

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VTDAILY.CA • APRIL 2021

*inside the*

# APRIL ISSUE

**EARTHLY GOODS**  
Sustainable Brands *and*  
Eco-Friendly Finds

**15 PERCENT  
PLEDGE**  
Supporting BIPOC  
Businesses

**'TIS THE SEASON**  
For Spring Cleaning

**HAPPY HOME**  
Brighten Your Space  
*and* Your Mood

**SPRING SALAD**  
A Green *and* Clean  
Seasonal Toss Up

**NEXT-WORLD WINES**  
Awarded *and* Organic  
*in the* Okanagan





MISSION HILL  
FAMILY ESTATE

EXPERIENCE CANADA'S  
ONLY FIVE-TIME WINNER  
OF WINERY OF THE YEAR,  
LIKE NEVER BEFORE.

*Open Daily.*

TASTINGS & EXPERIENCES | TERRACE RESTAURANT |  
VIRTUAL TASTINGS | PRIVATE EVENTS

MISSIONHILLWINERY.COM



# EDITOR'S DESK

## Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS  
BY NOA NICHOL



editor's letter

Earth Day, April 22nd, invites us to take action for the sake of our planet. The truth, though, is that every day is Earth Day; we can tweak nearly all aspects of our daily lives to spur environmental change. For 51 actions and tips to make a difference, every day of the year, visit [earthday.org](http://earthday.org).

In this "green" issue of *VITA*, we're highlighting five incredible lifestyle brands that are making everything from makeup to kids' clothes to household cleaning better for Mother Nature. We're also looking at businesses who are taking the **15 Percent Pledge** in order to support and amplify BIPOC-owned enterprises—another way to make the world a better place.

It's also the start of spring, and we're bringing you pro tips to banish the winter blues and spruce up your space for the season. Plus, hot shops, new noshes and award-winning wines from the Okanagan. Happy reading!

*Noa Nichol*  
EDITOR-IN-CHIEF

- @VITADAILY.CA
- @VITADAILY.CA
- @VITADAILYVAN
- NOA@VITAMINDAILY.COM
- VITADAILY.CA



PHOTO: BRITNEY GILL

**LEAH ALEXANDRA JEWELRY**  
You've got at least six months to visit this gem of a pop-up. **Leah Alexandra** is selling her eponymous collection in the **Fairmont Pacific Rim** lobby, in the space formerly occupied by our **Fig Face** friends. Restyled with neutral tones and subtle textures and punctuated by sea shells, the beachy-feeling boutique houses the entire range (plus several in-store exclusives you can't find online) and a Spark Studio where you can secure a glittering gold chain to your wrist or ankle that you never have to take off (but can with scissors if need be). The experience extends out to the **Lobby Lounge**; order, for a limited time, a Pacific Pearl cocktail (\$24), with gin, champagne, yuzu, chamomile and sea salt. It comes with a freshwater pearl attached to the glass stem that you can take back to the pop-up and have attached to your favourite chain for an extra charge. **1038 Canada Pl. Leahalexandra.com**

### 50 YEARS OF LA JOLIE MADAME

Fifty's never looked so good! **La Jolie Madame** has been offering a highly curated selection of lingerie by experts in intimate apparel for five decades—it served its first customer on Robson in April 1971. Current owner Norma Beaucage took over in 1990, adding new European and Canadian brands to her shelves over the years. Despite six different locations (four in **Pacific Centre** alone), she says, "We have always stayed true to our personalized service and bra-fitting techniques, [and] we've always believed in stocking sleepwear primarily made with natural fibres such as cotton, silk, linen and modal." Now settled comfortably on Hornby Street, in a bright, beautiful space full of natural light, Beaucage is excited for the future. "We have recently added our online shopping platform for all of our longtime out-of-town clients and will be starting to book private shopping evenings when restrictions allow us to do so," she says. **849 Hornby St., 604-669-1831. Lajoliemadameboutique.com**



PHOTO: CITY OF VANCOUVER

CONTINUED ON PAGE 7

VITA

PUBLISHED BY VITA DAILY MEDIA INC. EDITOR NOA NICHOL CREATIVE DIRECTOR MADISON HOPE SOCIAL MEDIA MANAGER VICKI DUONG VITA PRESENTS LYNDI BARRETT PROOFREADER KATIE NANTON CONTRIBUTORS BIANCA BUJAN ALEESHA HARRIS AILEEN LALOR SHERI RADFORD MATINA SOMLAI COVER MICHAEL KORS COLLECTION CANADA POST PUBLICATIONS MAIL AGREEMENT #42849020

