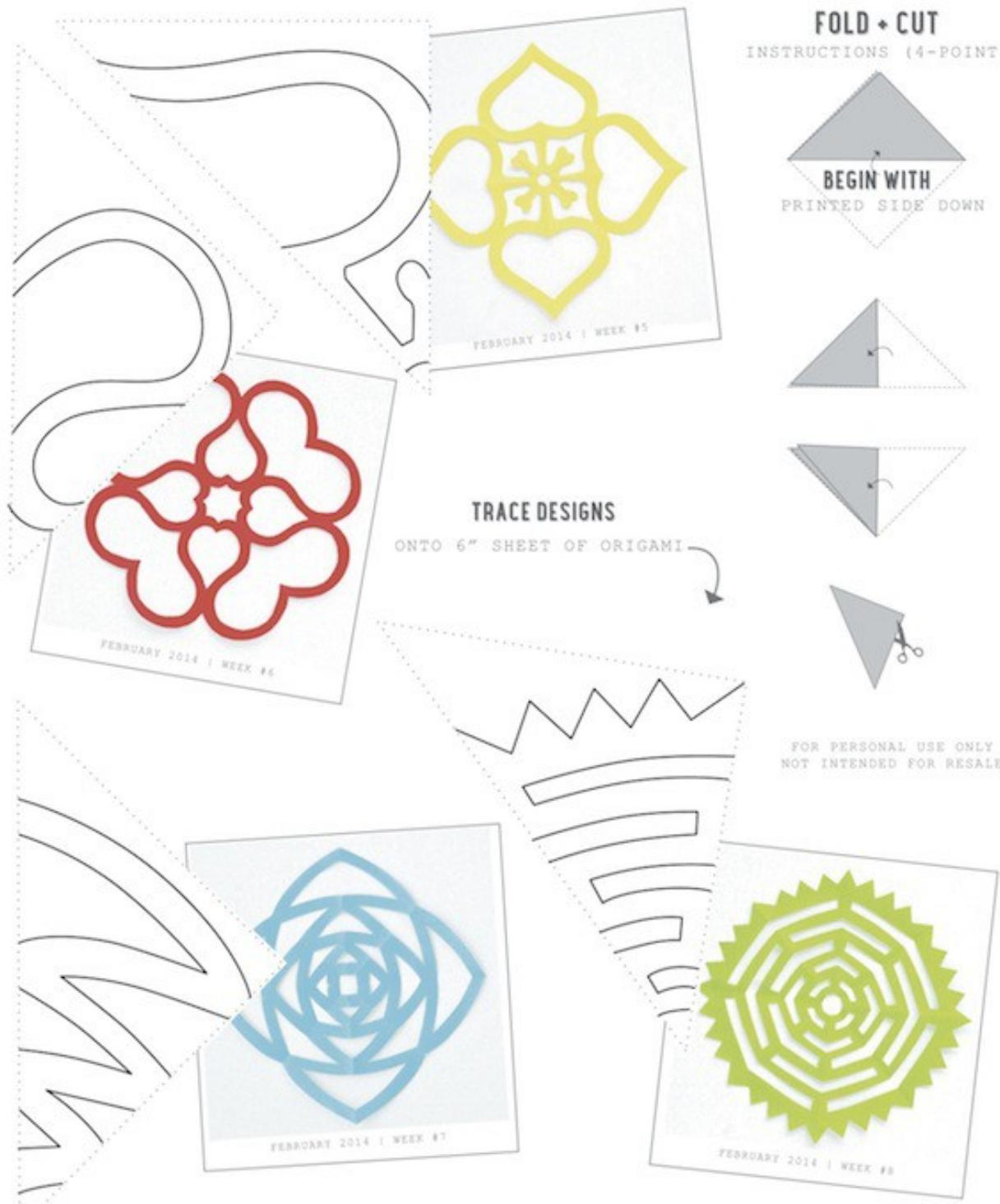
January 2014 | Weeks #1-4



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February 2014 | Weeks #5-8



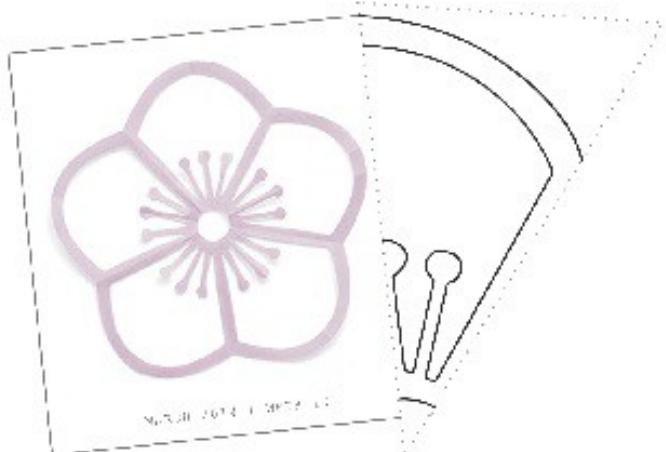
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March 2014 Weeks #9-12

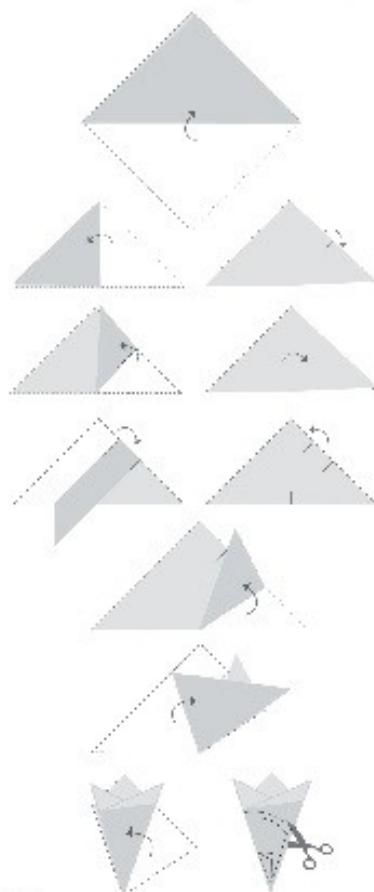
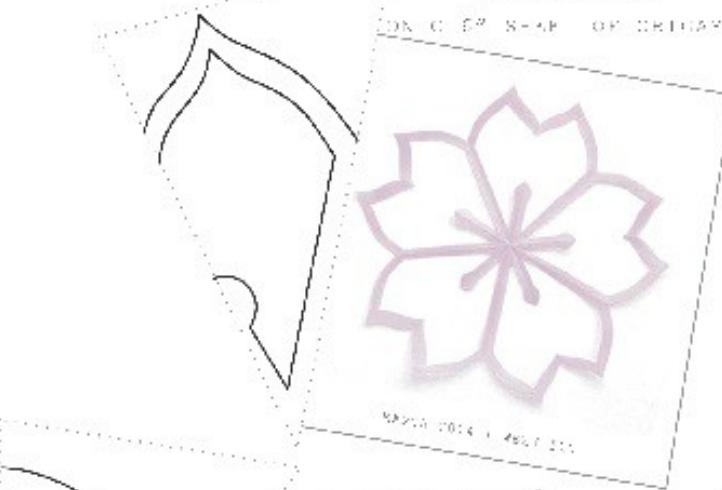
FOLD + CUT

INSTRUCTIONS (5-PETAL)

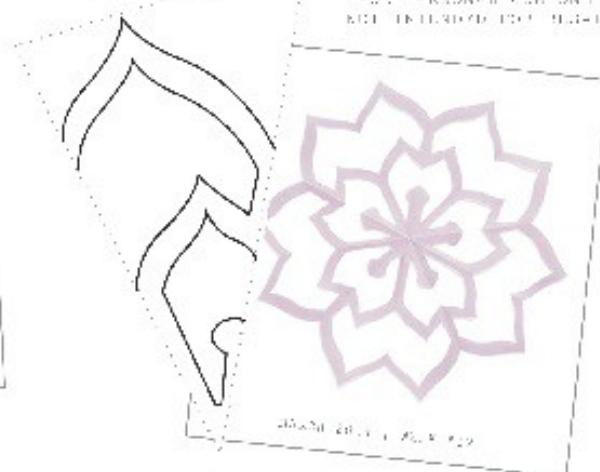
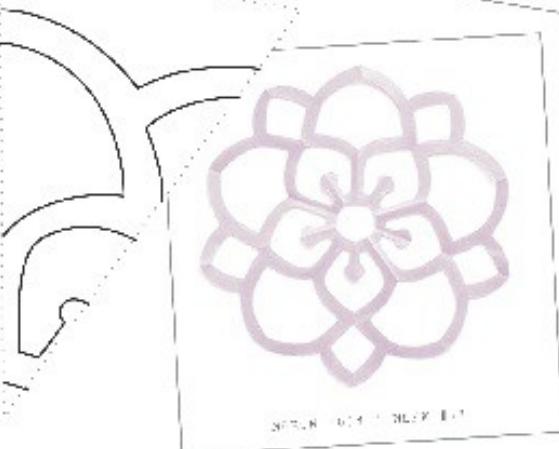


TRACE DESIGNS

ON GOFER SHEET OF CRAFT



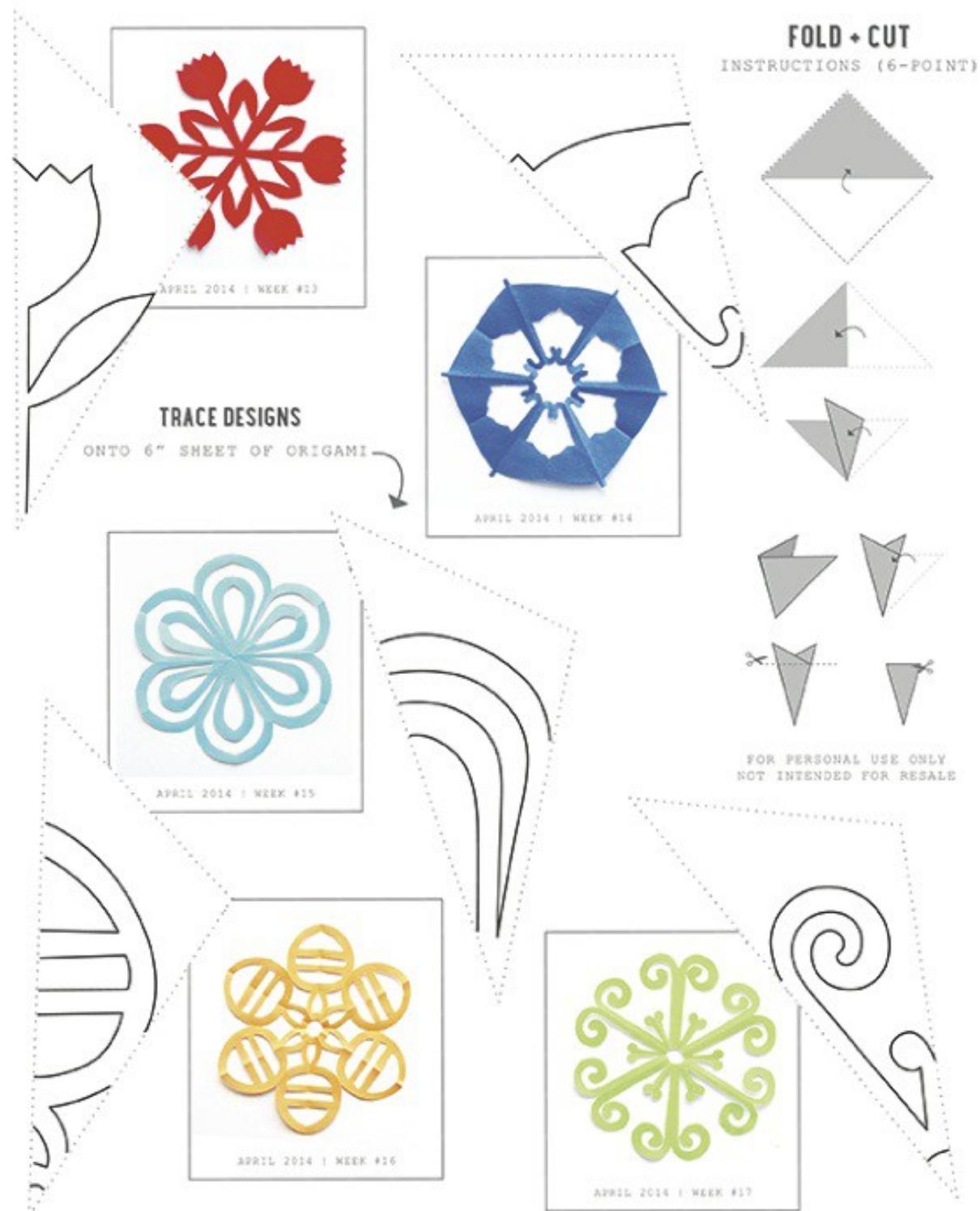
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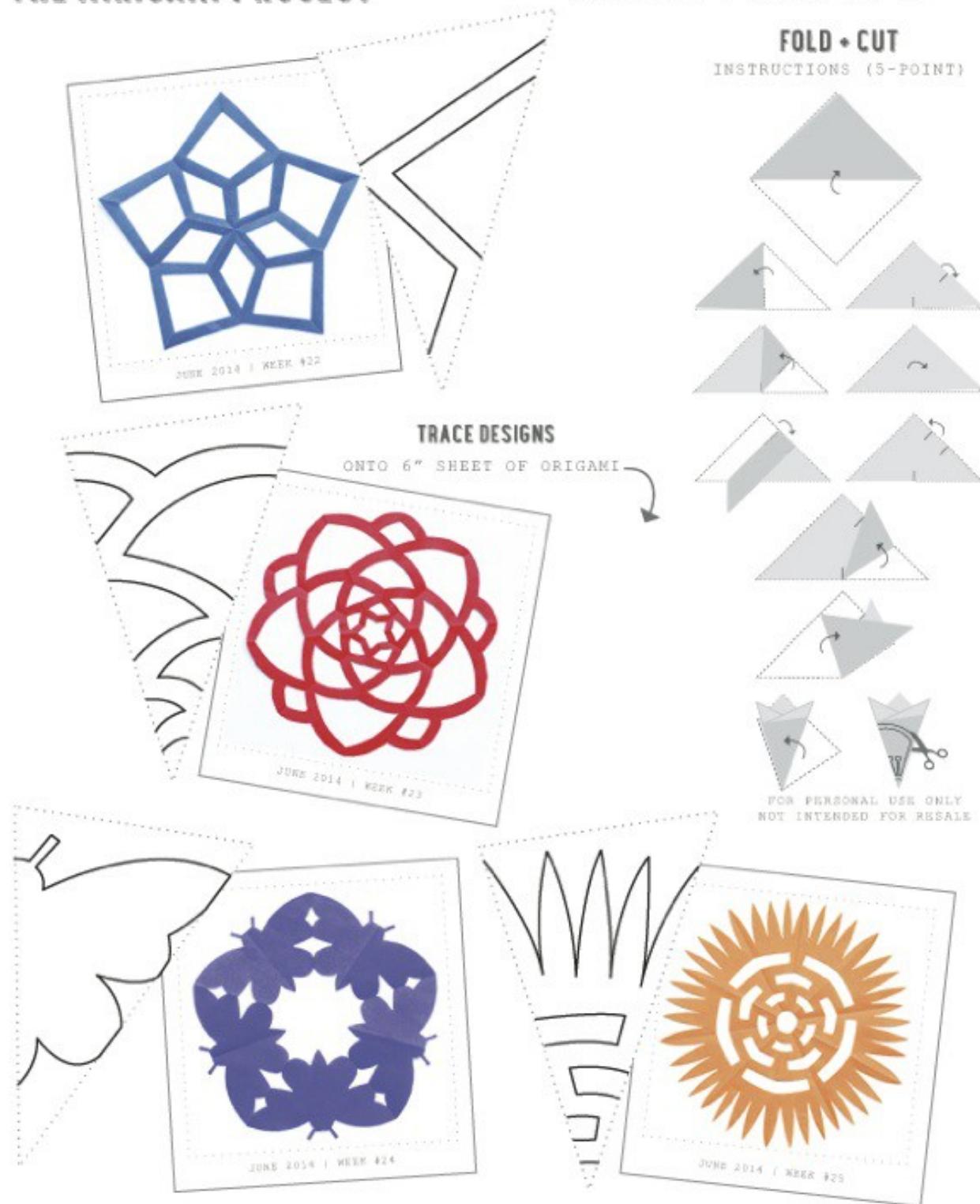
April 2014 | Weeks #13-17



