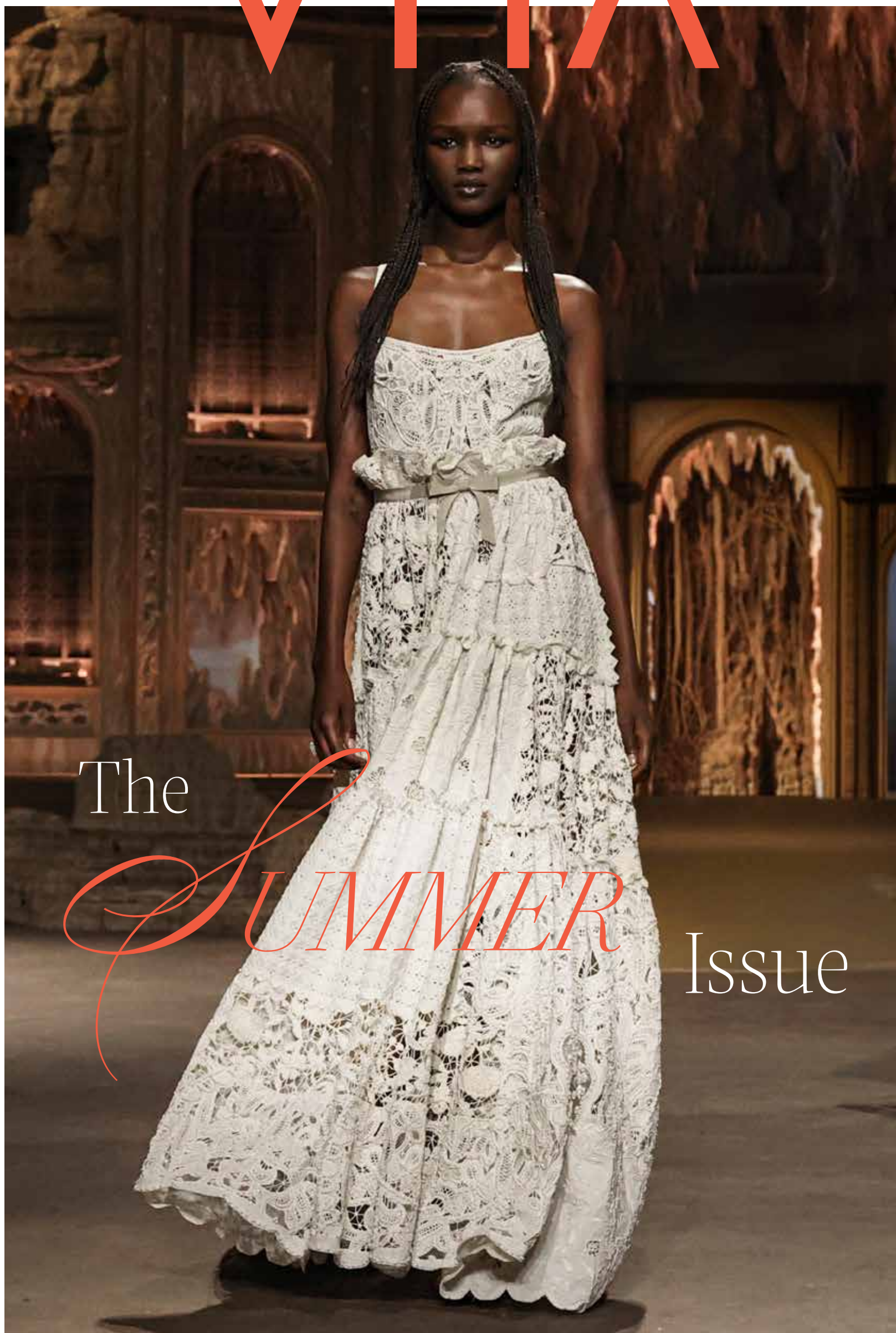


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VITA



The

SUMMER

Issue

INSIDE *the* ISSUE

LIFESTYLE **Five Canadian *content creators* who are walking *the walk***

FASHION **Coastal Cowgirl may be the *hottest* microtrend of summer**

BEAUTY **Are beauty products making our waterways *less safe*?**

TRAVEL **The best ways to *experience* the splendour of Santa Fe**

WINE ***Delicious* summer drink destinations and DIYs**

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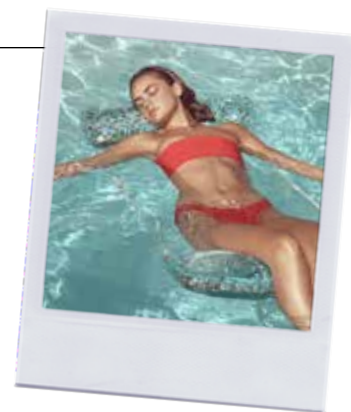


Editor's DESK

A Note From Noa

Summertime, and the reading is easy! Open this issue of *VITA* and discover the season's hottest fashion trend (hint: it'll have you saying, giddy up!), find out the best ways to experience the splendour of Santa Fe, and learn about Toronto's latest and greatest restaurant openings. We also introduce you to five Canadian content creators who are using their platforms to affect change, and investigate how some beauty products may be harming our precious waterways. My top water "way-cool" pick for summer? Sunnylife's glittering Hammock Float. It can be used as a seat or lounger and is made from non-toxic, phthalate-free PVC; find it at Holt Renfrew.

