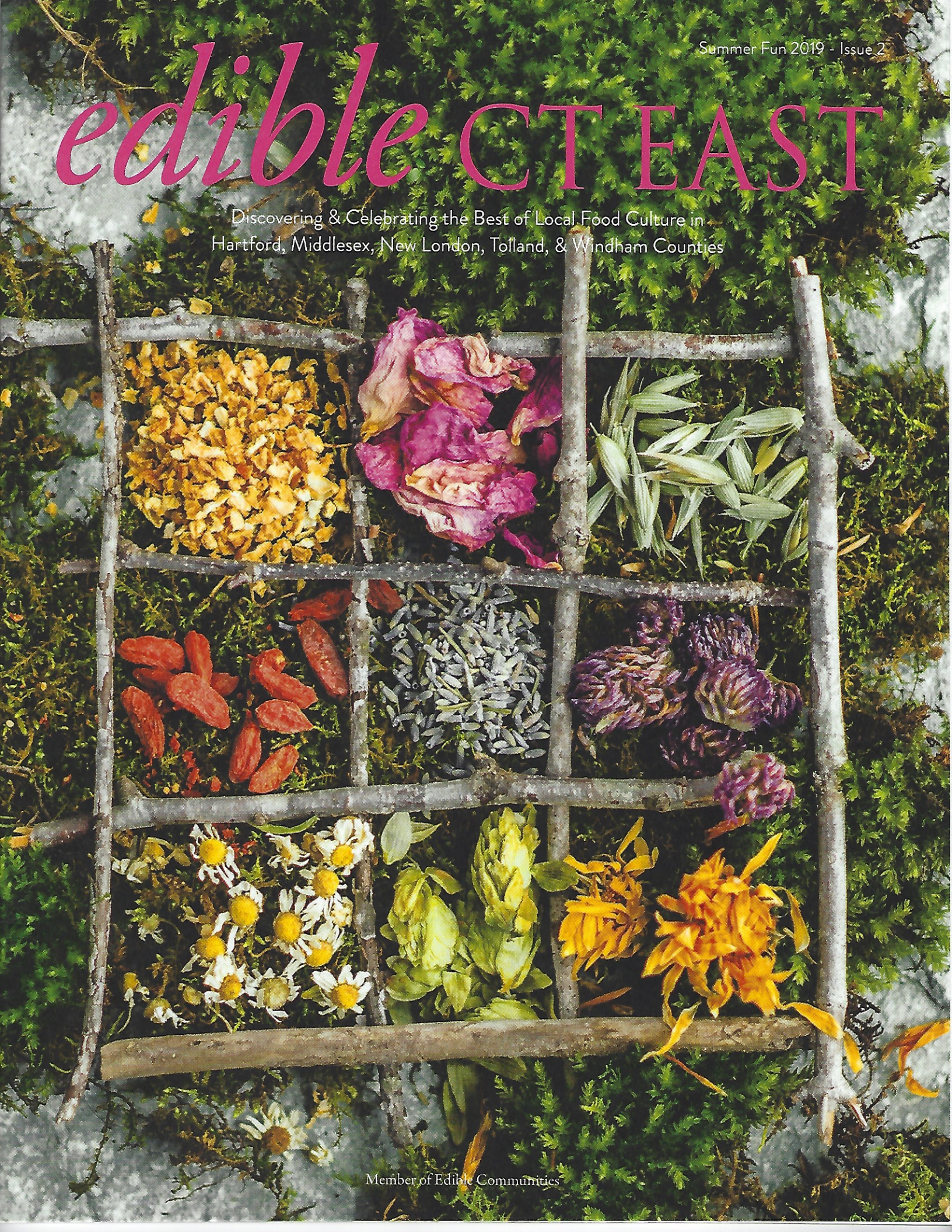


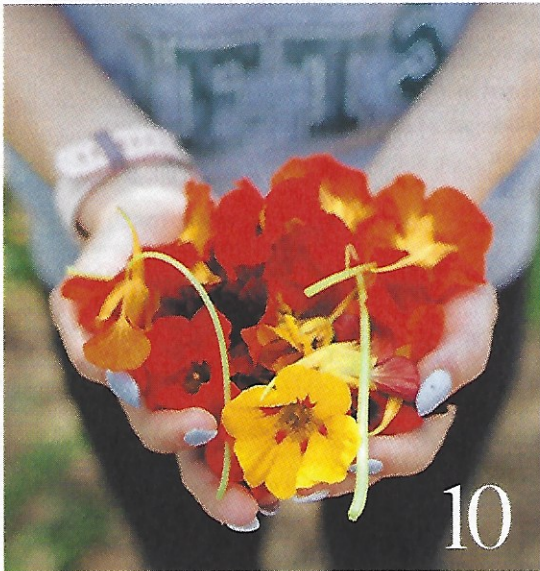
# *edible* CT EAST

Discovering & Celebrating the Best of Local Food Culture in  
Hartford, Middlesex, New London, Tolland, & Windham Counties



# CONTENTS

SUMMER FUN 2019



“ I would argue that a lot of the environmental issues today come from people’s complete disconnection with any natural processes that makes their food come to them or their waste go away. When you’re disconnected, you’re not interested. ”  
—Alex Williams, Blue Earth Compost

## IN THIS SUMMER FUN ISSUE:

- 2 **Mise en place...**  
In which we prepare for the season
- 4 **Fresh!**   
New & noteworthy from edible editors
- 6 **Food + Health**  
Eating your way to better health!
- 10 **Back to the Farm**  
The Yellow Farmhouse brings the farm alive
- 14 **Reconnecting With Composting**  
Blue Earth brings the cycle into full view
- 16 **The Official Summer Must Have!**  
Eight places to get a Connecticut lobster roll this Summer
- 20 **Buzzing with Botanical Bliss**  
Whole Harmony creates delicious herbal remedies in balance with nature
- 26 **Summer in a Can**  
New canned cocktails ready made for summer!
- 31 **Summer Fun Playlist**  
All glorious in their conjuring of the joy that is Summer

## COVER

Photo of Whole Harmony tea ingredients by Monique Sourinho

# Fresh!

New & Noteworthy From edible Editors

Photos by CS Marchand Photography @CSMarchandphotography



