

FALL 2022

SEASONAL LIVING

MAGAZINE



THE ALLURE OF AUTUMN

BUENOS AIRES BECKONS

Discover the charm of this magical city with our travel guide.

THANKSGIVING TWIST

Seasonal recipes that are everything you want and anything but ordinary.

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ON THE COVER: Fall styling with products from our PROVENANCE SIGNATURE COLLECTION by Laura Muller exclusively for Seasonal Living. Photography by Public 311 Design.



DISCOVER
BUENOS AIRES

This city is packed with charm. Learn about the unique colors, flavors, and architecture of this South American gem. Autumn in North America is the perfect time to visit.



WELL-
RESTED

Getting a good night's sleep is critical to well-being and overall health. It all starts with the right bedtime routine. We offer best practices that you can put into action starting tonight.

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INQUIRIES

For general inquiries, email us at service@seasonalliving.com

FIND OUR PRODUCTS

Interested in our products? Click [HERE](#) to find a retailer.



AUTUMN AROMA

It's time again to break out the candles. We have a roundup of our favorite fall-scented candles to get you started.

17



12 SWEET TEMPTATION

Soft, creamy, and full of caramel flavor... dulce de leche is here for fall. Get our easy-to-make recipe for the sweet spread.



15



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CITY STYLE

Designer Dan Rak shares his recent industrial-inspired project with us.



FROM THE editor's desk

Greetings from the far corners of the world. Over the past couple of months, we have been traveling to far-off places to reconnect with suppliers and work on product development. The experience has been enriching in a way that can only come from travel. A different world of color, pattern, and design sparks the imagination and provides inspiration for new products. We can't wait to share our new ideas with you.

Autumn always brings with it a unique palette of colors. It's such a special time of year when everything seems a little richer, a little deeper. I believe you will see that reflected here in this autumn edition. From seasonal recipes to the rich colors of Buenos Aires, this edition is packed with colorful images to inspire.

Like many others, I find fall just a little cozier. I relish the idea of curling up with a warm cup of tea and a good book. The temperatures drop, the air seems a bit more fresh, and my body instinctively knows it's time to start 'hibernating'. To that end, we have included an article about how to create a bedtime routine to get the best sleep.

Design lovers will be happy to see the fine work of our featured designers in this issue. Dan Rak and Amy Storm, both from the Chicago area, have shared their projects with us. While one is more city and the other more country, they are both exquisitely done with fine finishes and lovely outdoor living spaces.

We hope you will try our new recipes. Both were created with seasonal produce and with Thanksgiving in mind. Inspired by our travel section on Buenos Aires, we sought to provide you with unique dishes to add color and variety to your holiday table.

We will return to the States soon and begin work on our new product offerings and the holiday edition of Seasonal Living magazine coming at the end of the year. Until then, we hope that you enjoy this issue of Seasonal Living magazine and that you continue to draw inspiration from its pages. Please let us know if you have any questions at editor@seasonalliving.com.

Have a wonderful fall season.
Happy Thanksgiving (in advance).

In appreciation,
Gary Pettitt



Laura Muller
by LAURA MULLER

INSPIRED BY A LIFE THAT EMBRACES THE HEALING ELEMENTS OF NATURE, THIS COLLECTION REFLECTS THE EARTH'S SENSUOUS CURVES AND NATURAL SPACES RANGING FROM OCEAN AND DESERTS TO MOUNTAIN RANGES.



SEASONAL LIVING®



*both table base insets in choice of limestone or energy finish.