Noa Nichol EDITOR-IN-CHIEF



Influenced

These social media stars aren't just TikToking the talk, they're actually walking the walk

BY JENNIFER COX & NOA NICHOL

Who are some of the most influential Canadian influencers? They're the ones who commit to a certain cause and do so with passion and fervour, creating social content that can actually create social change. Whether it's being more eco-conscious about food and fashion choices, standing up for gender equality or bringing awareness to Indigenous life, we found five creators who are dedicating their digital and real lives to making big changes.

Jennifer Pistor (@jenpistor) is a full-time stay-at-home mom and part-time slow-fashion writer. "My mission is to introduce people to slow fashion. I want to show that there is another way to have style that doesn't involve ever-changing trends, over-consumption and harming people and the planet. I participated in over-consumption of fashion for decades. Once I educated myself on the harm the industry has created, I knew this was an important message to share."

Pistor is inspired by other slow-fashion posters advocating for change and using their voices and influence to encourage people to do more than just "buy this thing". "Two people who come to mind are Venetia La Manna (@venetialamanna) and Aja Barber (@ajabarber); Aja is a slow-fashion educator, influencer and author, and her book, *Consumed*, is a must for anyone wanting to learn about what's really happening in fashion and how it intersects with climate change, consumerism and colonialism. Venetia is a fair-fashion campaigner, podcast host, co-founder of @rememberwhomadethem and a slow-fashion advocate, and she works with organizations ... to bring awareness and change to the crimes of fast fashion with a focus on their effect on the Global South."

With these and other role models in mind, Pistor creates original social content around secondhand shopping, shopping her own closet and styling clothing she's owned for years in new and different ways. She recommends and champions brands that, too, contribute to the slow-fashion movement, and educates her following around the atrocities of wasteful fast fashion. "Once you learn that our shopping is directly hurting our planet, contributing to climate change and supporting the mistreatment and exploitation of garment workers, who are mostly women of colour, it's hard to not want to make changes."

Kelsey Ellis (@healthy_with_kelsey) is a registered holistic nutritionist and certified personal trainer who helps people move with joy, build self-acceptance and take the shame out of their wellness game. Her mission for the past few years has been to "deconstruct conventional wellness practices and teach clients how to heal the body physically, mentally and emotionally through self-nurturing practices like joyful movement and intuitive eating. I believe that as a society we have reached a point where we recognize that the systems of suppression and oppression under the guise of wellness are no longer working for us and we need to relearn our instinctual ability to self-trust and use our own internal guidance as a way to navigate our health. I help people take back their personal autonomy around their body and wellness."

To that end, Ellis says that diets and rigid exercise programs that were considered the "gold standard" of healthful living up until this point are "now being recognized as one of the leading causes of eating disorders, which have the second-highest mortality among all mental illnesses."



My goal is to tackle this issue along with weight stigma and racism, which also are rampant in the health and wellness sector, by advocating for all bodies to be considered valid and receive equal treatment by fitness and health professionals alike. I use my social media platforms to educate, inspire and empower individuals to redefine what being healthy looks like. To educate my audience on the dangers of dieting, inspire them to choose exercise as a form of self-care, not self-punishment and share stories of diverse bodies—including my own—overcoming the challenges of a world that has up until recently, largely centred on white, thin women in fitness. I share vulnerable stories of my own challenges and triumphs to help others who are in similar circumstances feel seen and validated and offer a range of wellness services and resources that are accessible at different price points, including my YouTube channel which provides free body-positive workouts under 30 minutes."

As for feeling heard, and effecting change, Ellis says, "I think my message is heard loud and clear. My DMs are filled with people saying that they feel seen and resonate with my content."

Myles Sexton (@mylessexton) is an advocate for HIV and AIDS, as well as for social change around gender constructs. Despite this mission, Sexton says teaching people about the importance of diversity and inclusion has also been a real challenge. "If it wasn't for the BLM movement that happened, I don't think we would be having many of the conversations happening today. This movement has helped many marginalized communities find a louder voice." Sexton, however, has been making huge strides in changing common-yet-incorrect perceptions around everything from folks living with HIV and AIDS to the importance of using people's preferred pronouns to the simple joy of being free, whoever you are, to wear a fabulous gown and strut down a red carpet."

Erin Ireland (@erinireland as well as @tolivefor.bakery) started her career as a food and restaurant journalist. When she learned more about where her food came from and the impact her choices were having on the world, animals and her own health, she decided to become part of the solution. "My life's mission is to spread the word about how amazing, delicious and satisfying plant-based living can be. I never would have imagined that animal-free food could be so easy and filling. Many of today's plant-based alternatives are cleverly made with beans or soy, which are winners in my books," she says.