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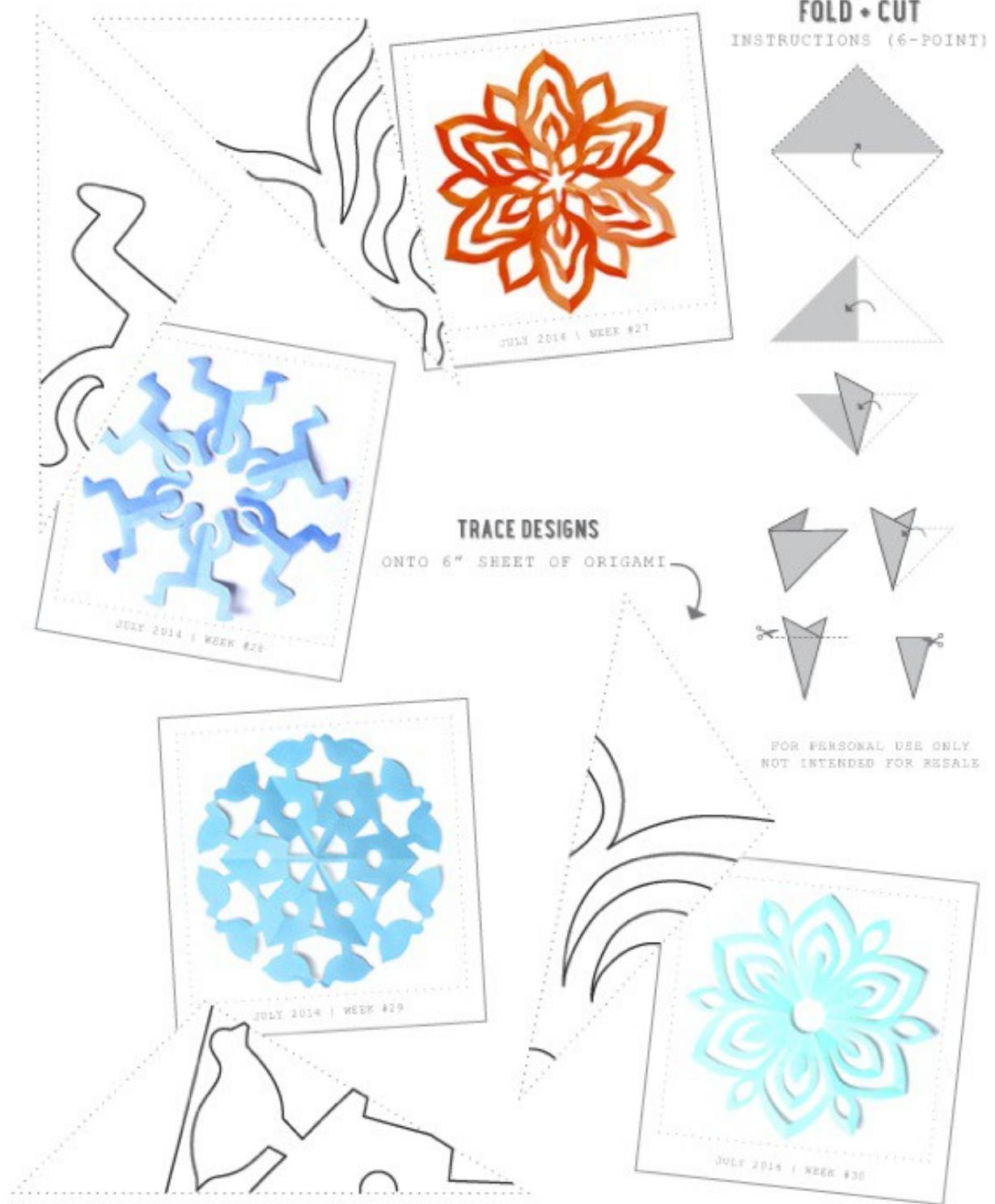
June 2014 | Weeks #22-25



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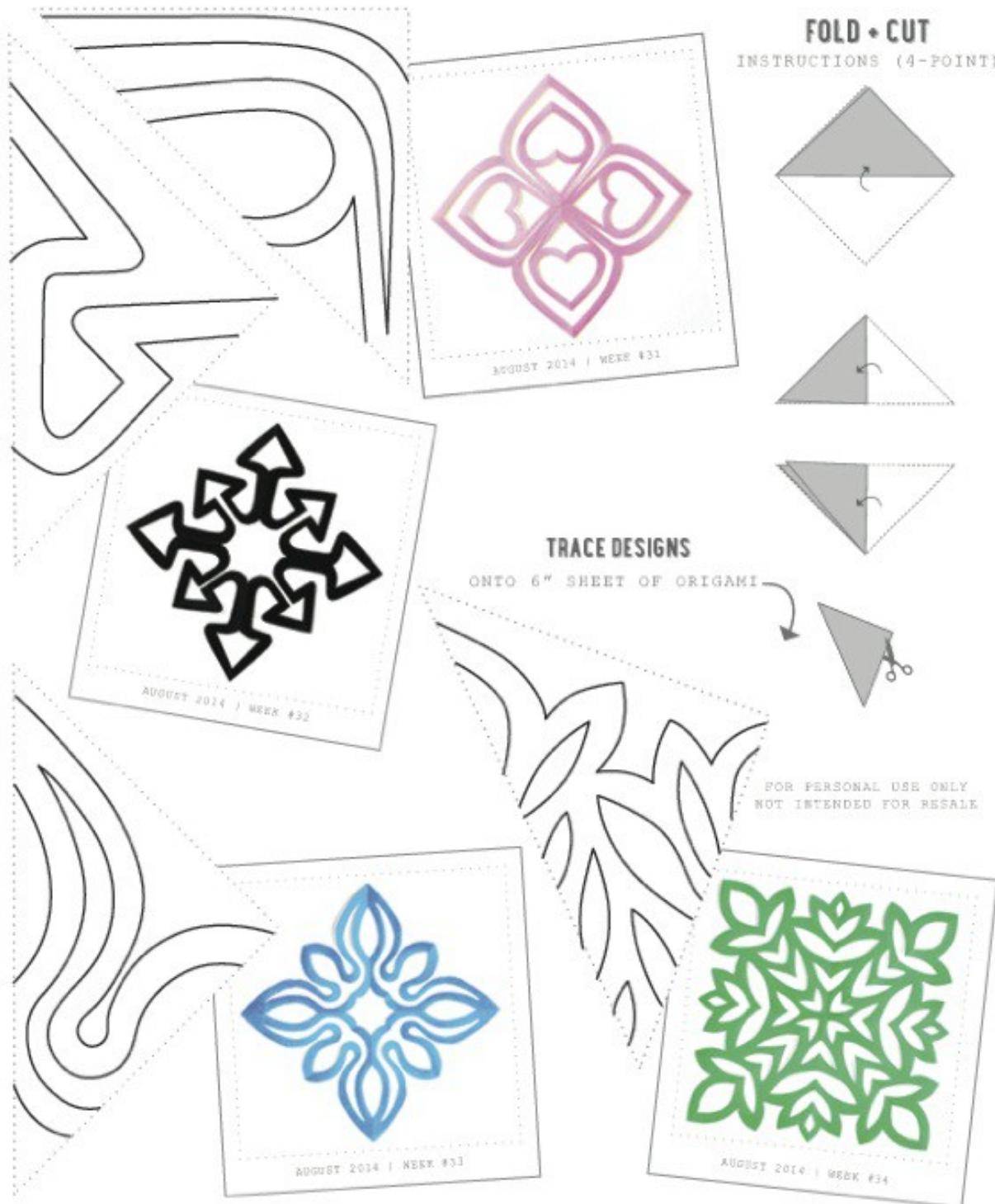
July 2014 | Weeks #27-30



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THE KIRIGAMI PROJECT

August 2014 | Weeks #31-34



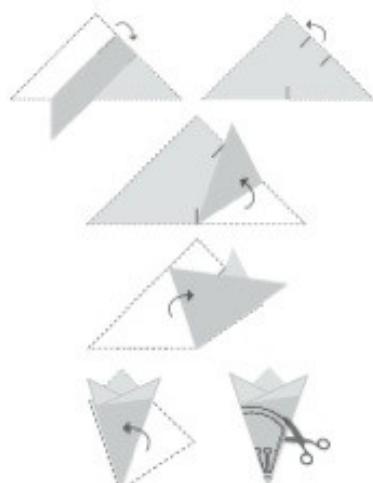
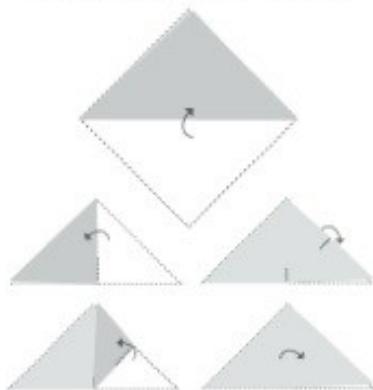
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September 2014 | Weeks #35-38

FOLD + CUT

INSTRUCTIONS (5-POINT)