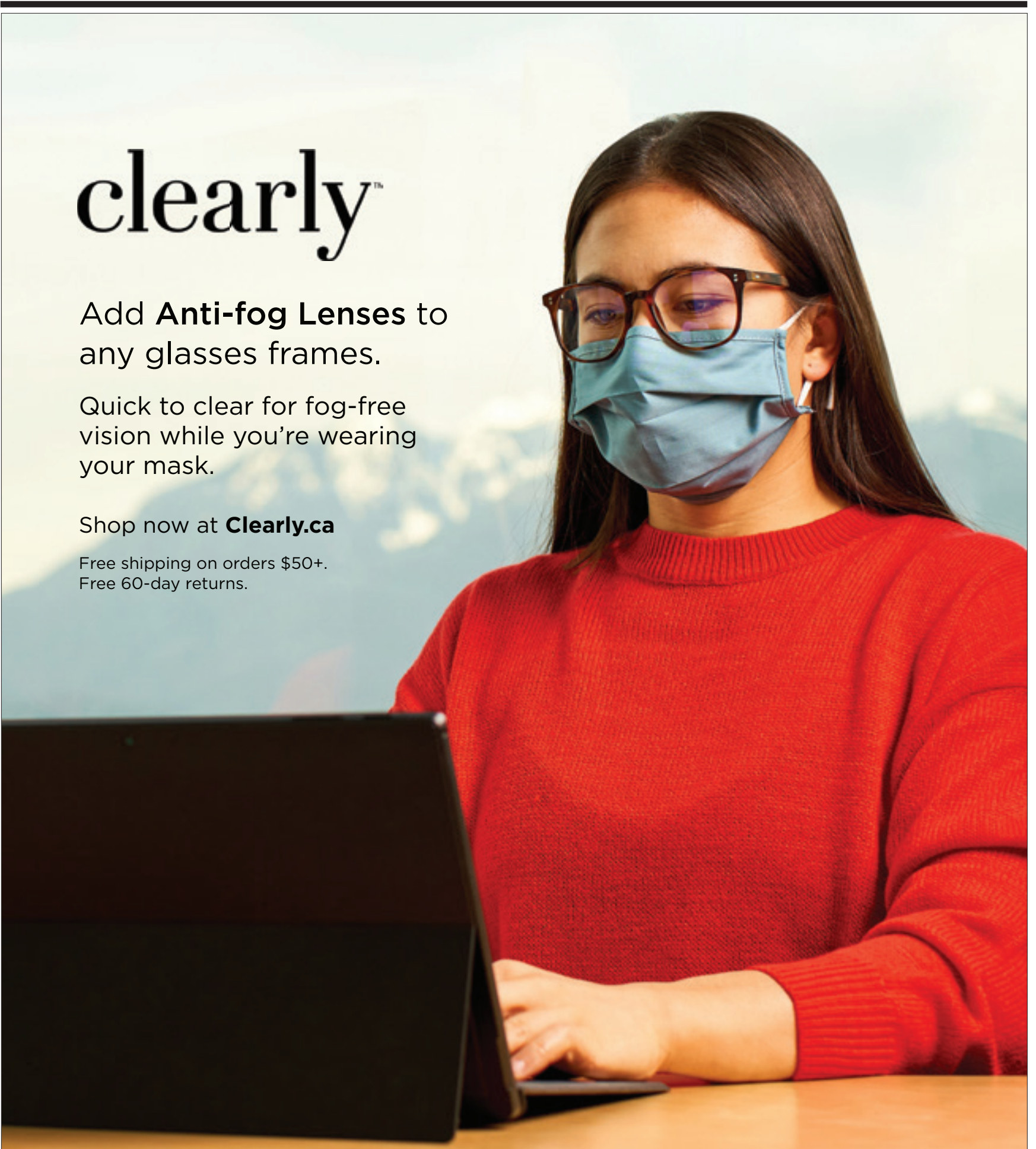
# clearly™

Add **Anti-fog Lenses** to any glasses frames.

Quick to clear for fog-free vision while you're wearing your mask.

Shop now at **Clearly.ca**

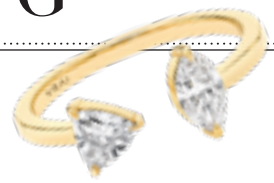
Free shipping on orders \$50+.  
Free 60-day returns.





# FASHION & SHOPPING

# GOOD & green



Make sure your jewelry “reflects” your values. **Vrai** diamonds are grown in America with no carbon footprint and no mining. This mixed cuff ring (\$1,084) pairs two of these sustainably created gems together in perfect harmony. [Vrai.com](http://Vrai.com)

OUR TOP PICKS FOR APRIL ARE STYLISHLY SUSTAINABLE

## Kamila Alikhani

@BLOOMIER.CA



TEAM PICK | LYNDI @STYLECALLING

“I’m already dreaming about beach days—and stuffing all of my summer stuff into this beautiful woven palm tote (\$115) from Vancouver brand **Obakki**. It’s made from sustainably sourced palm leaves and hand woven by a design collective from the Sierra de Guerrero region of Mexico that supports local artisans and their families.” [Obakki.com](http://Obakki.com)

“I’m adding *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* to my reading list and I can’t wait to dig in. Drawing on her life as a scientist and a Potawatomi woman, Kimmerer teaches us to consider plants and animals to be our oldest teachers through a historical and sacred lens.” [Chapters.ca](http://Chapters.ca)



TEAM PICK | MADISON @MADISONHANDSUCH

READ MORE! [Vitadaily.ca](http://Vitadaily.ca)

### INFLUENCER PICK

“Call me biased, but I haven’t found a better gift—for yourself or your loved ones—than a flower subscription. Sustainably created **Bloomier** bouquets are poetic, unique and modern. With every delivery, we’ll surprise you with the most beautiful, hard-to-find flowers. They’re a charming way to bring warmth and character—not to mention, spring—into your home.” [Bloomier.ca](http://Bloomier.ca)



**Nespresso**’s newest, most-sustainable Vertuo capsule to date, Master Origins Peru Organic, is made with 85 per cent recycled aluminum, paving the way for the company’s goal to have all its coffee capsules created of the same sustainable stuff by the end of 2021. **4800 Kingsway, Burnaby, 855-325-5781. Nespresso.com**



Small things can make a big difference—like **Ikea**’s new plant ball (take home a bag of them for \$7), with the great taste and texture of the company’s classic meatball but only 4 per cent of the climate footprint. **1000 Lougheed Hwy., Coquitlam, 866-866-4532. Ikea.com**



Made from a naturally eco-friendly material, **Neutral Shade**’s luxe rattan furnishings—like this beautiful Bali headboard (\$769)—offer an at-home escape during a time of restricted travel. [Neutralshade.com](http://Neutralshade.com)



TEAM PICK | VICKI @VICKIDUONG

“This spring I’m having my cake and eating it, too, with a limited-edition lip scrub (\$13) from **Lush**’s Easter collection. Funfetti Cake uses sugar to gently exfoliate and jojoba oil keep my mouth moisturized. And I don’t have to feel guilty for indulging; not only is Lush fully committed to sustainability in all aspects of its business, it has formulated this vegan lip scrub to be licked off once applied!” **2248 W. 4th Ave., 604-733-5874. Lush.ca**



**Mouche** facial tissues are made without added bleach, dyes or fragrances, so they’re kind to your skin and your compost. Bonus: they come in packaging that won’t clash with your décor. [Mouchehome.com](http://Mouchehome.com)

## FINE FINDS

• BOUTIQUE •



“Here’s a mouthwatering multi-tasker: **Lixr** mends both mood and lips by pairing organic aromatics with sustainably sourced, cruelty free ingredients in a range of clear, mask-friendly lip elixirs (\$28) or tinted treatments (\$34). The warmth of your lips activates the aromatherapy benefits, which range from comfort to happiness to love. Wear alone, or layer two flavours for a unique experience; founder Susanne Langmuir’s fave combo is Café Crème (for energy) and Peppermint Tonic (and focus).” [Lixrs.com](http://Lixrs.com)



TEAM PICK | NOA @VITADAILY.CA



Sustainable silk pieces from elevated-basics brand **Numi** include a button-up blouse, reversible tank top and classic cami made partly from Naia—a sustainable yarn created from pine and eucalyptus trees. [Wearnumi.com](http://Wearnumi.com)

How much water are you wearing? This question from the folks at **Triarchy Jeans**, creators of currently trending carbon-neutral denim—like the 1970s-inspired Fonda (\$189), made from organic cotton combined with ozone washing and nano bubbles to ensure no part of the environment is harmed along the way. [Triarchy.com](http://Triarchy.com)



@ALEESHA.H

## April's It Bag

BY ALEESHA HARRIS



As the number of daily destinations has been pared down, so, too, have the size of the handbags we’re lugging around. These days, instead of toting an oversized bag containing every conceivable necessity (and then some), the list of everyday essentials has become all about, well, the essentials. This shift has ushered in a new appreciation for small designs like this Belt Bag (\$88) by Canadian brand **Ela**. The petite purse fits the new normal pretty perfectly thanks to its convertibility and hands-free functionality. Crafted of faux leather, we’re crushing on the style in this dreamy mock-croc taupe. The haute hue fits nicely into the earthy colours that are proving to be so popular this season. [Elahandbags.com](http://Elahandbags.com)