In November 2022, Ireland expanded her 12-year-old wholesale bakery into its own brick-and-mortar bakery and café in East Vancouver, where she and her team are able to create a lot of the foods they hope will convince people that a plant-based diet can be mind-blowing and delicious. Among her role models? Activists who are years her junior, like Genesis Butler (@genesisbutler_), a 16-year-old dedicated to raising awareness about animal rights' issues and climate change.

Shayla Oulette Stonechild's (@shayla0h and @matriarch.movement) goal is to help unlock Indigenous youth and women's full potential through facilitating wellness workshops that combine Indigenous values (respect, reciprocity, relationship based) with yogic philosophy. "A lot of this is done through the non-profit online platform and podcast, *Matriarch Movement*, which is dedicated to amplifying Indigenous voices and providing wellness workshops to Indigenous youth and BIPOC women across Canada. Our conversations are around sustainability, multi- and inter-generational healing, our communities and the concept of Indigenous futurism, which is radically imagining a new future that encompasses and highlights Indigenous voices and values throughout every industry and beyond."

One commonality amongst these influencers is that many have endured burnouts at some point in their personal or professional lives. Pistor says social media puts a certain amount on pressure on her: "When I feel like I'm getting anxious and posting just to post and not because I have anything meaningful to say or share, it comes across. More is more with social media, but I don't think it's a healthy life balance." Ireland feels as though time constraints create challenges in her everyday life. "Balancing time has been tough. When content crosses over into real life, it can be hard to 'turn off', and this can be really disruptive when trying to be present with my family. But I'm getting better at separating the two." Ellis says, "Protecting my mental health is most important, and when I give myself permission to step back from posting, it often reignites my creativity and passion."

Stonechild fell victim to overextending herself and faced a burnout of her own. "Last year I had done over 30 campaigns and there is a lot of prep, shooting and producing of campaigns that go on behind the scenes that you don't see on social media. Also, if I am working with a teaching from Nehiyaw and/or Métis culture, I seek out the guidance from an elder and/or knowledge keeper to make sure I'm giving it what it deserves and correctly. So what takes 60 seconds to watch on IG may have taken me a couple weeks of getting it done. Which would be my next challenge: taking on a lot of projects and then having the bandwidth to do them all to my best ability. This year, I am being more decisive with what I say yes to." V

THE MAKING OF THE ONTARIO

Summer Issue

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Saddle-Up Style

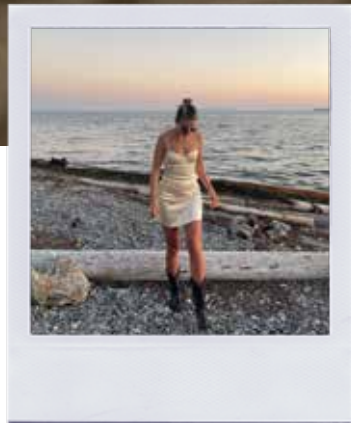
Coastal cowgirl may be the hottest microtrend of summer

BY ALEESHA HARRIS

The #coastalcowgirlaesthetic boasts more than 18.8 million views on TikTok, and the new coastal cowgirl trend is described by Holt Renfrew fashion director Joseph Tang as a mix of “Californian ease and nonchalant attitude paired back with a Western-inspired aesthetic. It’s perfect for the summer months.” While many microtrends are, by definition, short-lived one-offs, the timelessness of essential Western wear like cowboy boots and straw hats, along with lived-in denim, lends a universal appeal to this fashion moment. “The coastal cowgirl trend is easily adaptable and appeals to all ages and body types,” Tang remarks on its universality.

But the indisputable anchor of this social media-fuelled fashion moment is the footwear. Regardless of the fit or finish, whether new or vintage, a classic cowboy boot shape ensures the coastal cowgirl moment translates from online to IRL. Says Tang, “The Western-inspired boot is a staple for this look ... whether it is a modern take on a cowboy boot or a more rugged ankle boot done in suede or distressed leather. The boot is a must to achieve this look.”

Boot options abound at Western wear stores; for a more fashion-y take, Tang recommends options from brands like Ganni, Khaite and Toral. Or, go local. Vancouver-based influencer and entrepreneur Tessa Lindsay Garcia’s boot brand, Mija, offers a Vaquero Boot—a classic cowboy design she refers to as one “everyone could wear ... multiple ways. The easiest way to style them at first would be just with a simple T-shirt dress. One of my favourite looks ... is wearing them with a longer dress, midi or maxi length so the boots just peek out. Also, tucked into some mom jeans is a look I love.” While the search for



a new supplier has forced some stock issues for the sold-out style, Garcia hopes to have the boot back in soon with expanded colour options.