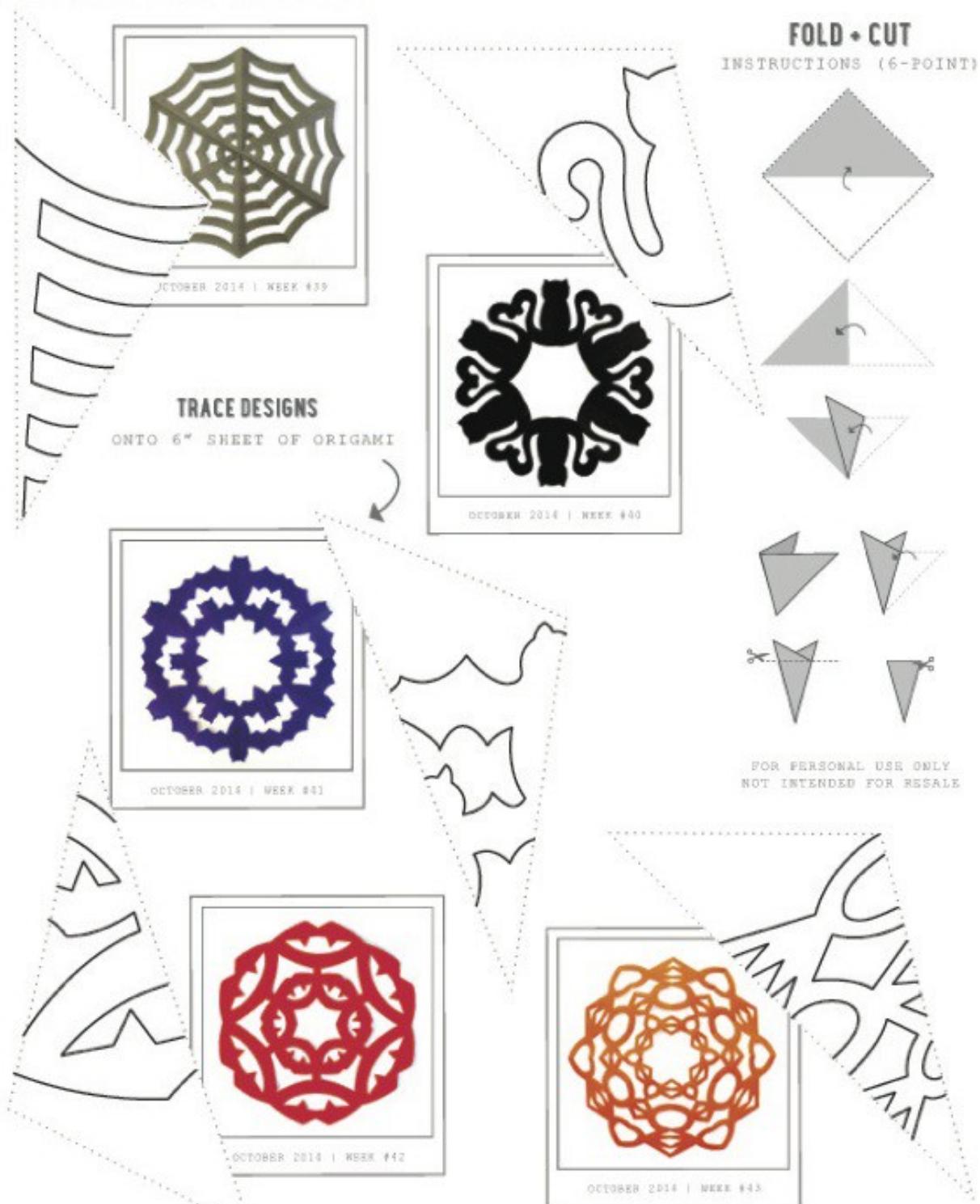


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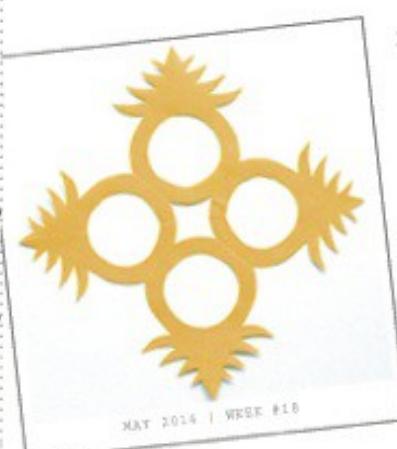
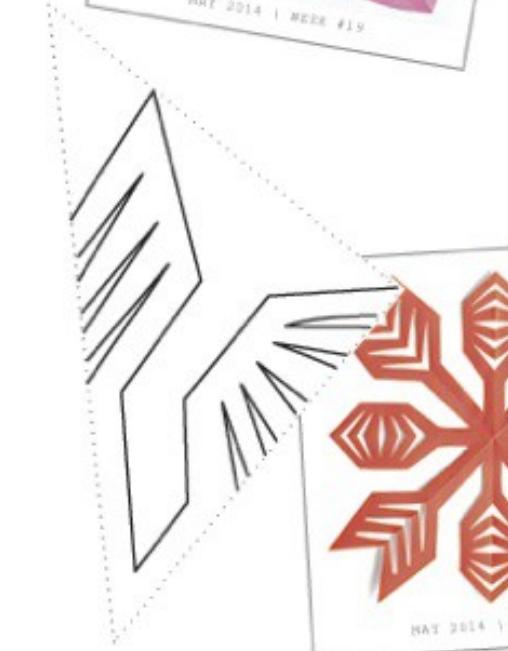
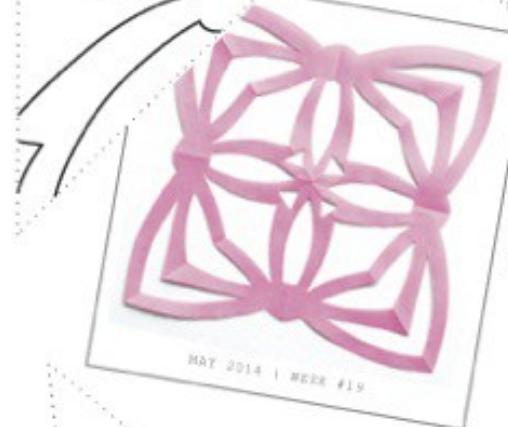
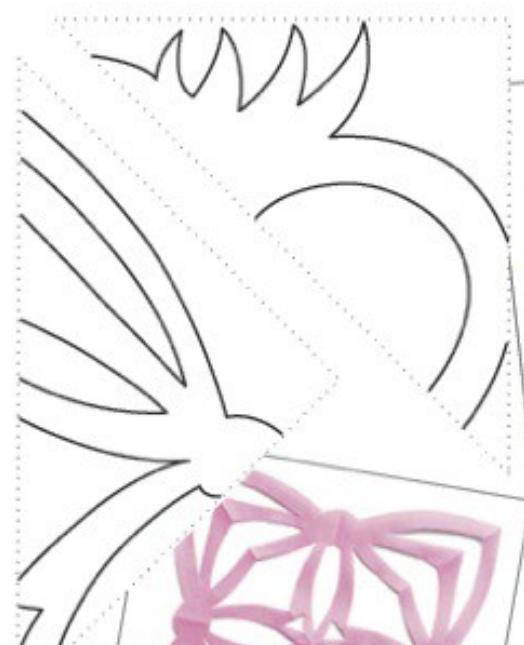
October 2014 | Weeks #39-43



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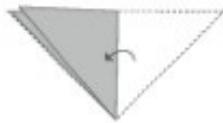
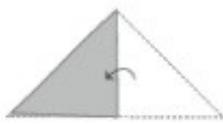
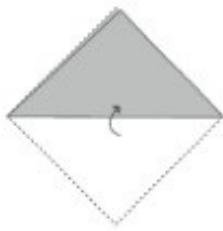
THE KIRIGAMI PROJECT

May 2014 | Weeks #18-21



TRACE DESIGNS
ONTO 6" SHEET OF ORIGAMI

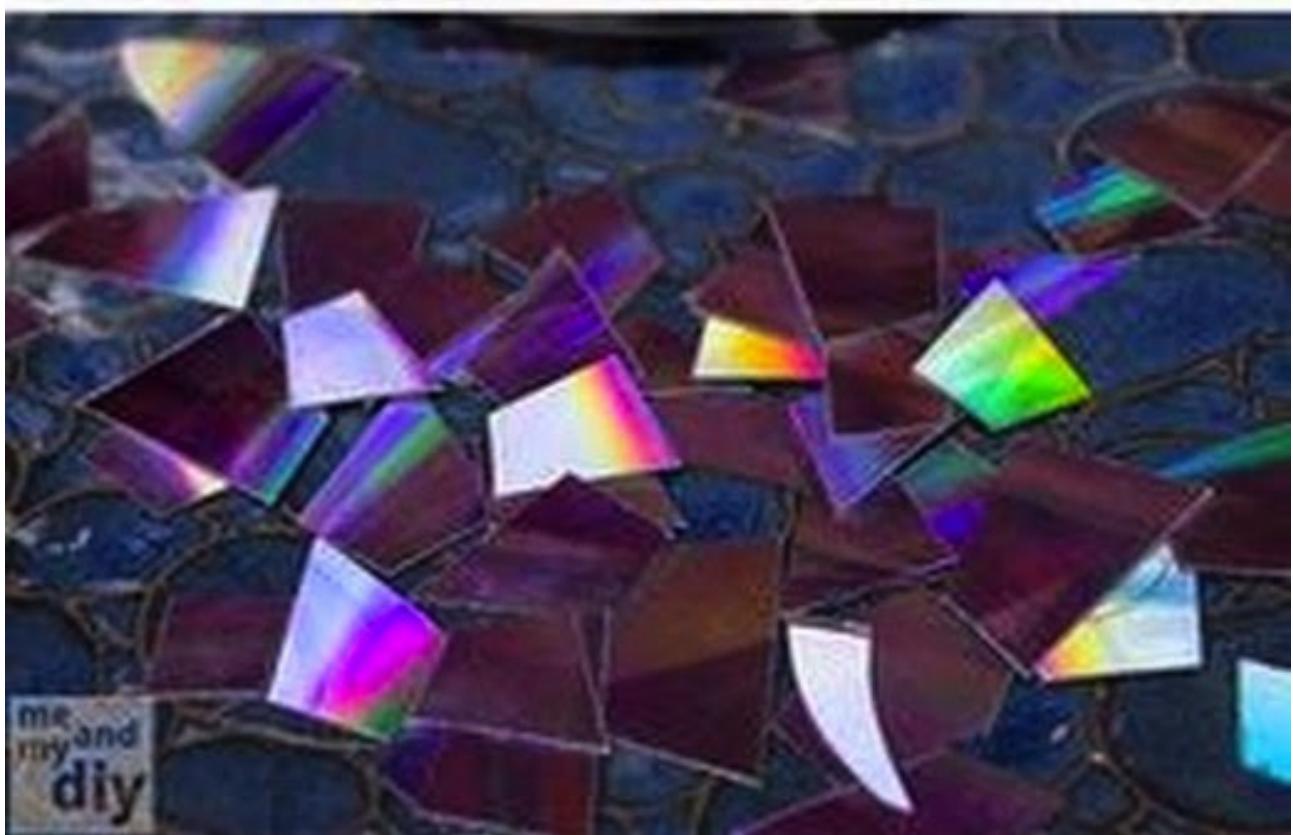
FOLD + CUT
INSTRUCTIONS (4-POINT)



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LA FAMIGLIA DE' GUAI

LA DOMENICA
DI CICCIBÙM







PULL CENTERS OF EACH PETAL TO FORM CUPS



WRAP FOLDED PIECE AROUND WIRE,
GLUING BOTTOM EDGE AS YOU ROLL



GLUE SINGLE FRINGE AROUND
UNDERSIDE OF CENTER



CRUNCH THE PETALS TOWARDS CENTER

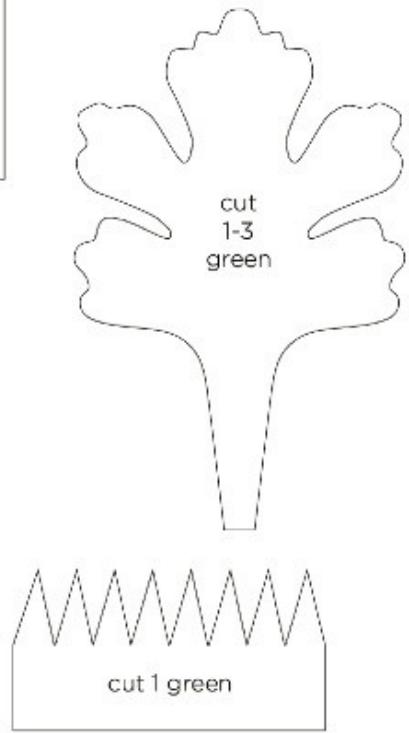
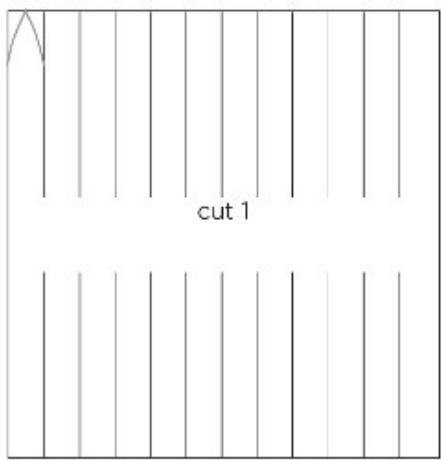
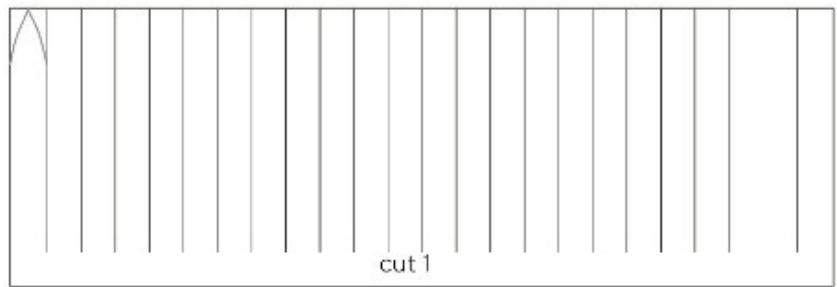