CLOTHING GIFTS SHOES ACCESSORIES

SHOP ONLINE! FREE CANADA-WIDE SHIPPING OVER \$100

[finefindsboutique.com](http://finefindsboutique.com)

1014 Mainland St, Vancouver | 604-669-8325



# 15 Percent Pledge

MAJOR RETAILERS ACROSS CANADA ARE COMMITTING TO SUPPORT BIPOC-OWNED BUSINESSES  
BY BIANCA BUJAN

U

Until recently, I didn't always pay much attention to the people behind the products I purchased when visiting big-box, multi-brand retailers. Instead, I would browse the shelves, pick up what I needed and make the purchase, rather oblivious to the impacts of my buying habits. When COVID-19 hit, so did the realization that small businesses need my support, now more than ever—especially those owned and operated by my fellow members of the BIPOC community.

The one-year mark of the pandemic has now passed, and small businesses are continuing to struggle to keep their doors open amid steadily declining revenues. And, of the small businesses that have been impacted the most, an overwhelming number are Black-owned.

According to research by the **University of California** and the **National Bureau of Economic Research**, 41 per cent of Black-owned businesses have been shuttered by COVID-19, compared with just 17 per cent of white-owned businesses in the U.S., and the pandemic has disproportionately impacted Black-owned businesses here in Canada as well, where a higher percentage of enterprises owned by racialized people reported declines in revenue of 20 per cent or more.

In the days after the world watched the brutal murder of George Floyd, and the Black Lives Matter movement gained momentum in mainstream media, many companies shared messages of support for BIPOC communities, and several Black-owned businesses saw an uptick in sales. Unfortunately, the momentum was only momentary.

Recognizing the lack of ongoing support for Black entrepreneurs in the retail community, Toronto native Aurora James, creative director and founder of luxury fashion brand **Brother Vellies**, started an organization called **15 Percent Pledge**, which encourages major retailers to commit to at least 15 per cent of their shelf space to Black-owned brands. The Pledge provides a platform for large businesses to use their financial power to create equitable market share for Black-owned companies—an initiative that's quickly spreading across the U.S. and now into Canada as well.

"Now, more than ever, we need to demand that retailers and other companies offer more than lip service to Black communities. Committing to the Pledge demonstrates that companies are willing to go beyond one-time donations and commit to a genuine partnership that will support them through this process," says James, who launched the non-profit in New York, where she currently resides, bringing on major brands such as **Sephora**, **Macy's**, **Gap Inc.** and even *Vogue*.

Last October **Indigo** became the first Canadian retailer to join, pledging to carry a minimum of 15 per cent books by BIPOC authors as well as 15 per cent BIPOC brands in its other product assortment offerings. On joining the initiative,

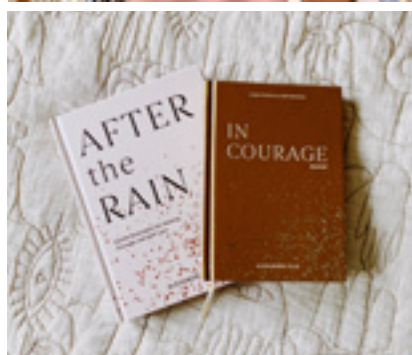


Alison Lawler-Dean, vice-president of marketing for Indigo, shares, "We're looking forward to continuing on this journey of supporting BIPOC brands and authors and ensuring all Canadians see themselves on the shelves at Indigo."

Showing their full commitment to diversifying their shelves, Indigo has taken a multi-faceted approach: "We have been working closely with our publishing partners to identify books by BIPOC authors. We also have our own imprint, Indigo Press, and recently published *Trailblazers* by Tiyahna Ridley-Padmore—a children's book celebrating incredible Black changemakers," says Lawler-Dean. "Earlier this year, we launched an initiative for our kids and baby business called Mini Marche, which is a call for small businesses to apply to have their product carried online. This initiative is specifically for Canadian businesses who may also identify as BIPOC owned, women owned, LGBTQ+ owned, sustainably focused, and/or philanthropic. Across the business, our team is looking closely at the new brands we onboard and are continually looking for brands with great products, stories and ethos to add to our shelves."

The 15 Percent Pledge continues to push for wealth and opportunity to be distributed more equitably and intentionally. The recently launched Canadian arm has a goal of receiving 100,000 signatures from Canadian retailers, and is currently at 6,968 and counting. Through this new Consumer Commitment initiative, shoppers like you and me are encouraged to take inventory of our own spending power, committing to supporting Black-owned companies when making purchasing decisions. I'm being mindful of the purchases that I make moving forward, and hope to see more of my favourite multi-brand Canadian retailers take the Pledge, too. [15percentpledge.ca](https://15percentpledge.ca) 📍

*Of the small businesses that have been impacted the most, an overwhelming number are Black-owned*



*La Jolie Madame*  
LINGERIE

Personalized service since 1971.  
Specializing in bra fittings | 30-44 A-I Cups



Shop our selection online:

[LAJOLIEMADAMEBOUTIQUE.COM](https://LAJOLIEMADAMEBOUTIQUE.COM)

849 Hornby Street Vancouver, BC | PHONE: (604) 669-1831

6

*Books by  
BIPOC  
Authors at  
Indigo*

*Trailblazers*  
by Tiyahna Ridley-Padmore

*Butter Honey  
Pig Bread*  
by Francesca Ekwuyasi

*Return of the Trickster*  
by Eden Robinson

*The Vanishing Half*  
by Brit Bennett

*Gutter Child*  
by Jael Richardson

*After the Rain  
and In Courage  
Journal* by Alexandra Elle



WIN ALL OF THIS!  
Vitamaily.ca

# Earthly Goods

NEW CANADIAN BRANDS ARE FINDING INNOVATIVE WAYS TO BUILD SUSTAINABILITY INTO THEIR BUSINESSES

BY AILEEN LALOR



OK, those pictures of dolphins swimming in the canals of Venice were faked, but the pandemic did *some* good for the environment. “People have extra time, and this has given the opportunity to rethink and be thoughtful about their choices: where their dollars go, and what they’re supporting,” says Jayme Jenkins, co-founder and chief brand officer of **Everist**, a zero-waste hair-care brand that was conceived before COVID and born at the beginning of this year. “It’s only accelerated the change in what customers wanted—they’re educated and they’re looking for sustainability, refills and zero waste.”

And Canadian entrepreneurs are ready—innovating in almost every lifestyle area, from children’s clothing to household cleaning. The overarching goal? To make things so great you’ll use them till the very last drop or wear them forever, then dispose of the packaging in a way that doesn’t harm the environment. Here are five brands to watch (plus, a chance to win a grand prize containing earthly goodies from them all).