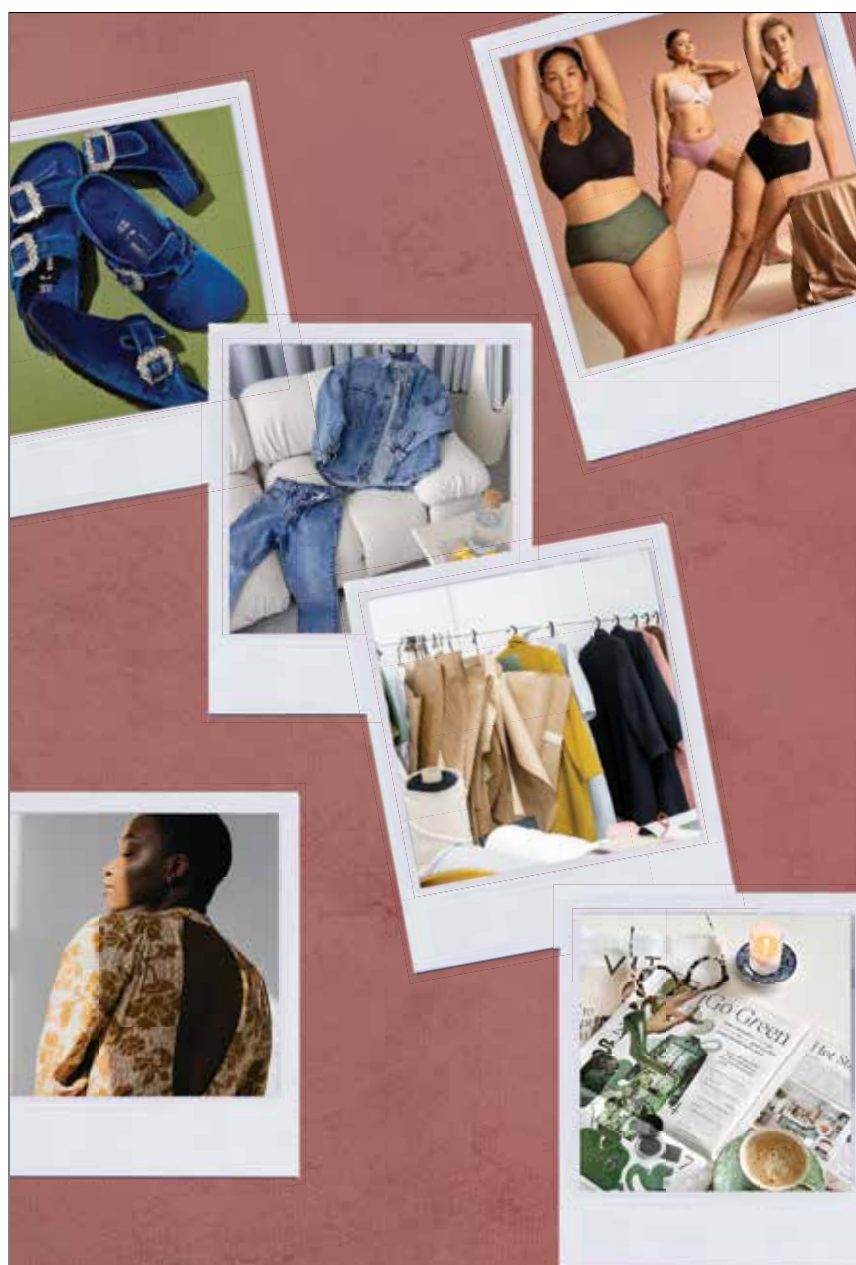
Boots secured, Tang recommends pairing them with distressed, relaxed-fit jeans or shorts for a seasonal spin. For those eager to view runway examples of the coastal cowgirl trend, Tang points to spring 2023 collections from Miu Miu, Acne Studios and Chloe. As long as it’s denim, anything goes.

“What I like about the trend is that it’s a study of contrasts: utilitarian, Western-inspired essentials combined with an elevated-yet-relaxed beachy vibe,” Jill Guenza, Levi’s global VP of women’s design, says. “My favourite iterations of this style are pared back and contrast crisp elements with lived-in denim. For example, black frayed denim 501 mid-thigh shorts with an oversized white button-down shirt like our Nola ... worn open over a cropped tank and a cowboy boot-inspired mule.”

The trend, she says, resonates well with the brand in both origin—and desire for authenticity. “Levi’s history is intertwined with the rise of the Wild West. There’s an authentic connection between denim and ranching that’s rooted in functionality and purpose. Trends tend to feel most compelling when there’s a visible degree of authenticity that’s been pushed and pulled and permuted into something new.”

Coastal cowgirl also presents the perfect opportunity to lean into the denim-on-denim trend that continues to live on this summer. “[It’s] a great opportunity to mix denim pieces together ... that have similar shades of blue and, keeping the cowgirl references subtle, will elevate the look and prevent it from going too costume-y.”

To complete your ensemble, Tang’s instinct is to lean in to eye-catching accessories—a mixture of metal tones and “statement beads” ranging from precious pearl strands to colourful acrylic-material novelty pieces are perfect for adding interest to the dressed-down look. “This trend is all about clashing traditional codes of dressing and making it feel authentic to the wearer.” Cowboy hat, optional. v



Five-Step Fashion



1. The perfect amount of flirty meets easy breezy, Aritzia’s tiered Sunday Best Martine Dress (\$98) is primed to be worn on repeat this summer. Available in a selection of shades, we’re partial to the white version, which hits the Prairie vibe perfectly.

2. Add a dose of cowgirl attitude to all your fits this summer with Dingo 1969 Women’s Primrose Leather Cowgirl Boots (\$180 at Lammles.com). The leather style features floral embroidery and a sleek, retro-inspired pointed toe, and the lower-height boot shaft means these will work for many calf sizes.