GLUE PETALS AROUND CENTER STARTING WITH 6



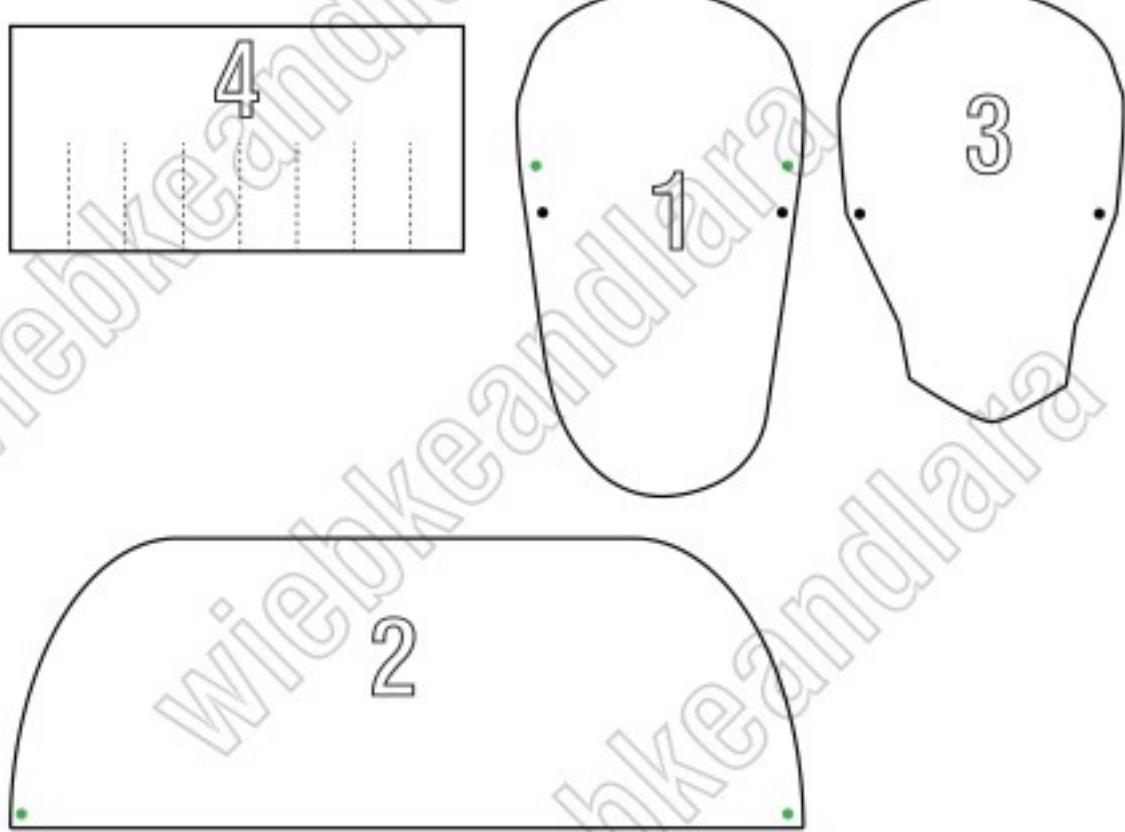
FILL IN ALL 16 PETALS















SIMPLE
CROCHETED
POINTED
BONNET

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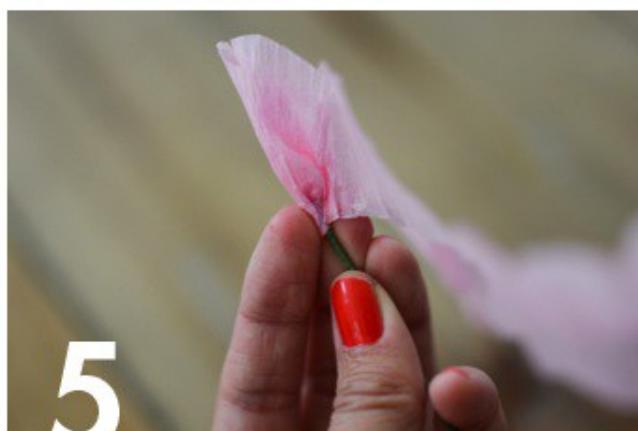
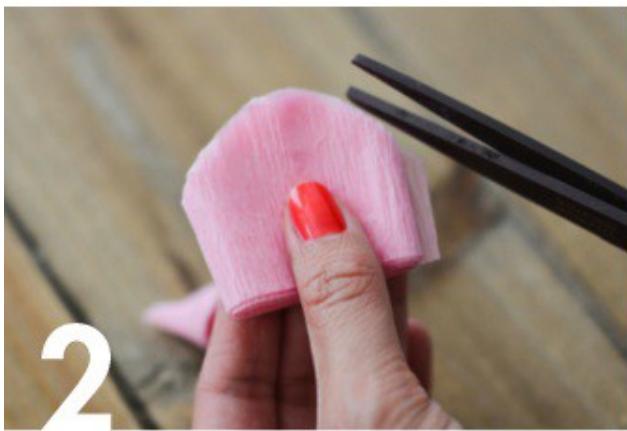
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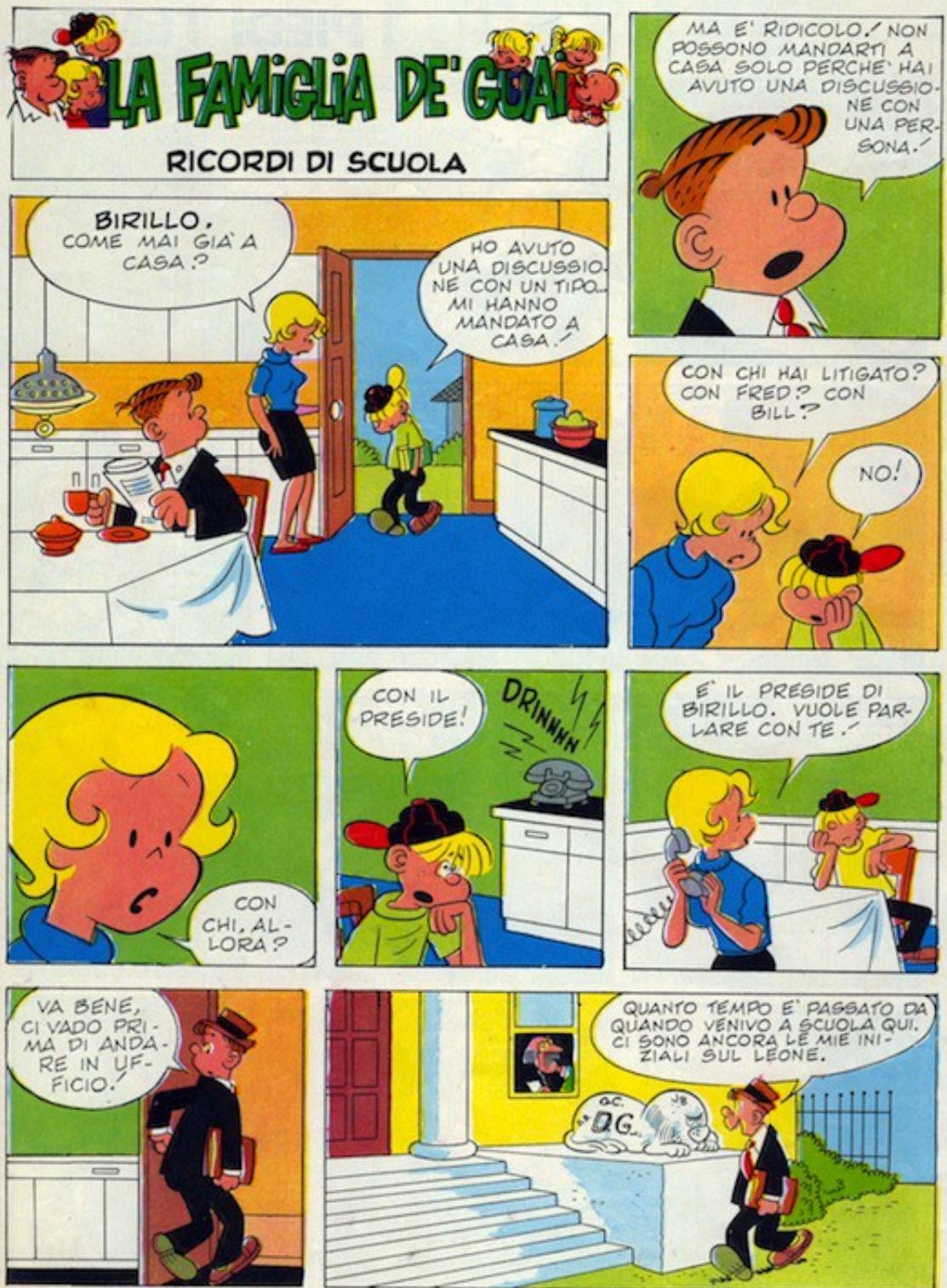
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SWELLMAYDE DIY | CREPE PAPER FLOWERS

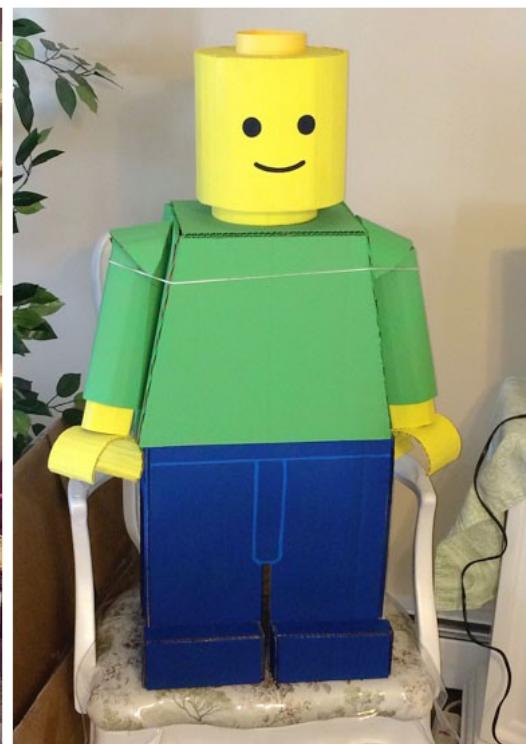


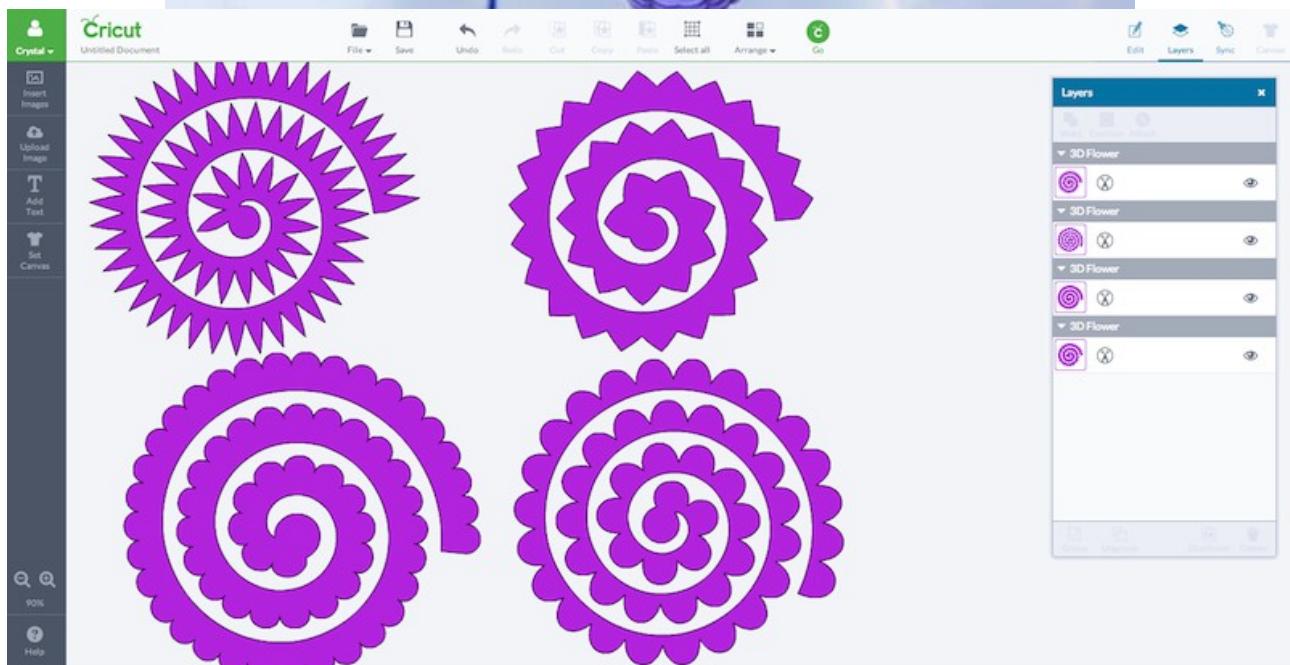






Idee 2014 pag.10 - 60







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PANE DI ZUCCA E CIOCCOLATA

CHOCOLATE PUMPKIN BREAD



Chocolate Pumpkin Bread, makes one loaf.

1/2 cup sugar
1/2 cup brown sugar
1/2 cup softened butter
2 eggs
1 teaspoon vanilla extract
1 1/2 cups flour
3 teaspoons cocoa
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup pumpkin puree
2 tablespoons greek yogurt

We're going to be mixing things, and then dividing them so we can get that pretty marbled look. Don't fret, it'll all work out in the end.

In a bowl, combine the sugars and softened butter. Mix well. Stir in each egg and then the vanilla extract until just combined. Set aside.

In another bowl, whisk together the flour, baking soda, and salt. Remove half of the mixture to another bowl (yes, a third bowl), and to this add the cocoa. Now divide the butter mixture in half between these two bowls. Add 1/4 cup pumpkin puree and a tablespoon of greek yogurt to each. Stir until just combined.

Add the batter to a buttered loaf pan in large spoonfuls, dispersing the two colors throughout. Then use a knife to swirl the batter around.

Bake at 325°F for 50-55 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool for 5-10 minutes before removing it from the pan.

SALSA DI MELA



Ingredientes:

- 1/2 kg de manzanas verdes
- El jugo de 1/2 limón
- 4 cucharadas de agua
- 1 cucharada de azúcar
- 1 cucharada de mantequilla (manteca)

Pela y corta las manzanas.

Vierte el jugo de limón sobre ellas para que no se pongan marrones.

Lleva las manzanas con el agua a fuego suave.

Agrega el azúcar y la mantequilla en la olla.

Cuando ya esté más líquida, estará lista. ¡A disfrutar!

SPAGHETTI CIPOLLE OLIVE E ROSMARINO



Ingredienti:

- 160 g di spaghetti integrali
- 2 cipolle rosse "Selezione di Stagione Simply"
- 12 olive taggiasche denocciolate
- 1 grande mazzetto di rosmarino
- 3+1 cucchiai di olio extravergine di oliva
- un pezzetto di pane integrale secco (ma anche bianco)
- sale, pepe q.b.