## CLEAN CRATE COMPANY

This B.C.-based company was established in April 2020 as a quarterly subscription box for eco-friendly cleaning essentials: the things that we go through in high volume, such as laundry detergent, dish soap, hand soap, dishwasher tablets and all-purpose cleaner. “The idea is to help Canadian families easily transition to non-toxic cleaning products,” explains co-founder Candice Kincaid. “Having the subscription box adds a bit of fun to the everyday as people explore things they’ve never tried before, and we can also support independent Canadian brands that people might not usually encounter, especially at the moment when it’s harder to get to the natural food stores where they’re often available.”

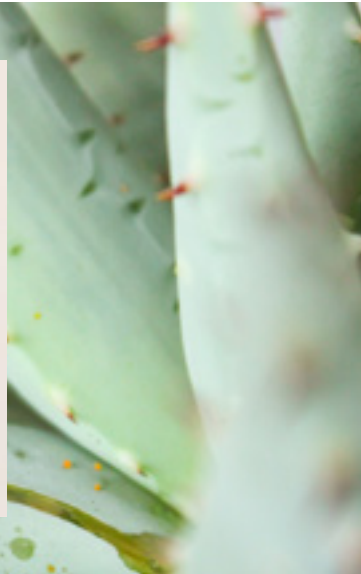
The brand sources products from labels like **AspenClean**, **Biovert** and **Attitude**, which stick to biodegradable ingredients such as olive oil, white vinegar and baking soda to get your home sparkling. Packaging is minimal and recyclable, and there are other thoughtful eco-friendly measures, like laundry detergents only sold in strips, not huge bottles. Most of all, it’s about quality. “We test everything ourselves, so we know it’s going to work. That’s the best way to ensure products won’t get wasted.” The quarterly box costs \$99 including shipping (a saving of \$10 on the products, and you also get samples thrown in). Plus, you can shop ad-hoc add-ons from the online store. [Cleancrate.ca](http://Cleancrate.ca)

## BETTER BASICS

This brand-new Vancouver company is also determined to make your home more eco-friendly. Launched in December, it specializes in starter kits with reusable household items like dispensers, totes and beeswax wraps, plus refills of hand soap, dish soap and cleaning spray. Get set up with a starter kit, then buy refills in recyclable packaging when you need them—or save money by subscribing at the frequency you need.

“The average household throws away 60 plastic cleaning bottles, 150 water bottles and 1,500 plastic bags a year,” says co-founder Samantha Rayner. “Everything within the **Better Basics** collection was designed to be refilled and reused again and again.” To that end, refillable containers are made from recycled stainless steel and organic cotton totes are produced using 88 per cent less water and 62 per cent less energy than standard cotton. The refills themselves come in compostable paper jugs, lined with recyclable plastic.

“Making the shift to eco-conscious in today’s complex world and knowing where to start was intimidating. We knew we weren’t the only ones feeling that way and that there must be an easier, better way for people to shift to more sustainable habits,” Rayner explains. [Betterbasics.co](http://Betterbasics.co)



## EVERIST

Jayme Jenkins and Jessica Stevenson rejected a lot of ideas before they landed on **Everist**. “We started with the vision: how do we do beauty without single-use plastic,” explains Jenkins. “We looked at a few different concepts, but our goal was really to bring eco to the mainstream—something better than the mainstream. Yes, more environmentally friendly, but also high performing and clean.”

They eventually came up with Everist: water-free shampoo and conditioner. Product comes in aluminium tubes that are infinitely recyclable and, because they’re water free, are smaller and lighter to ship (a 100ml tube is the equivalent of a 300ml bottle). Water means that formulas can be breeding grounds for bacteria, necessitating preservatives, but these plant-based products are free

from preservatives, silicon and sulfates. Each tube comes with a key that you turn to dispense the right amount of product, which has a creamy paste texture. You’ll need half an inch for short hair, up to 1.5 inches for long and thick tresses. Rub it in your wet hands for five seconds, and then lather on your hair as normal.

The craft-paper packaging and metal tubes can be recycled in your curbside bin; plastic caps can be returned to the company’s headquarters in Ontario for recycling there. “The cap is yellow because we wanted it to stand out, to remind us that it is plastic and we can do better. We wanted to do bamboo, we wanted to do other things, and we just couldn’t find a way to make it work,” Stevenson says.

Next up for the brand will be more hair products such as masks and curl cream, and potentially body wash as

skin care, all with that same aim of making environmental friendliness accessible. “It’s not aimed at the perfect zero-waster, it’s for people like us who want to make small changes,” says Stevenson. “It’s open, inclusive of all genders and hair types. And it’s designed so you get that luxury experience in the shower, too.” [Helloeverist.com](http://Helloeverist.com)

## MOB BEAUTY

Most know now how polluting the beauty industry is, but it doesn’t stop people wanting to buy products. “Beauty and self-expression are here to stay,” points out Béatrice Seguin, co-founder of Toronto-based makeup brand **MOB Beauty**. “We could point fingers and complain, but that isn’t being part of a solution. As eco-optimists, we feel a deep obligation to show ourselves and the world that beauty can be done in a responsible way.”

The company takes a multi-pronged approach to sustainability. Packaging is made from at least 50 per cent recycled materials and is refillable, reusable and customizable; you add only the shadows, bronzers, blushers or lip shades you want. Formulations don’t contain anything that doesn’t biodegrade, and the refills will all be recyclable (details coming).

Brands have tried to do refillable packaging before and it’s never really taken off. Why does Seguin think MOB Beauty will be different? “The tide has been turning for some time,” she says. “The pandemic only accelerated the inevitable realization that we need to do better by ourselves and the planet. We believe our consumer is not only more ready for refillable packaging—they are demanding it!”

Seguin, who has a PhD in pharmaceutical science, has three co-founders, all industry veterans: Alisha Gallagher, ex of **Cover FX** and **Laura Mercier**, Steve Blanchet, who owned one of Canada’s largest cosmetic manufacturers, and Victor Casale, the original scientist behind **MAC Cosmetics** and a founder of Cover FX. It means that innovation is in the company’s DNA. Material and ingredient choices and product types will all evolve as the company establishes itself. There’s also the desire to create a community around the brand—Seguin calls them the **MOBnation**—in order to educate consumers and learn from them too. [Mobbeauty.com](http://Mobbeauty.com)

## MINI-CYCLE

Montreal-based founder Jad Robitaille was passionate about the environment and knew she wanted to make a career in it, but couldn’t quite figure out what she wanted to do. “I knew that the fashion industry was very detrimental to the environment, and I knew it was not essential as such—adults don’t need to change our wardrobes every year—except when it comes to kids’ clothing. Kids grow up so fast so people buy cheap clothing and there’s no residual value unless it is unworn,” Robitaille explains. So she hit upon the idea of **Mini-Cycle**, a retailer of high-quality, durable children’s duds that can be sold back to the brand when they’re outgrown. Depending on the condition of the clothes, they can be laundered, patched, embroidered or altered (long pants with worn-out knees become cute shorts) and sold on again.