3. Nothing dresses up a rugged-yet-relaxed look quite like a piece of gold. A slightly oversized hoop earring like Mejuri’s Dome Hoops (\$88) elevate an overall look without breaking the bank.

4. For a fresh-faced home-on-the-range look, give your lips a hit of hydration and a kiss of shine with Rhode’s Peptide Lip Treatment (\$24), which has shea butter and peptides to hydrate and plump.

5. Paris meets Prairies with a Dior Diorodeo Large Brim Hat (\$1,400). The style features an almost-houndstooth effect, along with a stylish grosgrain band for added style points.

VITA

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Troubled

Waters

How might beauty products be making our waterways less safe?

BY AILEEN LALOR

When beauty brands talk about clean beauty, it's mostly in the context of what the products we apply might do to our skin; the theory is certain ingredients might be absorbed into our bloodstreams and cause hormonal issues and even cancer. What's less discussed is the issue of runoff—what happens when the remnants of all those products go down the drain.

It's something that preoccupies Maria Wodzinska, co-founder of Toronto-based Stoic Beauty, and her business partner, Dr. Jolanta Wodzinska, who is her mother and a PhD chemist. "For most of her career she worked in the pharmaceutical industry where anything that shows the potential for harm is cut off at the legs," Maria explains. "I started doing some skincare development and my mother got curious. She looked into the data around biodegradability and accumulation and found that in the beauty industry, this is very under-researched and poorly regulated—that products at scale were going into water systems."

How concerned should we be about that? "While we have knowledge gaps in the extent of the contamination and environmental harm chemicals present, we know enough to know there is a problem," says Jennifer Lee, chief impact officer at Beautycounter. "Take PFAS as a recent headline chemical. These chemicals are highly persistent and ubiquitous to the environment and not only can pose harm to human health, emerging research points to their potential ecological toxicity."

Lee explains there are many variables that go into how much of different chemicals might be found in the environment: how much of them and how often they're released, how effectively water treatment plants can remove substances and how quickly they degrade in the environment, for example. One substance that we know is accumulating in the environment is plastic.



have a disproportionate effect on some Indigenous communities because their diets are contaminated.

How do brands go about eliminating ingredients that might harm the environment? They typically take an "if in doubt, leave it out" approach and eschew ingredients derived from petroleum. "We avoid synthetic fragrances, colorants, silicones, parabens and so on, and choose organic ingredients where possible," says Jenkins. Dr. Wodzinska says that at Stoic she uses the same approach as she took in the pharmaceutical industry to analyze risk/benefit ratio. "When talking about cosmetics, in my opinion, all ingredients that are used primarily to improve sensorial properties offer little benefit, hence any doubt as to their impact on human health or the environment would be a reason for me to eliminate them until the debate is resolved. This is, for example, why silicones are on our 'no' list, as they are often used for slick and matte textures, but biodegradability is an issue."

Eliminating potentially harmful ingredients means brands also have to approach formulation in an especially creative way. "When it comes to preservatives, we think about hurdle testing, which means that instead of hitting microbes hard with a formaldehyde we create multiple hurdles, like the pH is unfriendly and the viscosity are unfriendly," says Maria. "Those kinds of heavy-duty ingredients are really not necessary."

Beyond formulation, eliminating or reducing plastic usage is important. "A major choice for us was to avoid plastic tubes for our product—even though they would be cheaper and easier to manufacture with—instead choosing 100 per cent recycled and recyclable aluminium tubes," Jenkins says. "New research is constantly emerging, but already the data is clear: the plastic problem is pervasive and it's not just plastic going to landfill, it's the credit card's worth of plastic we consume every week."

How can you feel confident that the beauty products you are using will be safe for waterways—as well as other items like household-cleaning products? It's not something companies can be certified for. You may be safer buying from brands that label themselves "clean," though that's not the case for everyone. Companies should be transparent about what's in their products; Stoic, Beautycounter and Everist all have extremely detailed information on their websites.

You can also reach out to businesses to find out how they're thinking about water. But, ultimately, experts believe there needs to be better government regulation and oversight in order to protect our precious water. "By 2050, water will become the most valuable commodity on earth," says Maria. "So I think it's time to start raising this alarm." ▾

*"The plastic problem is pervasive
and it's not just plastic going to landfill,
it's the credit card's worth
of plastic
we consume
every week"*

"Microplastics ... have been found in 100 per cent of humans surveyed, according to recent research reported by *National Geographic*," says Jayme Jenkins, co-founder of Everist, which makes water-free body and hair products. "The exact implication of this is unknown, but it's not expected to be good." Then there are ingredients like triclosan (an antimicrobial) that is toxic to some algae and fish, and oxybenzone, a sunscreen ingredient that is highly damaging to coral.