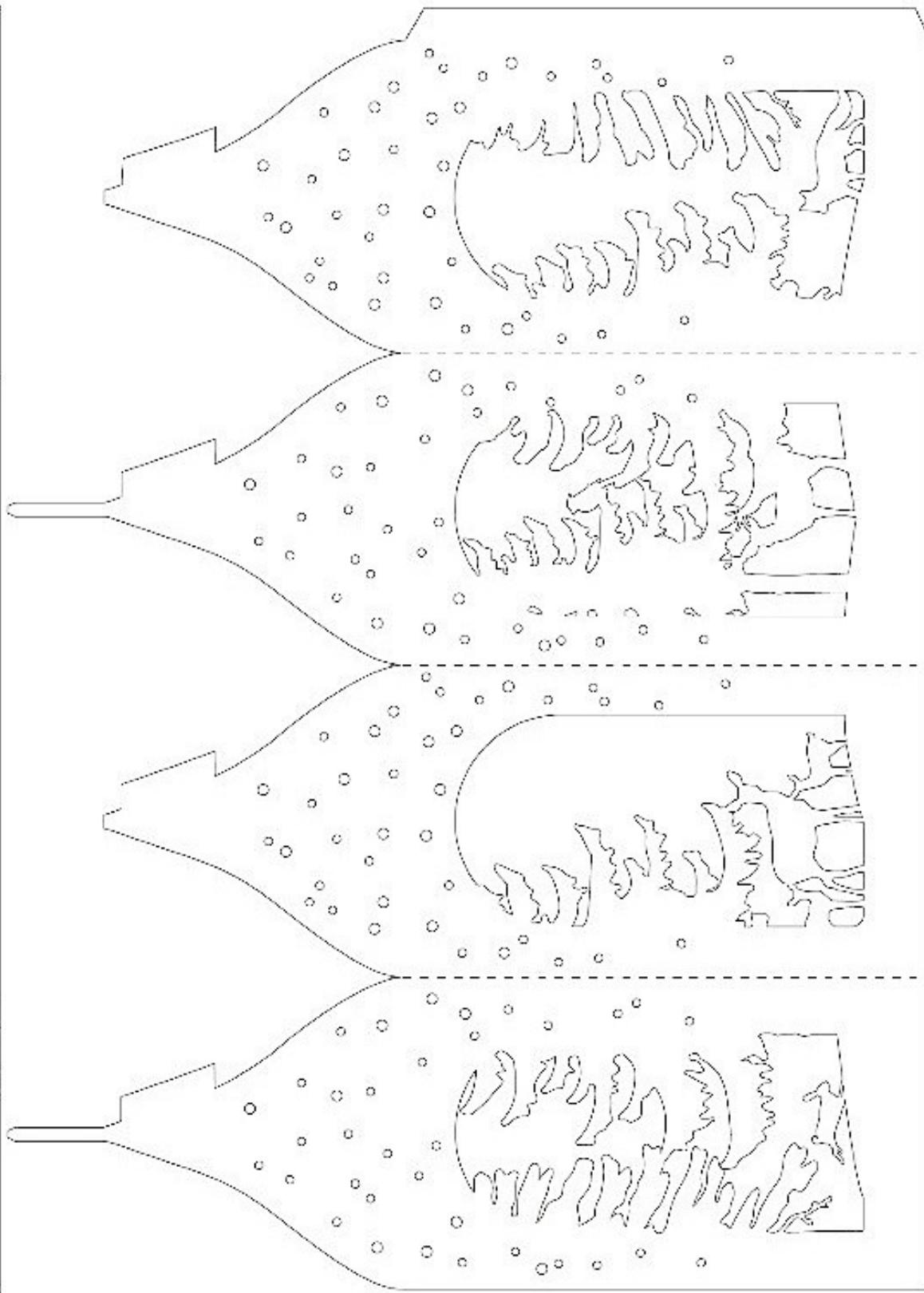
Lessare al dente gli spaghetti in abbondante acqua salata. Mentre la pasta cuoce, affettare finemente le cipolle e rosolarle in un tegame con 3 cucchiai di olio e il trito di rosmarino. Dopo pochi minuti unire le olive, regolare di sale e pepe e tenere in caldo. In un altro padellino scaldare un cucchiaino di olio e sbriciolarci il pane secco. Scolare la pasta e condirla con il condimento, le briciole e, volendo, del parmigiano gratugiato.

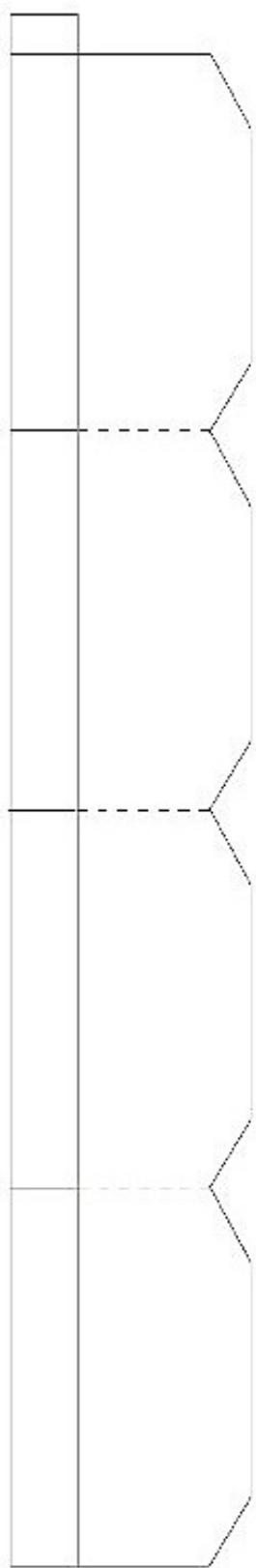




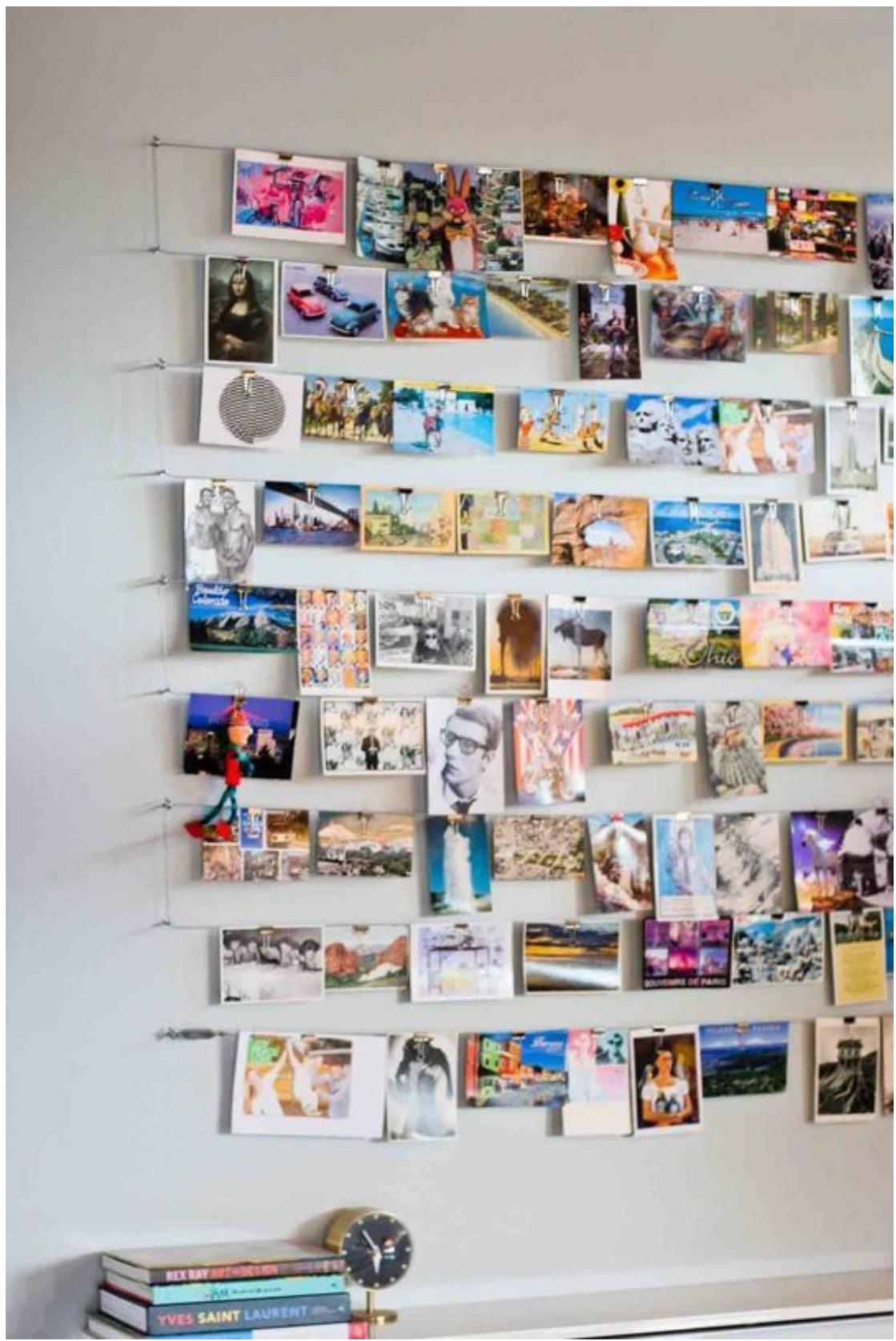


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Cómo cortar botellas de vidrio

© 29 November 2012 | [1 La Bioguia](#) | [Basura Cero, Implementar, Reciclado](#)

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¿Cómo cortar una botella de vidrio con un hilo?

1) Mojas un hilo de algodón en alcohol

2) Atas el hilo alrededor de la botella a la medida que queres que se haga el corte, el hilo sobrante cortalo bien al ras del nudo (tene en cuenta que el corte se hace 1cm. por arriba de tu marca)

3) Encendes el hilo con encendedor (fijate de haberte lavado las manos y no tengas restos de alcohol) y dejas que se consuma todo el alcohol y que el hilo se ponga negro.

4) Sumergís inmediatamente la botella en un balde hondo lleno de agua fría (en forma invertida si lo que queres es usar la parte de abajo de la botella) la moves un poco, vas a escuchar un ruido y listo!... si cuando sacas la botella todavía no se cortó dale unos golpecitos o volve a repetir la operación.







Assembly Instructions

Cut along the scissor lines, fold along the fold lines, and you're done!



(January)



(July)



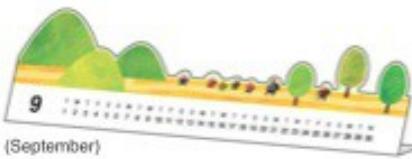
(February)



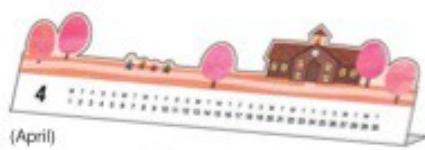
(August)



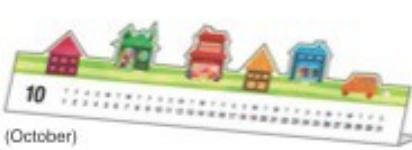
(March)



(September)



(April)



(October)



(May)



(November)



(June)



(December)

● Pattern: 4 sheets ● Assembly Instructions: 1 sheets ● No. of parts: 12

■ Tools and materials: Scissors, glue, ruler, a used ball-point pen

■ Notation Key: ----- Mountain fold — Scissors line

■ Assembly tip: Trace along the folds with a ruler and a used pen (no ink) to get a sharper, easier fold.

 Caution: Glue, scissors and other tools may be dangerous to young children so be sure to keep them out of the reach of young children.

Instructions For Use



Start with January, and watch as your town grows every month as you line up the pieces of the calendar.



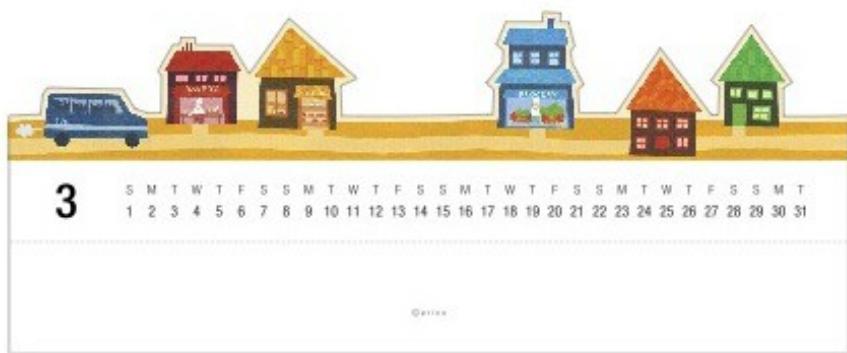
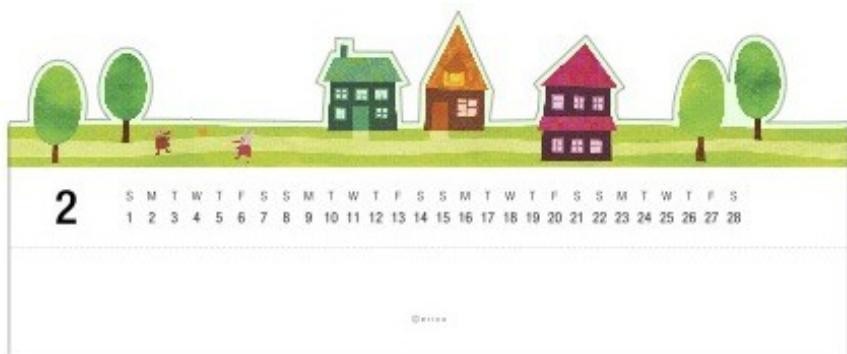
You can also line them all up at once, and put the current month at the front.

Or, line them up randomly and change their formation. It's up to you!