“Clothing that is made locally from natural fabrics, if you pay the ethical price, it’s \$50 and not everyone can afford that,” Robitaille says. “So with Mini-Cycle, you can get good pieces that hold the road without spending too much.” The concept harkens back to a time when everyone could make do and mend—a skill that many of us don’t have these days.

Robitaille started the business in October 2018, turning her former nursery into the office (reduce, reuse, recycle!) and it expanded into its own premises a year later. It’s just moved again to larger offices. Now the challenge is scaling up even further. “It takes a lot of effort to restore those clothes and so it will be a longer road to expand.”

However, she’s full of ideas, from building out the community further to running workshops and creating blog content about how to do everything. “For clothing, the way we care for our clothes is one of the biggest footprints; studies say that 80 per cent of the impact comes from how we care for clothing,” Robitaille says. “Wash your clothes cold and avoid the dryer because that will help pieces last longer. Use natural detergent and no fabric softener, no scent. Use a microfibre catching laundry bag. And learn to sew, mend and refurbish your stuff. Consume better.” [Mini-cycle.com](http://Mini-cycle.com)



# New Noshes

WHERE AND WHAT TO EAT THIS MONTH

**Editor's Note:** We look forward to dining in-person indoors at our favourite Lower Mainland restaurants, old and new, once provincial restrictions lift.



## HELLO NORI

When it comes to sushi, we really do think that the best way to partake in the Japanese delicacy is to get hands-on. New to downtown Vancouver's dining scene, **Hello Nori** is redefining sushi with a hand-roll bar. To gain the full experience, take a seat at the u-shaped bar and watch your meal be made right in front of you. Enjoy a variety of traditional hand-rolls, including the light-yet-decadent truffle lobster roll, with a glass of locally brewed sake. While soy sauce is offered, we found the flavours to be so fresh, we could do without dipping. We're already planning another visit to this Japanese joint the next time we're roll-ing along Robson. **1165 Robson St., 604-564-9595. [Hellonori.com](http://Hellonori.com)** VICKI DUONG



## THE ROOF AT BLACK+BLUE

**Glowbal's Black+Blue** is "raising the steaks" for spring (and, eventually, summer) dining with a renovated rooftop and a refreshed menu. Perched high above Alberni Street, **The Roof's** facelift boasts warm millwork, soft-grey wood-plank flooring and an abundance of greenery (a grand garden pergola and a feature wall mounted with floating candles and lush foliage are particularly stunning), resulting in an indoor-outdoor oasis that feels simultaneously luxe and earthy. Sink into relaxed dining chairs in custom fabric upholstery by textile designer Sina Pearson and admire the combinations of plants, flowers, candles and lights throughout the space. To complement, the menu now highlights West Coast grill items—beef, chicken, fish and seafood—cooked over wood coals in Canada's first-of-its-kind **Josper** grill. Plus, crisp salads, fresh oyster platters and a stunning seafood tower that's as "heightened" as this third-floor destination. **1032 Alberni St., 604-637-0777. [Glowbalgroup.com](http://Glowbalgroup.com)** NOA NICHOL

## CRAFT BEER MARKET

With warmer weather finally upon us, **Craft Beer Market's** new English Bay location is poised to become our favourite place to hit for by-the-beach bites. Panoramic views aside, the space boasts 260 seats, including a huge, heated, year-round patio with a retractable roof (pro tip: reserve a table outside ahead of time to avoid having your al-fresco dining dreams dashed) and 120 beers on tap, some exclusive to Craft. As for food, a new menu created with chef Alex Chen is definitely giving us elevated beach-shack vibes, with wings, tacos, pizza, burgers and house-made ice cream sandwiches on offer. Want to take your booze home? Visit the in-house Bottle Shop for a to-go selection of ale, wine and pre-made cocktails. **1795 Beach Ave., 604-566-2739. [Craftbeermarket.ca](http://Craftbeermarket.ca)** NOA NICHOL



## UNCLE'S SNACK SHOP

After 17 years serving Richmond, the Do family has turned its iconic **Green Lemon Grass** over to besties Patrick Do, Kevin Lin and Osric Chau, who have transformed the restaurant into a fun take-out-only eatery. No more '90s wallpaper and Greek pillars—**Uncle's Snack Shop** is bright with raw plywood, a centerpiece order/pick-up booth and a painted-pink merchant room hawking branded T-shirts and trucker hats. The food is focused on snack items Asian kids in North America grew up eating—with a modern twist. The OG Chicken Sandy (deep-fried Hainanese chicken with ginger scallion sauce, pickled cucumber salad and cilantro) and Eggtofu Katsu Sandy (vegetarian, with milk bread and fluffy house-made panko-fried egg tofu) are perfectly portioned to leave room for sweet and spicy chicken skin and a Taiwanese corn dog on the side. Ask about the secret menu: a "staff meal" option that changes weekly. **8180 Westminster Hwy., Richmond, 604-270-6188** LOUISA CHAN

CONTINUED FROM PAGE 3

## NORDSTROM NEW CONCEPT & POP-IN

Not one but two timely **Nordstrom** activations to dish about this month. First, **Concept 012: Black\_Space** is a collaborative effort between five Black creatives. Designer Beth Birkett, creative director Harris Elliott, stylist Matthew Henson, stylist Marcus Paul and fashion editor Azza Yousif all contribute a unique point-of-view and introduce brands that celebrate Black fashion and beauty, live through early May exclusively at Nordstrom Pacific Centre and on the retailer's Canadian website. Second, Nordstrom has teamed up with **Package Free**—a one-stop shop for zero-waste versions of everyday essentials—to make sustainable living super easy. Discover swaps for your favourite products, from beauty and grooming to kitchen, cleaning and kid stuff. With a large offering of earth-friendly everyday essentials such as detergent, deodorant, shampoo bars, cleaning spray, utensils, dish washing brushes and everything in-between, the shop has what you need to live more sustainably. Founded by environmental activist Lauren Singer in 2017, who went viral for fitting nine years of trash in a single glass jar, Brooklyn-based Package Free offers sustainable, non-toxic and plastic-free products for every part of life, working with brands to reduce their waste along the way. Trust us, this in-store pop-in is full of ideas to get you started on the path to less trash. **799 Robson St., 604-699-2100. [Nordstrom.ca](http://Nordstrom.ca)**



# SPRING for Salad



Green and clean, with seasonal asparagus and sustainably caught shrimp, make this pearl couscous salad to celebrate Earth Day and the start of spring. **MATINA SOMLAI**