Beyond the immediate effects there are also impacts further down the line. "Persistent, bioaccumulative and toxic chemicals, or PBTs, are a particularly worrisome category of chemicals for downstream effects," says Lee. "These chemicals persist in the environment; they do not readily break down. They bioaccumulate, meaning they build up in us and other living organisms faster than our bodies can remove them, and they are toxic." Lee points out that PBTs



Speechless in Santa Fe

BY SARA HAROWITZ

They call New Mexico the Land of Enchantment, and it doesn't take long to understand why. This is a place of sweeping desert, of deep expanse and of dizzying mysticism. Santa Fe is its capital—the oldest capital city in the U.S., in fact—and it provides the perfect jumping-off point for the magic that this state has to offer.

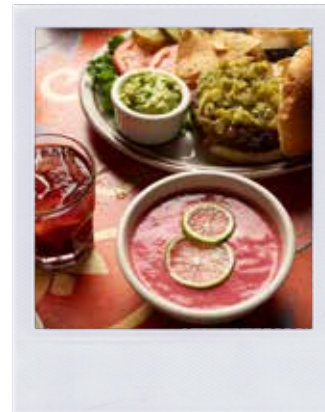


STAY
Begin each day at the Rosewood Inn of the Anasazi, which emulates Rosewood's signature service from the second you walk in the door. Sip on warm apple cider and nibble on a chocolate chip cookie as you wait for your key; once in the room, do your best not to immediately do a face-plant into the plush bed (easier said than done). The ice bucket will already be filled and there will be a silver coin waiting for you to redeem for a Silver Coin Margarita in the Anasazi Bar & Lounge. Order the tuna poke, grilled seasonal vegetables and patatas bravas alongside your cocktail. The quiet luxury of a hotel like this is that you never know who you'll meet; the man next to you at the bar might just have made a wedding ring for Robert Redford, lovingly (and casually) referring to him as "Uncle Bob." Just another day in paradise, it seems. Rosewoodhotels.com



SIP
Santa Fe will prove to be less a question of what to drink (the answer is always a margarita) and more of where to do it. For a brief break from tequila, though, consider a refreshing glass of cider at New Mexico Hard Cider or a flight of local vino at Hervé Wine Bar. You'll find great coffee at 35° North, and excellent vegan desserts at Route 66 Cafe (including New Mexico's state cookie, the bischochito: a star-shaped delight with hints of orange and star anise). For a taste of Western lifestyle, visit Cowgirl BBQ: its kitschy décor is reason enough to stop by, but the happy hour chicken wings (and margaritas, of course) are nothing to ignore, either.

SAVOUR
There is no shortage of incredible Mexican fare in Santa Fe. This state is known for its locally grown red and green chiles, which are made into sauces that are smothered on just about everything. Choose your hue, or opt for "Christmas" (both red and green at once; a must). The Plaza Cafe in Santa Fe's main square is the city's oldest restaurant, but that doesn't stop it from serving up the freshest food. Similarly delicious is The Shed—a dining institution with an idyllic patio where the blue corn enchiladas are hard to beat. Speaking of patios, Coyote Cafe's rooftop is the perfect place for an afternoon margarita, although so is the quiet garden at Joe's Tequila Bar.



VITA X DOORDASH

Dash & Dine



When it comes to seasonal eats, there's just one food-delivery service you'll want knocking on your door this summer. From barbecue to burgers, DoorDash delivers top dishes from favourite local restaurants right to your door. Easily sign up and order food online or in-app for \$0 delivery fees on your first order! Or, for just \$9.99 a month, DoorDash's subscription service, DashPass, gives you unlimited access to thousands of the best local and national restaurants, with \$0 delivery fees plus "membership" perks, so it's easy to enjoy your fave meals and support local restaurants—like the three standouts below—all summer long. Chungchun Rice Dog specializes in one thing: Korean-style hotdogs. Unlike traditional flour-based batter, the use of a flour made from

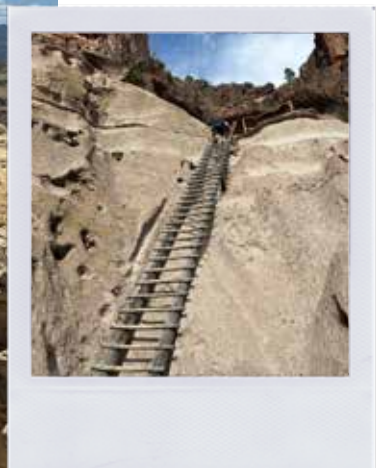
glutinous rice makes these hot dogs deliciously soft and chewy. There are meat and vegetarian options, and the tasty toppings include potato, ramen chips and flakes.

Don't call Cops a doughnut shop; this is a creative studio that happens to sell the sweet treats in flavours like key lime pie glaze, OG sour cream glaze, and cinnamon sugar. Or get the best-selling Hotbox, containing 36 share-worthy, fluffy, glazed doughnuts.