## Natural Skin Food

**Greenhouse Beauty** is a non-toxic beauty boutique in Old Lyme specializing in safe, healthy, and high-performance self care items. Founder Rachel Postvoit curates brands that are ethical, effective, and beautiful so that you can take pleasure in daily healthy rituals to serve your body. Many of the brands use plants, herbs, edible oils, honey, and mushrooms. Their special characteristics are extracted and derived to deliver potent and cell-reviving skin-food for healthy, clear complexions. Some of the products are so natural they're edible although we wouldn't recommend the taste!

Rachel brings a wealth of knowledge to skin care and can help you to achieve the results you want! Schedule a consultation or pop in Tuesday - Saturday 10am-6pm and Sunday 12pm-5pm at 19 Halls Road in Old Lyme, 860-377-3360. Also at [greenhousebeautyct.com](http://greenhousebeautyct.com) or on IG @Greenhousebeautyct

## Feel Good Eating the Whole Bag!

**Rose Sisters Chips™**, gourmet seasoned baked tortilla chips, are made from a four-generations, life-changing recipe: chip, cracker & flatbread all in one. Uniquely delectable, savory, crunchy, flaky and memorable. Perfect on their own or paired with a range of dips, cheese, tapenade, spreads, soups, salads. However you eat them, they're absolutely delicious and delightful! Here's a family secret: crush & use as the best bread crumbs on Earth!

*Find yourself a bag or three at [rosesisterschips.com](http://rosesisterschips.com) or [info@rosesisterschips.com](mailto:info@rosesisterschips.com); Learn more on Facebook at [rosesisterschips](https://www.facebook.com/rosesisterschips) or on IG: [rosesisterschips](https://www.instagram.com/rosesisterschips)*