### Dressing

- 1.5 tbsp red wine vinegar
- 1/4 lemon, juiced and zested
- 2 tsp grainy mustard
- 1 tsp honey
- 1 tsp dried basil
- 1 clove garlic, grated or finely minced
- 1/2 tsp crushed red pepper flakes
- 4 tbsp extra virgin olive oil
- Salt and pepper, to taste

### Salad

- 1 cup pearl or Israeli couscous
- 1 1/2 cups water
- 1 zucchini, sliced and quartered
- 1/2 bunch asparagus, sliced diagonally
- 300g Ocean Wise shrimp
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 2 tsp dried basil
- Salt and pepper, to taste
- 1/2 cup cherry tomatoes, sliced
- 1/4 red onion, chopped
- 1/4 cup each fresh basil and fresh mint, chopped

Pre-heat oven to 400 F. Line a baking sheet with parchment paper. For dressing, whisk all ingredients together and set aside. Bring water to boil, and add couscous. Lower heat, and simmer covered for 8-10 minutes, until all liquid is absorbed, stirring frequently. Toss shrimp, zucchini and asparagus in olive oil, garlic, dried basil, salt and pepper, and bake for 8-10 minutes, until shrimp are pink and cooked through. In a large bowl, add couscous, cherry tomatoes, red onion, shrimp and the rest of the veggies, and toss with herbs and dressing. Serve with lemon wedges. **@thehappyfig**



# Goodbye Moody Blues

FEELING DOWN? A CHANGE IN HOME DÉCOR MIGHT JUST LIFT YOU UP  
BY SHERI RADFORD

**T**

Tiffany Pratt knows that winter in this country can be depressingly grey and bleak. According to the designer and HGTV personality, “When your visual palette is only feasting on monochromes, it’s not a very happy time.” She recommends her clients take note of the pops of colour they already own in small items—a playful phone case, a funky pair of shoes—for a clue as to what hue makes them truly happy, then try that shade in something larger, like a throw cushion, a set of curtains or even a whole wall.

Several years ago, Pratt convinced a nervous client to let her repaint an entire room—walls, baseboards and ceiling—a deep teal. To this day, that client “still says that, whenever she’s in her TV room, she feels the most happy. It’s cavernous but still colourful. It makes all of her art pop. It makes her old sofa make sense.” The teal “binds all the elements in the room.” It’s probably no surprise that Pratt has been dubbed Canada’s Queen of Colour.

If you’re not quite ready to commit to that much colour, a single piece of furniture is an easy way to add a burst of cheer to any room. Roche Bobois sells an array of options, from sofas to ottomans to rugs. One standout is the quirky, multicoloured Montgolfiere armchair that features armrests inspired by the shape of a hot-air balloon (which was invented by the Montgolfier brothers).

Pratt also believes all décor should include something handmade, such as a rug or blanket. She says it “imbues the space with a really beautiful, positive energy.” One place to find handmade items that also have a positive social or environmental impact is Goodee. The website sources feel-good pieces like baskets handwoven in Ghana and cushions handmade in the Republic of Guinea.

Another thing she suggests is incorporating an element of nature, like stones or plants: “Bringing a sense of the outdoors inside really helps bring that sense of peace in your home because it reminds you of simpler things.” And it needn’t cost much, since pebbles or pinecones can be collected on an afternoon walk then arranged artfully on a table or shelf.

For Andrew Karrasch of Details by Mr. K, our favourite new home-accessories retailer, offering a highly curated and colourful selection on Vancouver’s South Granville Street, mood-boosting décor is “anything that brings you a little bit of joy, for whatever reason. A beautiful object that reminds you of a moment in time, or something that helps you keep things in order.” Indeed, one thing absolutely every designer seems to agree on is to cull and clean up your belongings. Pratt recommends investing in the right organization tools, whether they’re as small as drawer dividers or as big as an armoire. She describes the “energetic happiness” of a well-organized home: “You’ve gone through it, you’ve looked at it, and now, when you go to interact with those objects and that space, you know exactly where things go.”

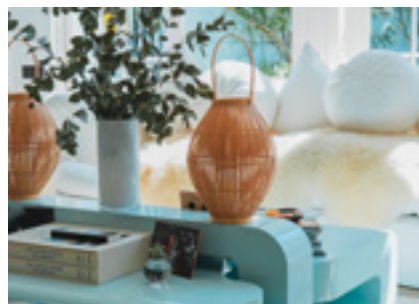
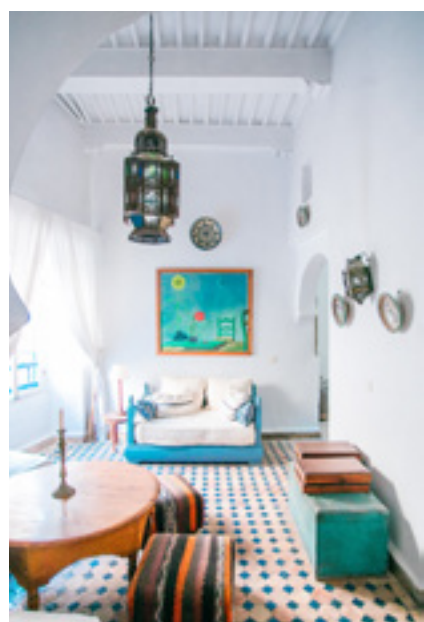
Organization and storage could mean a ready-made solution, such as the elegant Climb desk shelving units from EQ3, or it could mean a serendipitous flea-market find. Interior designer Sarah Richardson, who hosts several HGTV shows, is a fan of unusual solutions. She asks, “When it comes to storage, do you need a filing cabinet? Or would you be able to get really well-organized with a charming chest of drawers?”

Another way to boost mood is by featuring a truly special piece. Local fashion designer Chloë Angus says, “Surrounding ourselves with things that make us feel good can help us to absorb positive feelings through those items and create a sense of wellbeing in our homes, and in our lives.” Guaranteed to make anyone feel good is her gorgeous Love Blanket, which was inspired by Robert Indiana’s enduringly popular sculpture and given an Indigenous twist by artist Corrine Hunt.

Karrasch agrees, citing “simple pleasures, like a vase with your favourite flowers, linen, cotton, velvet or silk cushions and a throw on the



*“When your visual palette is only feasting on monochromes, it’s not a very happy time”*



sofa, coffee-table books that show your interests, or a gallery wall or shelves with various framed pieces” as simple ways to create an uplifting mood in your home via accent pieces. A big fan of colour, he says his clients seem to currently be responding to yellow, mustard, masala and gold tones, perhaps because of Pantone’s colour of the year. “Given the west coast monochromatic tendency, this is a no-brainer for those who are a bit colour averse—but colour is highly personal,” he says. “My colour is red; it sparks something in me. At home I’ve got area rugs, cushions and glassware in reds—it works for us!”