Simit & Chai is the only shop in Toronto that produces simit, the most ancient form of the bagel, dipped in molasses and rolled in sesame seeds—and it's naturally vegan! There's also homemade shakshouka, with poached eggs, tomatoes, bell peppers and spices, for you to enjoy. Doordash.com



SEE
For some adventure, head an hour's drive outside the city to Bandelier National Monument, a stunning park spanning over 33,000 acres of canyon, mesas and cliffs. Here you'll discover cave dwellings and petroglyphs of the Ancestral Pueblo people, who lived in the area more than 11,000 years ago. Climb ladders 140 feet up and you'll find yourself in Alcove House, a cave home that shows off gorgeous views of Frijoles Canyon below. Also an hour from Santa Fe sits Ghost Ranch in the town of Abiquiu. The former dude ranch was once home to iconic American painter Georgia O'Keeffe, who owned a small cottage on the property; enclosed by mesas, quarries and cliffs, this historic place includes rocks that date back 130 million years (yes, there are dinosaur fossils). Its gob-smacking natural beauty became a rich source of inspiration for O'Keeffe, and superfans will recognize its vistas from some of her paintings.



SOJOURN
Slather on some sunscreen and hike up to Chimney Rock (about two hours round-trip)—the climb is worth the effort, with every turn revealing a different perspective of the rock formations. From light tans to soft pinks to deep reds, the vistas will leave you speechless. There is a definite humbling quality, a quieting, among this land; prepare to feel profoundly and beautifully small. Back down the mountain and wandering among the grounds, I suddenly feel a hard-yet-playful tug on the back of my bag. I turn around expecting a mischievous smile from my boyfriend, but he looks at me cluelessly and swears it wasn't him. I may never know for sure, but I like to think it was the ghost of O'Keeffe, gently hinting that my time in this place isn't over. It's hard not to imagine being drawn back, and I think you'll feel it, too. SantaFe.org

New Noshes

Where and what to eat this summer
BY TRUC NGUYEN

PARQUET

This newly opened French bistro on Harbord Street is perfect for date nights and small-group dinners. Designed by Toronto-based Solid Design Creative, the 50-seat space feels cosy and welcoming, whether you're sitting at the bar or in a booth. (The charming outdoor patio can seat an additional 50, and features afternoon Apéro Hours on weekends.) On the dinner menu, find must-haves like steak frites and steak tartare, but also delicious surprises like a crudo made with scallops from Nova Scotia and a lamb sirloin dish served with collard greens and preserved grapes. **97 Harbord St., 416-922-2345. Restaurantparquet.com**



PHOTO: RON VAN DER WEES



FOOD PHOTOGRAPHY: LISA MICHELLE



PIANO PIANO COLBORNE

The fourth Piano Piano location opened on Colborne Street in the St. Lawrence Market neighbourhood earlier this year, offering flavourful Italian food in a fun, decadent setting. Great for group dinners and festive celebrations, the design by Toronto's Future Studio includes features like mirrored ceilings and a carousel horse at the bar. There's a family-style set menu, and a few dishes are labelled especially for sharing—but for a big group you can order (and share!) a range of crowd pleasers like the texturally delightful burrata con funghi appetizer, classic chicken piccata, egg yolk ravioli, and an anchovy-forward pizza called The Godmother. **55 Colborne St., 416-216-0295. Pianopianotherestaurant.com**

RISTORANTE SOCIALE

The team behind Michelin-recognized Enoteca Sociale have opened a new hotspot on King West. Ristorante Sociale offers some of Enoteca's most-popular dishes, including spaghetti cacio e pepe and the branzino, alongside new menu additions and a broader steak and anti-

pasti selection. Designed by Westgrove Design and featuring furniture by Studio 22, the 3,700-square-foot space draws inspo from Italian steakhouses of the '70s. It's an eatery made for celebration: expect dancers, a DJ and opportunities to mix and mingle. **545 King St. W., 647-352-1205. Sociale.ca**



CAFÉ ZUZU

This new opening from the Gusto 54 restaurant group—a combo restaurant, bar, café, bottle and takeout shop, and co-working space concept—aims to offer a "lively and nostalgic nod to 1950's Italy" in Regent Park. Café Zuzu also aspires to become a neighbourhood hub—for example, the space is open to small businesses and local groups to use once a month, and it houses a Mini Chefs program for youth in the community. During the day, you'll find pizza, sandwiches and baked goods on the café menu. The evening eatery and bar menu offers classic Italian favourites like papardelle with beef and pork ragu and eggplant parmigiana, alongside more contemporary dishes like a bruschetta and stracciatella antipasti and brussels Caesar salad—don't miss out on either! **555 Dundas St. E., 416-815-2660. Cafezuzu.com**