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3D Calendar (Town) : Pattern

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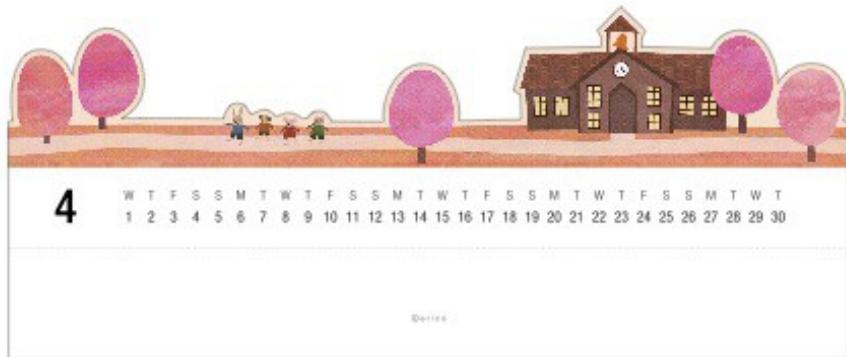


Canon

3D Calendar (Town) : Pattern

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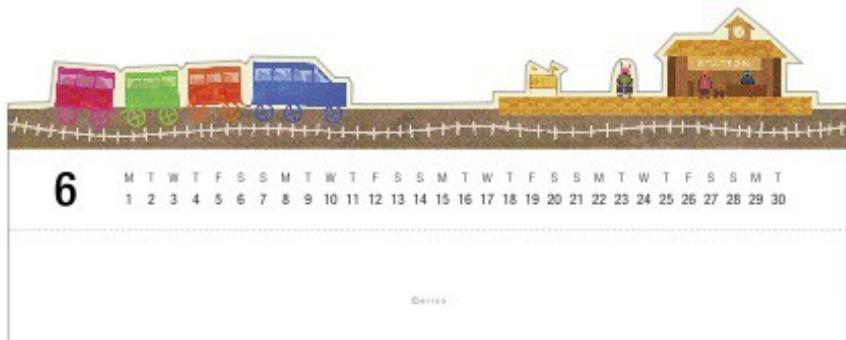
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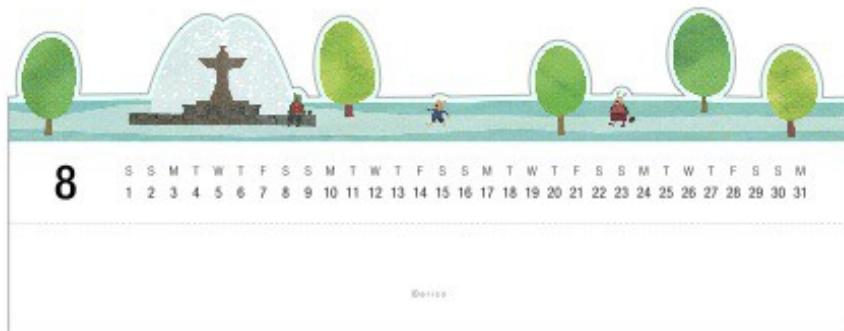
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3D Calendar (Town) : Pattern

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Canon

3D Calendar (Town) : Pattern

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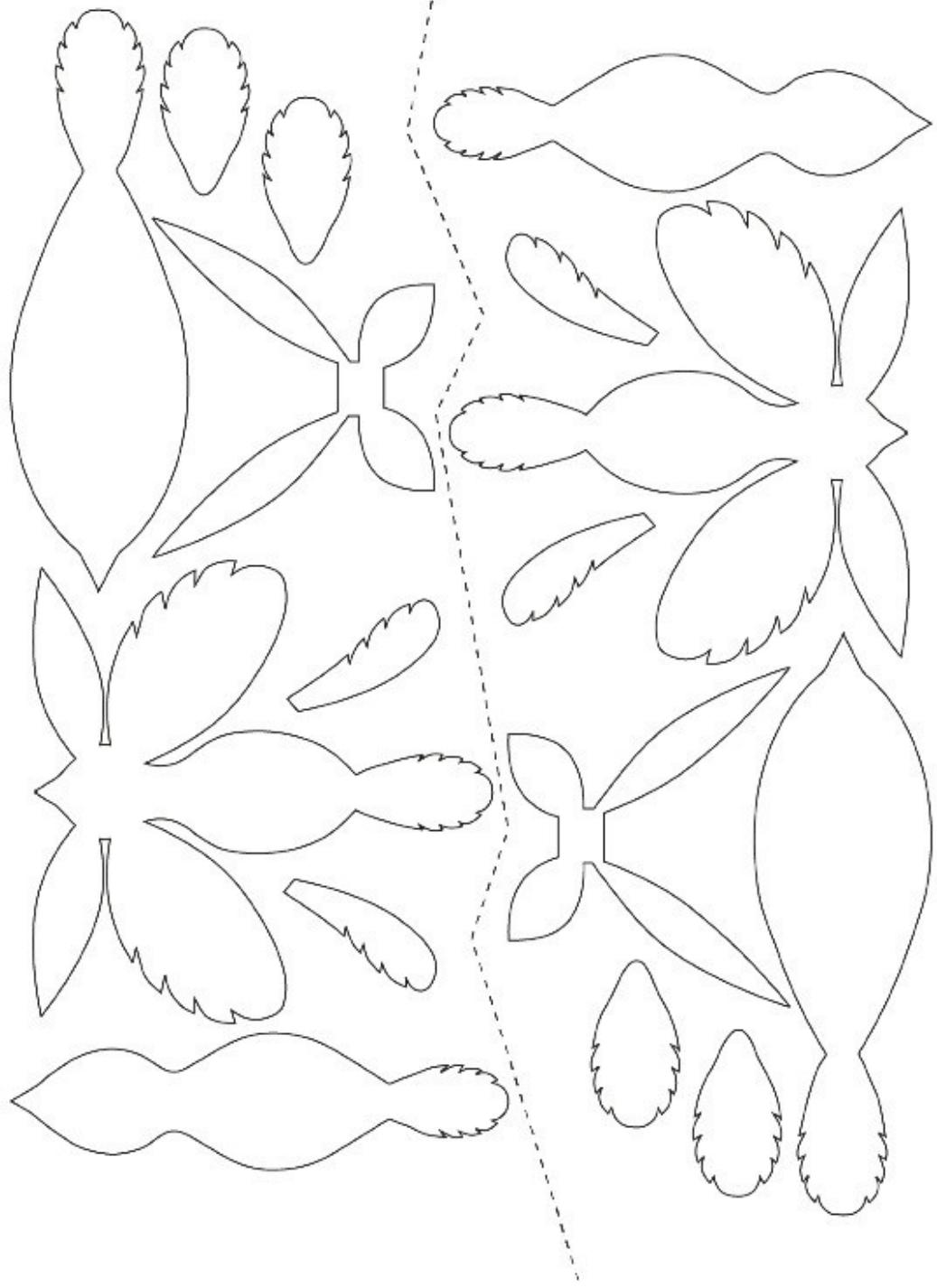
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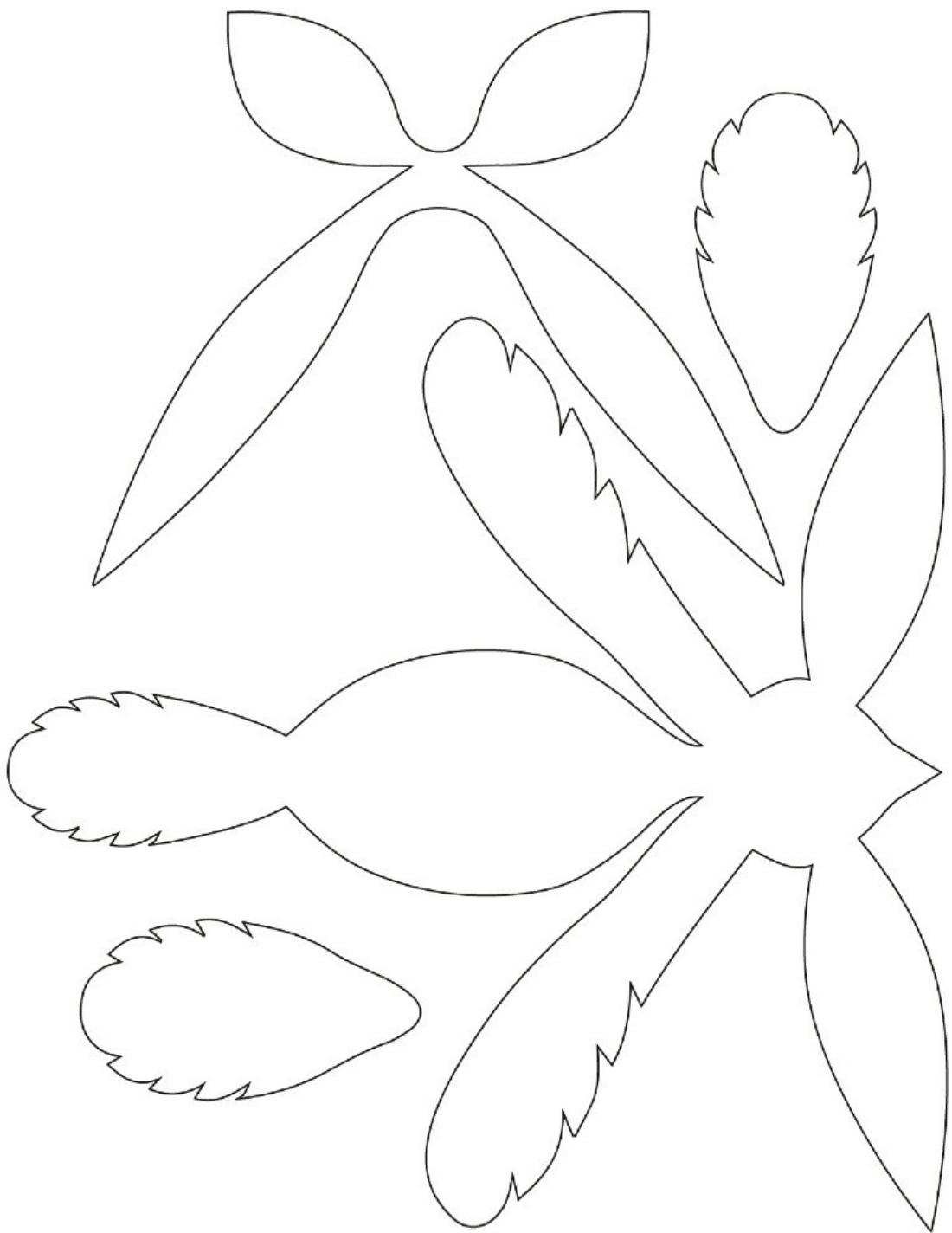