Improving the air quality in your home can also work wonders. According to Karrasch, transmitting a subtle fragrance throughout your space via candles, diffusers (Saje just released its long-loved Aroma Rise in two new colour palettes: Pistachio and Desert Rose) for spring or even scented crystals, which he calls “the new potpourri” will provide an instant mood boost. Air-purifying Gunrid curtains from Ikea have a mineral-based coating that uses the energy from natural light to clean polluted air. The Soil to Form room diffuser at Secret Location is handmade from Korean soil and wood, and it releases an essential oil blend designed to boost mood and reduce melancholy. The Hibiscus Paradise aromatherapy collection from Bed Bath & Beyond evokes the warmth and tranquility of a tropical paradise.

And never underestimate just how much joy can be sparked by a single, well-chosen, whimsical piece, like a unicorn ottoman from Leon’s, a musical airplane from Birks or a heart paperweight from Noda Designs. Indigo stocks an array of affordable choices sure to generate smiles, including colourful prints and felt letter boards ideal for leaving ephemeral love notes. Mirrors are a time-tested way to make a space look bigger and brighter, and the Puddle mirrors from EQ3 are especially appealing, with their unexpectedly asymmetrical shapes.

Finally, Pratt encourages her clients to have fun with their décor and not let fear of making a mistake paralyze them from taking risks—even if that means painting a whole room teal. “Isn’t that kind of fun, to have tried something new and given something a chance?” she asks, adding, “In this life it’s the risks you don’t take that maybe you’ll regret.”



Vancouver pastry chef and Temper Chocolate & Pastry founder Steve Hodge has teamed up with his on-screen co-host and leading designer Tiffany Pratt on a limited-edition chocolate collection. Hodge and Pratt are currently starring together on Food Network Canada’s series Project Bakeover, and the Tiffany Pratt x Temper collab is the perfect showcase for the duo’s complementary creative talents. The limited-edition range features Hodge’s premium chocolates wrapped in vibrant packaging inspired by Pratt’s signature technicolour design style. Artfully packaged multi-piece boxes include artisanal treats in more than a dozen delectable flavours, including whisky sour truffle, passion fruit, fresh mint, lime margarita and blueberry martini. Hodge’s personal fave is the chocolate peppermint, while Pratt’s pick is the 70 per cent ganache in a chocolate pink heart. Get your sweets in-store at Temper or snag them online for Canada-wide shipping. 2409 Marine Dr., West Vancouver, 604-281-1152. Temperpastry.com



# 'Tis the Season

FOR SPRING CLEANING AND ORGANIZING  
WITH TIPS, TRICKS AND TOOLS FROM THE PROS  
BY SHERI RADFORD

# C

Call it (and us) cliché, but spring does feel like the perfect time to thoroughly clean up, organize and spruce up one's home décor with a new well-chosen piece, or two. This year in particular, the season feels like a welcome new beginning after a very, very long winter (you know, one with no tropical vacation to break it up). One person who agrees with this sentiment is Jen Rowe, who has a natural knack for calmly conquering chaos. It's what she does all day as owner of **Neat Method Toronto**, a luxury home-organizing company. According to Rowe, all the time spent working and schooling at home in 2020 has led several of her clients to seek change. "They've started noticing things that are bugging them about their space, or things that were bugging them before have become escalated," she says.

The first step in getting organized, she continues, is pulling all of the items out of an area and cleaning the hard-to-reach spots there that rarely get done thoroughly—behind a desk, at the back of a closet, in the bottom of a drawer. It's also an opportune time to clean rugs. Tara Fraser of **East India Carpets** recommends her clients have their rugs done annually by a professional cleaner like Vancouver's **East & West**.

Next, divide items into categories and edit out whatever you don't like, don't use or have duplicates of. Rowe says everything in one category should be grouped in a "container of some sort, whether that be a drawer insert or a bin or a basket or even a turntable or a tiered riser in a cupboard," adding that "reducing visual clutter is the ultimate goal." She also recommends asking, "Do I have items that I use together stored near each other? In a kitchen, for example, are my mugs near my coffee maker and my coffee?"

Michelle Addison, a personal stylist who offers personal shopping and wardrobe editing, is also a fan of pulling everything out "from every nook and cranny" before culling and categorizing, then storing items away again. Spring, she says, is the ideal time to try on all clothing and footwear, get rid of anything that no longer fits and store away heavy sweaters and winter boots till fall. Her top storage tip for small city condos?



PHOTO: TRINA TURL

"Ikea flat boxes," for making use of the space under beds and couches.

Addison's other best piece of advice is to invest in shoe drawers in your clothing closet, so footwear can be planned as part of each outfit instead of being a mere afterthought. The wrong shoe, she warns, "makes your outfit look really dated."

As alluded to above, most of us have saved a bundle on travel and entertainment over the past year, which could justify splurging on storage containers and shoe drawers. Or, to help keep your home tidy and organized, that splurge may look like a more substantial furniture purchase, such as a sleek and sophisticated **Herman Miller Airia** media cabinet from **LivingSpace**, with its cork-lined drawers, or a gorgeous **Park Lane** storage cabinet from **Roche Bobois**, with Art Deco sensibility.

Or, the splurge could be on something small but imminently practical, such as a file box or desktop organizer from the **Oui x Bigso** storage collection at **Indigo**. A visit to **Room in Order** unearths everything you could possibly imagine for home organizing, from the Zina magazine rack by **Umbra** (also useful for wrangling vinyl records) to the very clever Swivo side table by the same brand, which has two tabletops that swivel, a middle rack that can store magazines or a throw and a small base that can easily slide under a couch or chair, to minimize the overall footprint.

That splurge could also be on something that adds a soothing aroma to your newly refreshed home, such as the Aroma Om diffuser from **Saje**. It purifies the air using natural essential oil blends—and smells really good.

According to Rowe, "People hold stress related to the state of their dwelling that they don't even realize." After the year we've all had, don't we deserve a home that looks and feels (and yes, even smells) better? ♥



Eclectic, modern, global; find home accessories with personality at Details by Mr. K—South Granville's newest décor store.

2717 GRANVILLE STREET (OPPOSITE THE STANLEY)  
DETAILSBYMRK.COM | @DETAILSBYMRK

## Tips for Tidying

- Start small, by tidying a hall closet or even a single drawer, to build your confidence.
- Label bins and baskets with what goes in them, to help both household residents and guests.
- Do a 10-minute tidy every evening before turning in for the night. Even kids can help with this (particularly those looking to prolong bedtime)!