Summer Wine-tineraries

Delicious drink destinations and DIYs
BY NOA NICHOL

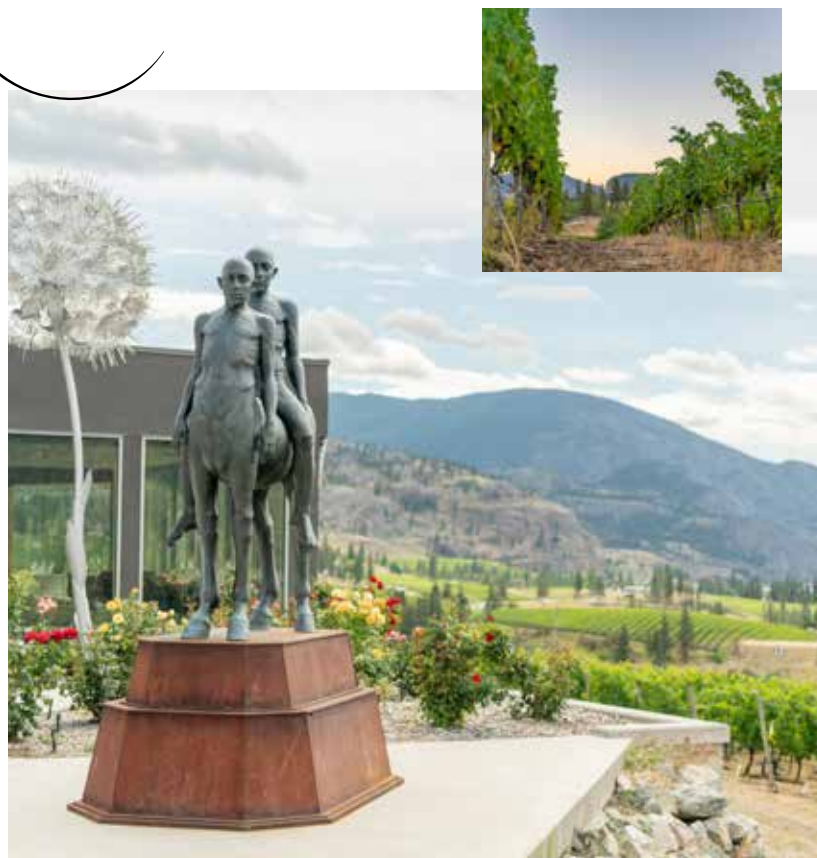
Are your travel plans for the next couple of months still up in the air? Allow us to help. Whether you're up for a road (or plane) trip to visit a spectacular winery, or would rather hang out on your own porch or patio, drink in hand, here are some thirst-quenching suggestions to add to your summer to-do list.

Escape to wine country

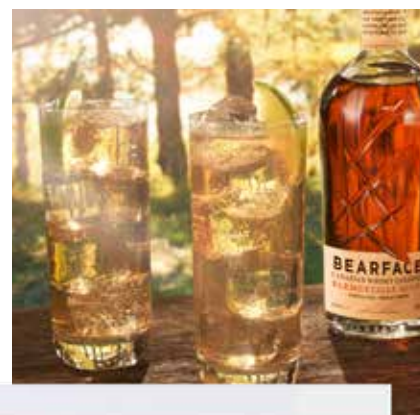
Wherever you are in Canada, a trip to B.C.'s Okanagan wine-growing region will not disappoint. Several vineyards in the area offer special sessions—like Oliver-based CheckMate Winery's The Scholar's Mate experience. For \$40 per guest, enjoy a guided, educational, seated tasting of four award-winning CheckMate Chardonnays and Merlots, in the winery's stunning lounge. Nearby, Red Barn at Jagged Rock's The Ride tasting experience (\$35 per person) takes you on a private tour of the winery's production area followed by an exploration of four wines in the barn, surrounded by lush vines, with each sip challenging convention. A third tasting, at Liquidity in Okanagan Falls, is dubbed The Art of Food and Wine for a good reason; for \$45 per person, experience four in-season bite-sized canapés prepared by the in-house chefs and paired perfectly with a flight of stunning wines.

Savour summer at home

Don't feel like straying far from your own patio this summer? That's perfectly fine—so long as you have friends, plenty of good food, and the right drinks to pair it with, close at hand. One of our favourite pairings comes courtesy of Mission Hill Family Estate's chef Patrick Gayler, who feels the winery's Perpetua Chardonnay, with pretty aromatics of white peach, nougat, baking spice and lime zest, goes perfectly with a summer-y strawberry,



rhubarb and wild rose curd. For a drink that's very summer fireside friendly, Bearface seven-year-old Triple Oak Canadian whisky makes a mean mule: just pour two ounces over chunky rocks, top up with ginger beer and add a cinnamon stick. Serve in a camping mug. Don't feel like cooking, or cocktail mixing? Crack open a can of Dillon's ready-to-drink Strawberry, Rhubarb & A Zest of Lime Gin Cocktail, with handcrafted gin, strawberry, rhubarb, lime and a big splash of soda. Not too sweet, it won double gold at the 2023 San Francisco World Spirits Competition—and is sure to make your summer a winner, too! **V**



Strawberry, Rhubarb & Wild Rose Curd

500 g rhubarb, washed and sliced
150 g strawberries, washed and sliced
1 lemon, juiced
2 eggs + 2 egg yolks
1 cup white sugar
50 g cold butter, cubed
10 wild rose blossoms

DIRECTIONS

Add rose petals to sugar. Massage thoroughly by hand to bruise and release the aroma of the flower petals before mixing this all with the fruit. Add lemon juice and stir thoroughly. Allow to sit for an hour or so at room temperature. Once it has rested, you can whisk in the eggs and yolks and cook on a double boiler until it begins to thicken. You can now turn off the heat and continue to whisk for a few more minutes as the residual heat in the double boiler will continue to cook the curd. Once the curd is thickened, remove the bowl from the double boiler and whisk in knobs of butter until smooth and glossy.

Chill overnight in the fridge and serve with vanilla ice cream or shortbread or angel food cake and enjoy!



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