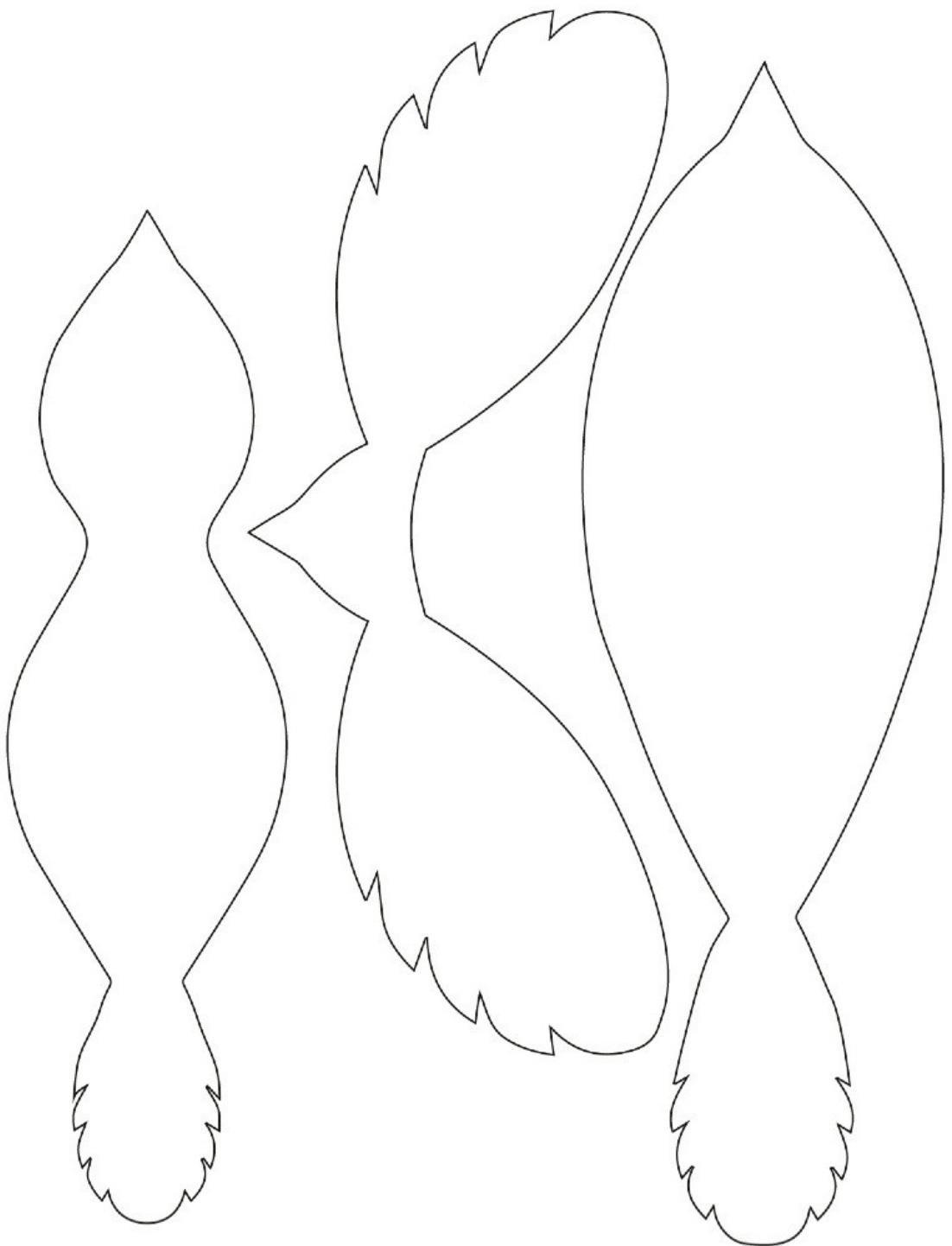


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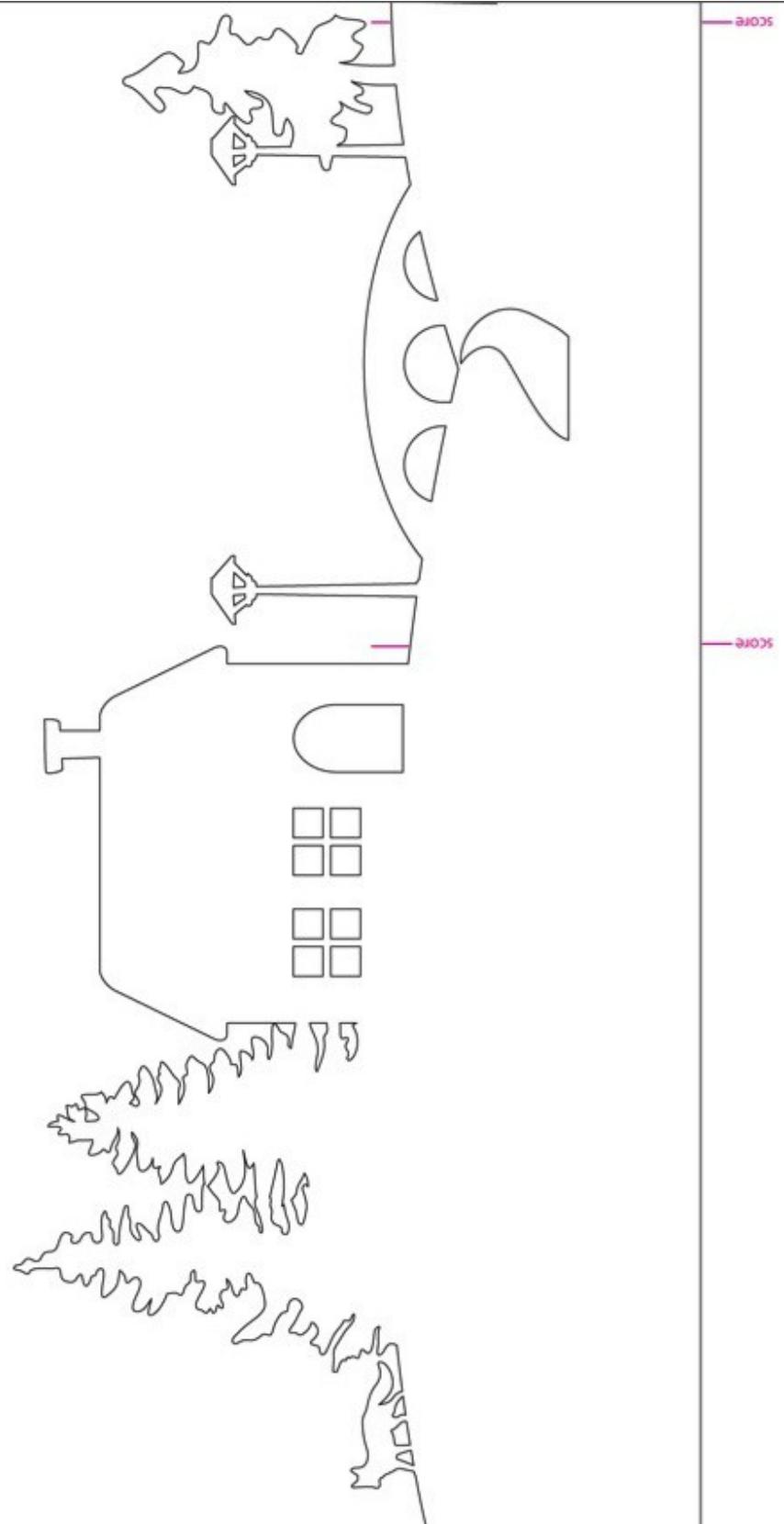


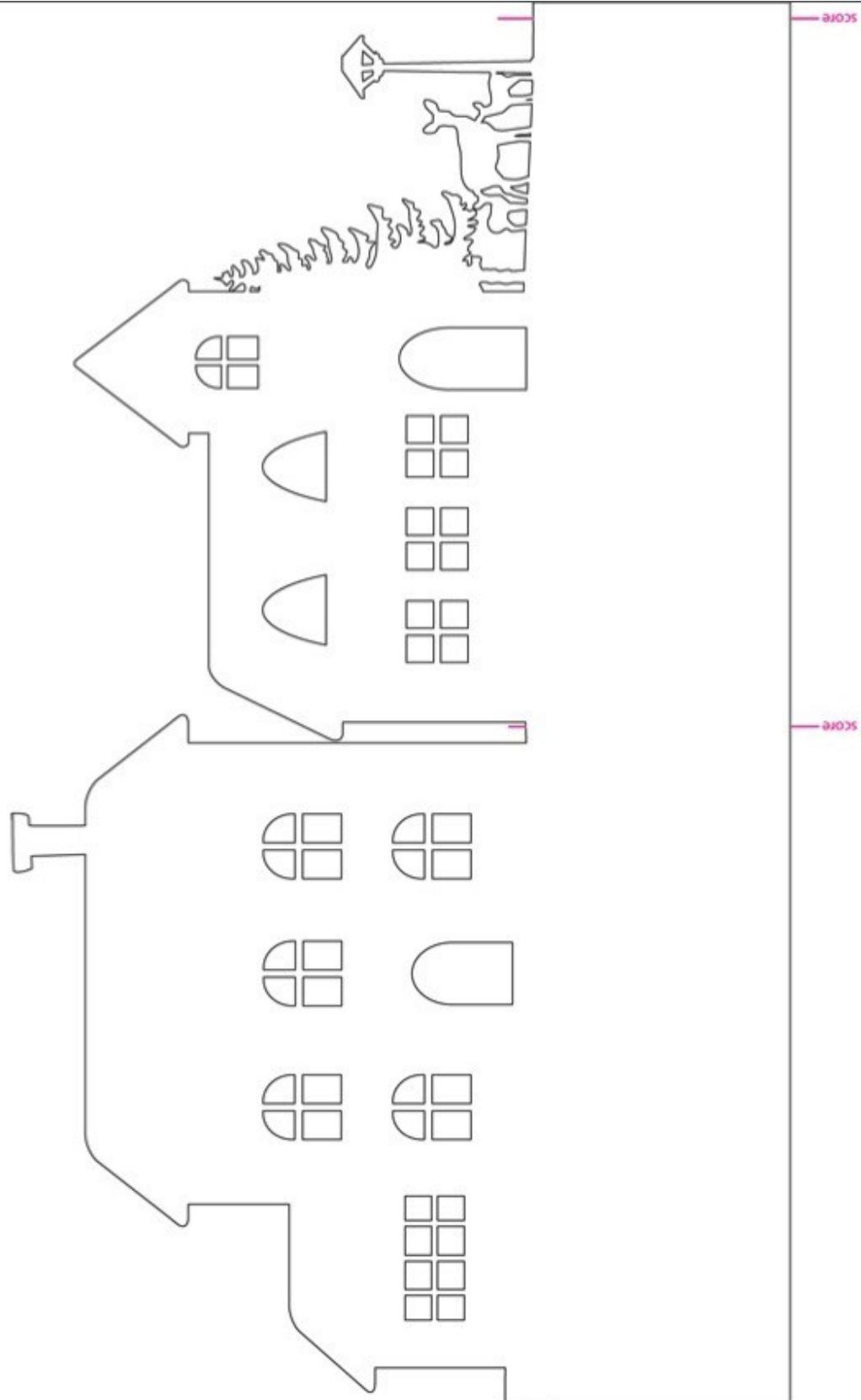


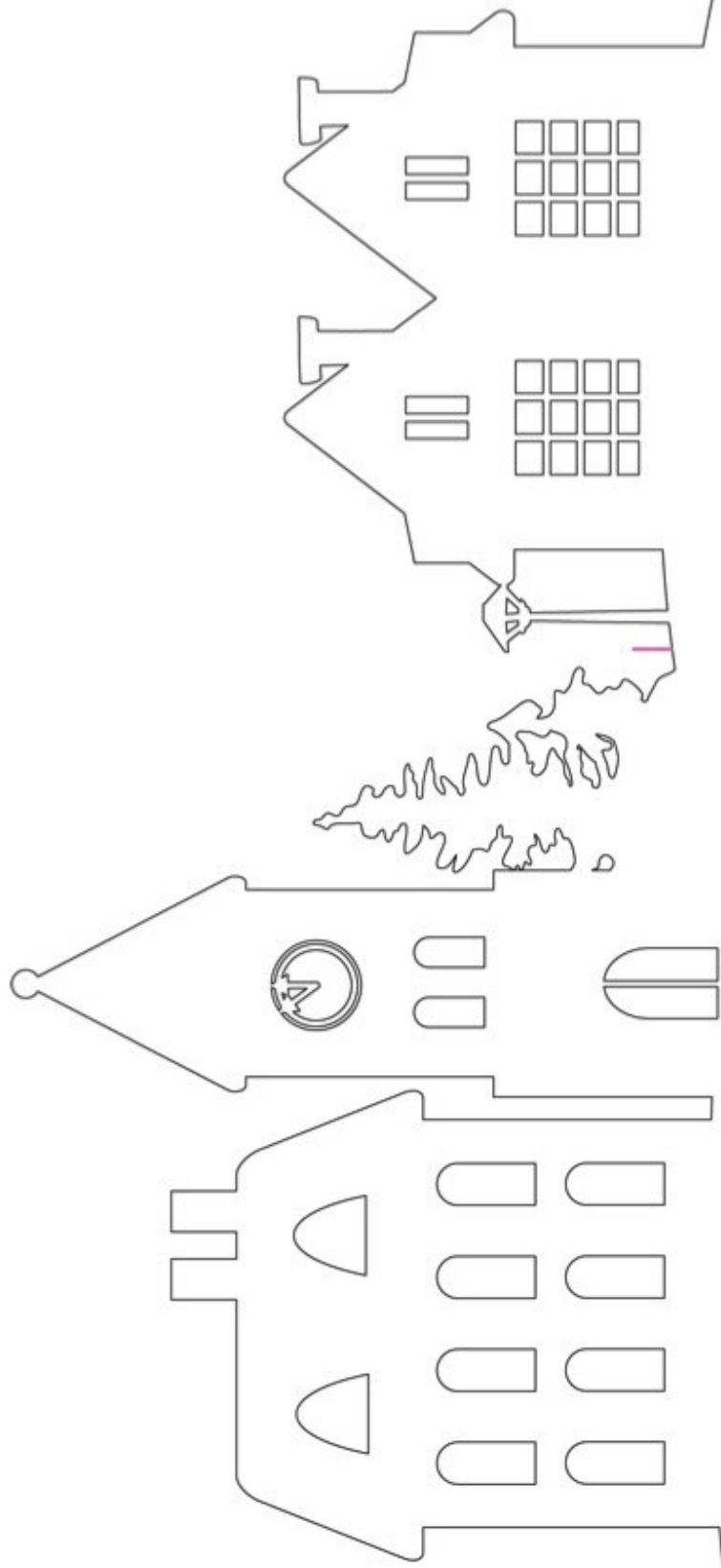


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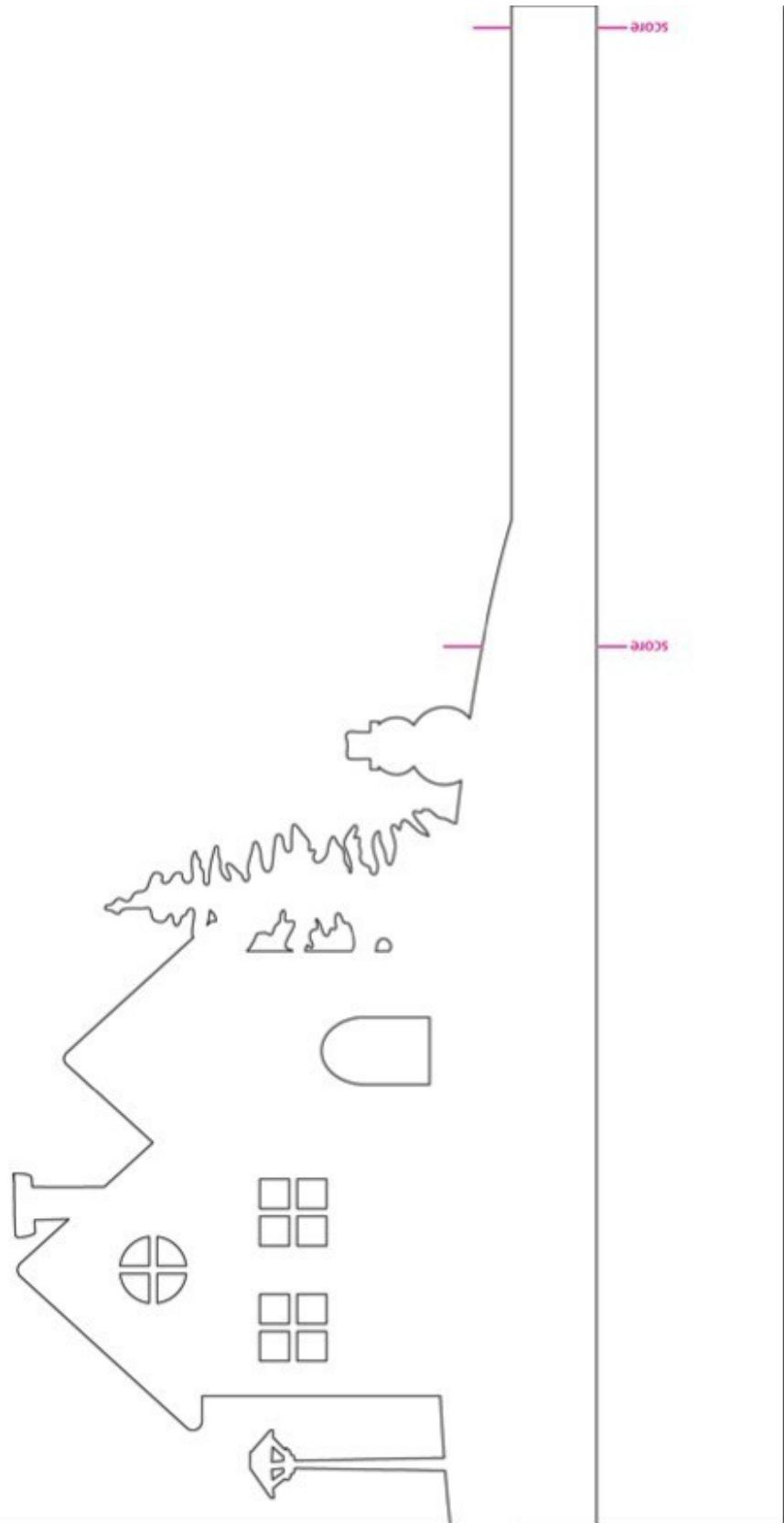
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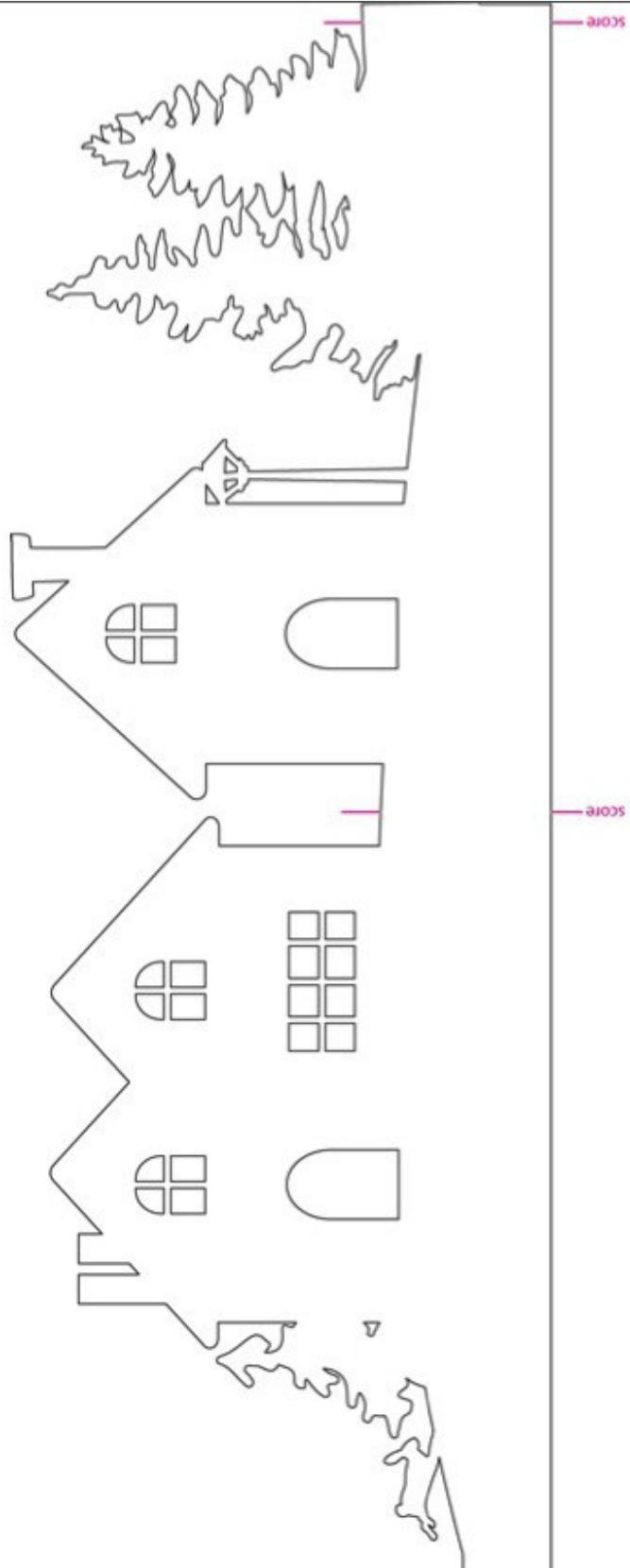