## Suck it Up

Looking for a standout (and standup) vacuum? The **Dyson V11 Outsize** (\$1,100), one of the brand's newer models, has twice the suction of any other cordless vacuum, up to 120 minutes of fade-free run time, a 150 per cent bigger bin and a 25 per cent wider cleaner-head. In other words, it's the perfect piece to complete your spring-clean puzzle. 701 W. Georgia St., 604-670-1135. [Dysoncanada.ca](http://Dysoncanada.ca)



## Cleaner Cleaning

Many household cleansers aren't healthy for people, pets or the environment. In contrast, Vancouver-based **Saje Natural Wellness** makes all-natural products. One favourite is Multi Clean (\$30), an all-purpose spray that conquers dirt and grime like a champ but also smells wonderful, thanks to lavender, peppermint and rosemary oils. 2252 W. 4th Ave., 604-738-7253. [Saje.com](http://Saje.com)



# Next-World Wines

GETTING AWARDED AND GOING ORGANIC IN THE OKANAGAN  
BY NOA NICHOL

T

Though British Columbia has long known, sipped and celebrated its very own vinos, it's high time the rest of the world sat up and took notice. A recent journey to the Okanagan, including stops at five incredible properties, hit home for us the fact that yes, indeed, the stage is set for B.C. to make a big, bountiful (and not to mention, sustainable) splash on the global winemaking scene—thanks to these Okanagan Valley makers, and so many (near 200!) more.

**CEDARCREEK ESTATE WINERY**  
Haven't paid **CedarCreek** a visit yet, or in a while? Don't deny yourself a (re)tour, as this breathtaking, internationally renowned hillside estate has undergone a major makeover, been certified organic (as part of its sustainable focus, cows, chickens and honey bees are now permanent working residents) and opened a gem of a restaurant that's seriously ramping up the regional (and beyond—it was recently nominated as one of Canada's best eateries) food-and-wine scene. A great way to get to know this vineyard's portfolio (everything from whites to reds to rosés) is to book a Farm to Glass tour that pairs a seated tasting of five global award-winning wines with good food and lively storytelling. Alternately (or better yet, in addition to), try a **Home Block** restaurant Terroir to Table paired two-course



East India Carpets  
DISTINCTIVE DESIGNS SINCE 1948

1606 West 2nd at Fir Armoury District Vancouver  
Mon-Sat 10-5:00 | 604 736 568 | eastindiacarpets.com  
CARPET CLEANING AND RESTORATION SERVICES AVAILABLE





# TRIPS & SIPS



lunch or three-course dinner, during which executive chef Neil Taylor will create for you dishes that truly showcase the best in a corresponding CedarCreek wine. One thing to watch for: the central open restaurant grill, where local orchard wood and CedarCreek's own wine barrels are burned to create daily fresh-made focaccia. [Cedarcreek.bc.ca](http://cedarcreek.bc.ca)



## LIQUIDITY WINES

There's no better place to rise and shine on a clear, blue Okanagan morning than **Liquidity Wines**, where even early-day sipping (from 11 a.m.) is a good idea. The tasting room overlooks, beyond the edge of an infinity pond, a sparkling scene of terrace-like vineyards and, delightfully, much of the team, including winemaker Alison Moyes, is fiercely female. Recent work done with a soil scientist has helped this winery perfect its internationally acclaimed offerings—particularly its Chardonnay, some of which comes from its very oldest plantings. Also, try an Art of Pinot experience to get the story behind this elegant, thin-skinned family of grapes via a seated, side-by-side taste of two vintages of Estate Pinot Gris and Pinot Noir (including exclusive library wines from the cellar), while taking in a view that, as far as its beauty goes, can only be described as other-worldly (in the best way). [Liquiditywines.com](http://liquiditywines.com)



## CHECKMATE ARTISANAL WINERY

Yes, everything in this winery, whose striking renovation and redesign will be complete come May, is chess-related—a nod to staying five steps ahead of what's happening on the international winemaking scene. Indeed, awards for its Chardonnays and Merlots—not to mention, the distinction of having won back-to-back 100-point scores—indicate just how worthy this winery is of playing the global game. Register for a Tournament Tasting: an introductory half-hour tutoring in four **CheckMate** wines (two Chardonnays and two Merlots). Or, opt for the Advantage Experience and bask in a 45-minute sommelier-guided tasting of a curated set of six CheckMate wines, including four Chardonnays and two Merlots. One thing to watch for: ask about the story behind the name of a bottle of Bear's Move Chardonnay. [Checkmatewinery.com](http://checkmatewinery.com)



## ROAD 13 VINEYARDS

This from personal experience: posting photos to your social-media channels during a visit to **Road 13** guarantees a flurry of likes. In other words: nearly everyone we know is a fan of these iconic wines. However, what you get in the liquor store is but the tip of the ice (wine) berg, making an in-person visit to this “all about the dirt” vineyard a must. Dig in during a Golden Hour Tasting, which kicks off with a welcome splash followed by a flight of three exceptional wines that showcase the quality that can be achieved with the right mix of hard work and good dirt. One thing to watch for: proving that, despite having earned many national and international accolades, Road 13 is still about having fun, you may be treated to a tasty pop-up during your visit. For us it was the **Winery** food truck (we caught it on its last day), serving up gourmet hot dogs for a wine-and-wiener win. [Road13vineyards.com](http://road13vineyards.com)

## MISSION HILL FAMILY ESTATE

Finally, we come to the crown jewel of Okanagan wine country—so much so that **Mission Hill** has welcomed to its immaculately groomed grounds the likes of the Duke and Duchess of Cambridge and attracted, to its past outdoor-concert events, headliners like the Gipsy Kings and David Foster. There's so much to say about this iconic winery, with its bell tower and open-air amphitheatre, its rolling green vineyards and its role in catapulting the region to the world wine stage—the best way to learn more, immersively speaking, may be to book a seated Taste of the Okanagan experience involving carefully selected Reserve wines that showcase the art and nature of Mission Hill's winemaking and the richness and diversity of the Valley. Peckish? Try a wine-paired Harvest Lunch—two seasonal dishes enjoyed next to the winery's one-of-a-kind Marc Chagall tapestry—or a Spring Dinner, featuring a selection of aromatic spring wines, paired with a four-course meal. (Make note: beginning in May, the menu of experiences will take an exciting turn to include new tasting offerings and two exciting guided tours of cellar and estate.) One thing to watch for: the Winery Boutique hawks more than just wine. You'll find one-of-a-kind items in this curated collection of new and vintage goods; we spotted centuries-old **Louis Vuitton** luggage during our visit that would make the perfect carrying case for a bottle or two. [Missionhillwinery.com](http://missionhillwinery.com)



# HANRO



*Diane's Lingerie*

2950 GRANVILLE ST. VANCOUVER, BC  
1.604.738.5121 | DIANESLINGERIE.COM





# ROLEX

## THE DATEJUST

The ultimate Rolex classic, the Datejust was the first self-winding waterproof chronometer wristwatch to display the date in a window, and continues to be the quintessential watch, reflecting the essence of timeless style.

*#Perpetual*



OYSTER PERPETUAL DATEJUST 31



GLOBAL WATCH COMPANY

1119 Alberni St. Vancouver | [globalwatchco.com](http://globalwatchco.com)

ROLEX BOUTIQUE