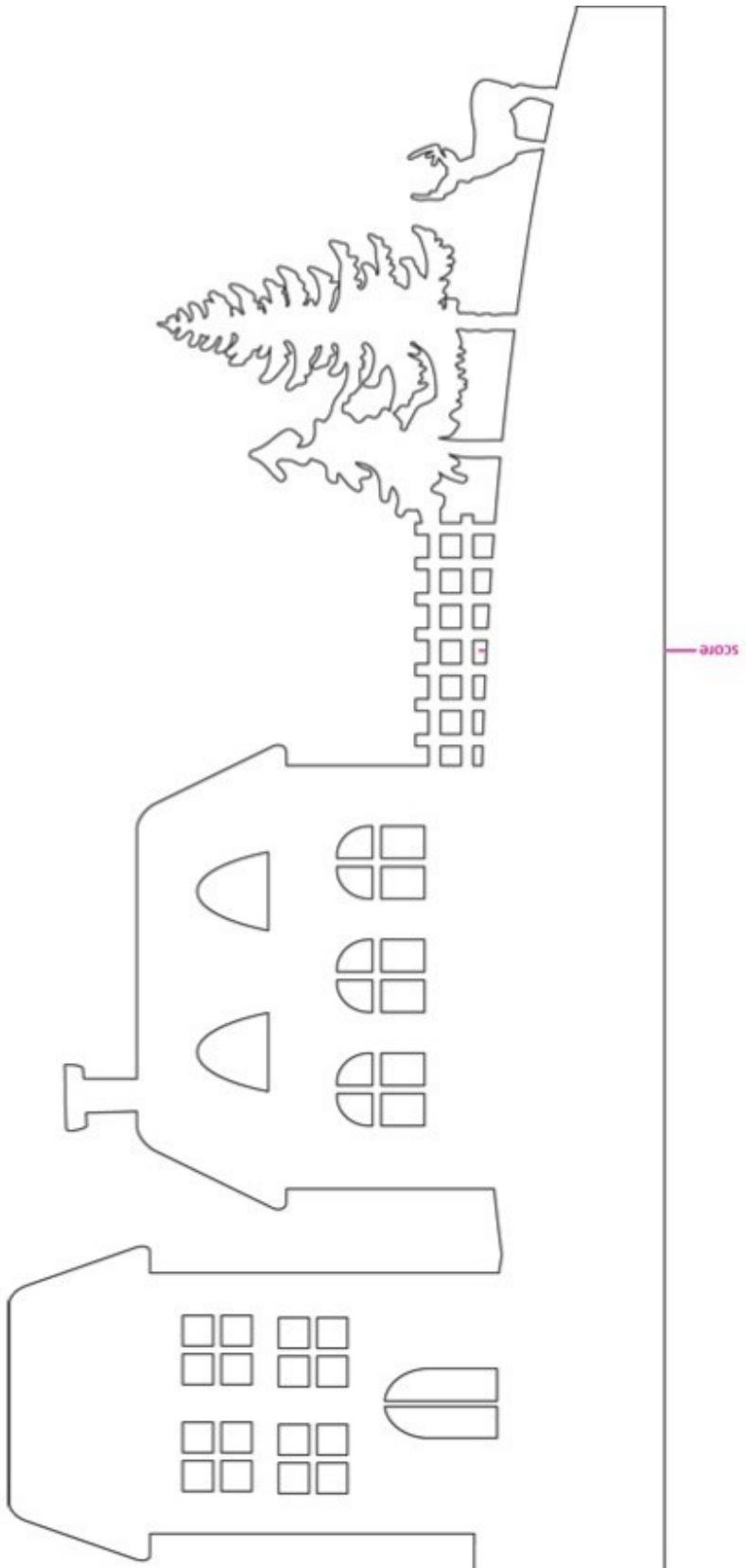




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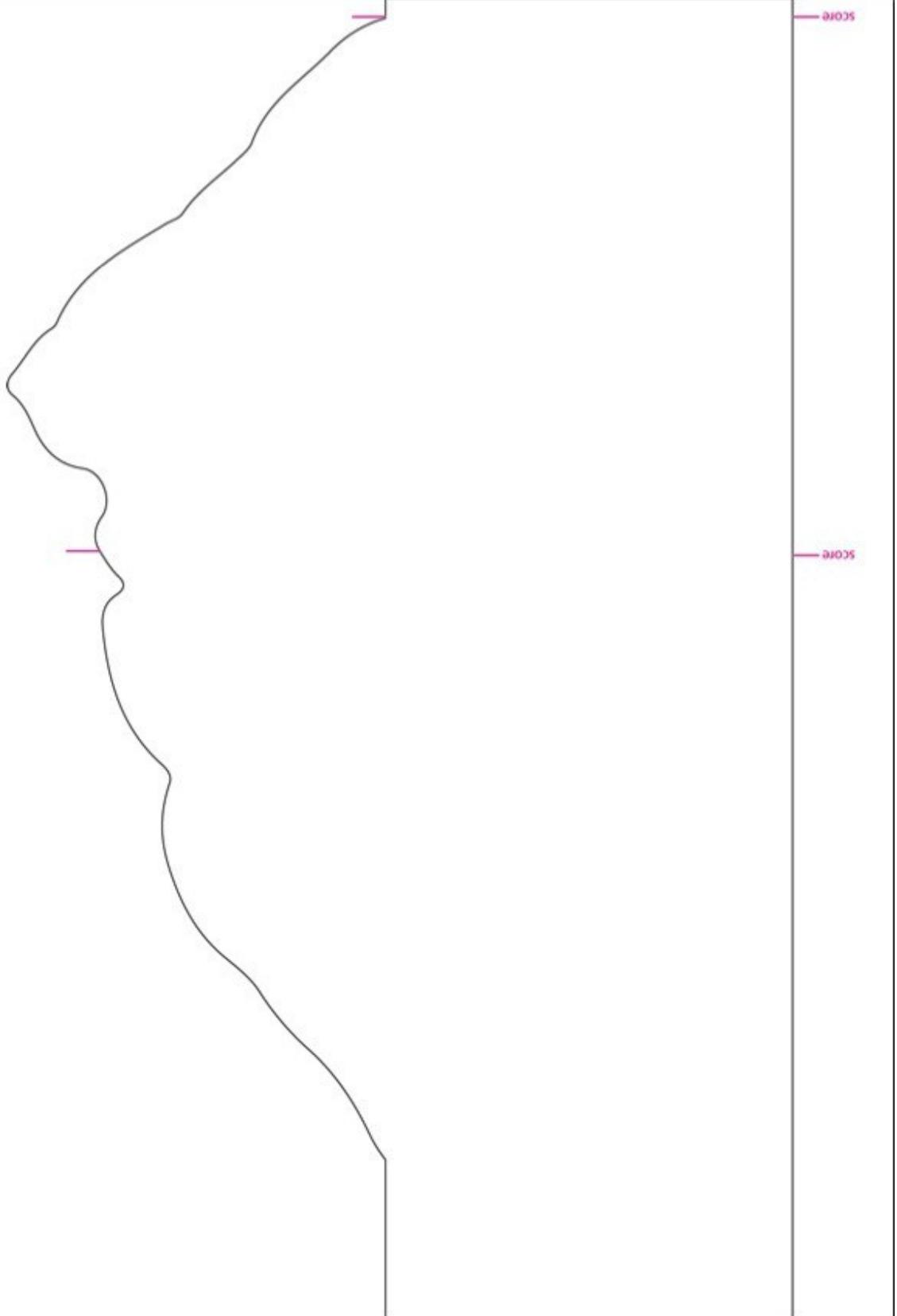


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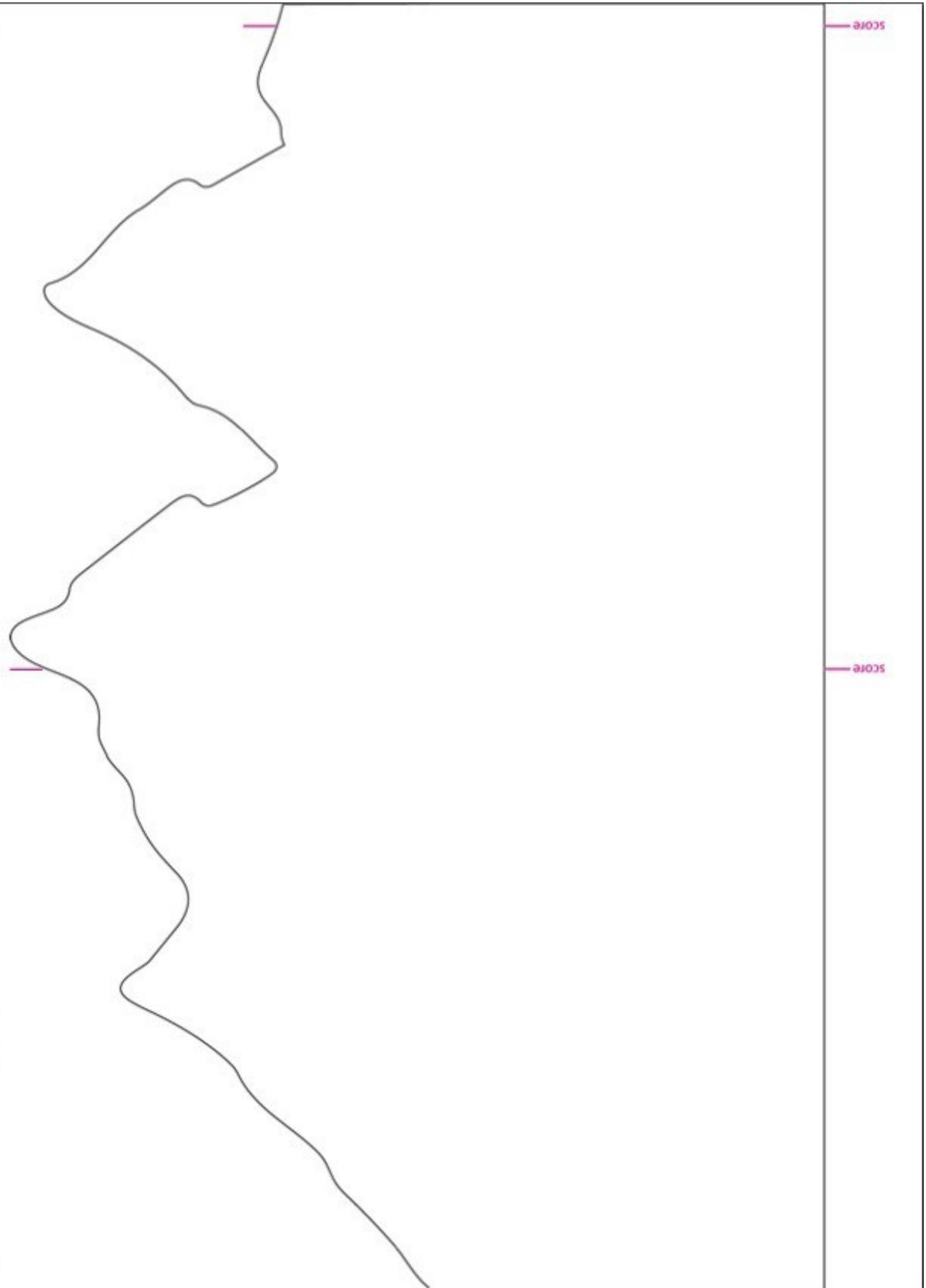
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Jule Mom



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