◀ MEDITATION ROUND DINING TABLE
PROVENANCE SIGNATURE COLLECTION
SEASONAL LIVING



◀ MEDITATION RECTANGLE DINING TABLE
PROVENANCE SIGNATURE COLLECTION
SEASONAL LIVING

EXQUISITE, HAND-GLAZED CERAMICS WITH TIMELESS FORMS
TABLES - STOOLS - PLANTERS

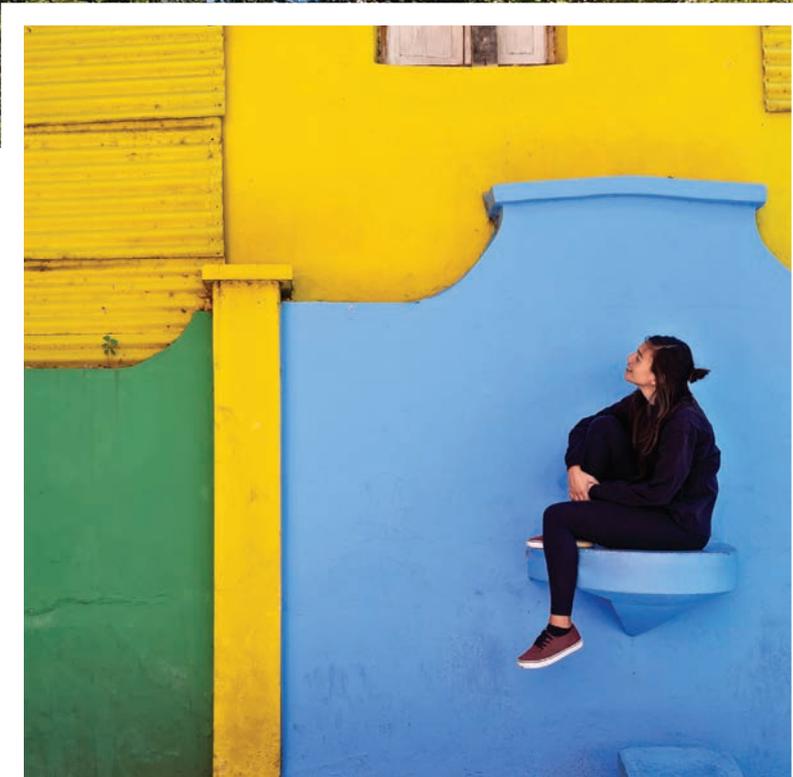
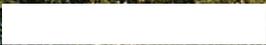


SEE THE FULL COLLECTION

• • •
"AUTUMN IS A SECOND
SPRING WHEN EVERY
LEAF IS A FLOWER."

- ALBERT CAMUS





**EUROPEAN
CHARM
SOUTH
AMERICAN
STYLE**

BUENOS AIRES



RICH CULTURAL HERITAGE, UNIQUE TRADITIONS, A LIVELY ARTS COMMUNITY, GREEN SPACES, AND CONVIVIAL PEOPLE... BUENOS AIRES HAS IT ALL. THIS PULSING CITY OF OVER 15 MILLION (METRO AREA) IS UNLIKE ANY OTHER YOU'LL EVER EXPERIENCE. PERHAPS IT'S THE SOUTH AMERICAN VIBE OR THE EUROPEAN INFLUENCE. IT'S LIKELY A COMBINATION OF THE TWO THAT MAKE IT CONSISTENTLY RANKED AS ONE OF THE BEST CAPITALS OF THE WORLD.

OF COURSE, THERE IS TANGO, EMPANADAS, SOCCER, AND THE OLDEST METRO SYSTEM IN LATIN AMERICA. HOWEVER, THERE IS SO MUCH MORE TO THIS COSMOPOLITAN CITY.



travel quicklist

In a thriving city such as Buenos Aires, there are countless options for food, drink, lodging, and sightseeing. Here are just a few to get you started.

EAT

DON JULIO

Guatemala 4691, Palermo Viejo

t: 5411.4831.9564

ROUX

Peña 2300, Buenos Aires

t: 5411.4805.6794

EL PERÓN PERÓN

Ángel Justiniano Carranza 2225

1425 Buenos Aires

t: 5411.4777.6194



SEE

MUSEO NACIONAL DE BELLAS ARTES

Av. del Libertador 1473, Buenos Aires

t: 5411.5288.9900

TEATRO COLÓN

Cerrito 628

t: 5411.4378.7100



STAY

LEGADO MITICO

Gurruchaga 1848, Palermo Soho

t: 5411.4833.1300

MINE HOTEL

Gorriti 4770, Palermo Soho

t: 5411.4832.1100

HOTEL NUSS

El Salvador 4916 Palermo

t: 5411.4833.8100



YOU WILL FALL IN LOVE WITH BUENOS AIRES FOR THE EUROPEAN INFLUENCE, BUT THE ART AND ARCHITECTURE GO WELL BEYOND THAT. YOU WILL ALSO FIND WORLD CLASS EXAMPLES OF MODERN WORKS THROUGHOUT THE CITY.

GENERAL INFORMATION

CURRENCY: Argentine pesos

LANGUAGE: Spanish

CALLING CODE: +54 (Argentina) 11 (Buenos Aires)

TIME ZONE: Argentina Standard Time

EMERGENCY NUMBER: 911



BIENVENIDOS



FACING PAGE (TOP TO BOTTOM): Take a lesson or just watch from the sidelines in the birthplace of the tango. Colorful entries and architectural details are everywhere to inspire you. **THIS PAGE (TOP TO BOTTOM):** Stroll through the colorful neighborhoods, like Boca, and experience a vibrant mix of European influence with South American flair. Enjoy shopping in the San Telmo market for an assortment of fine arts, crafts, and textiles.



THIS PAGE (CLOCKWISE FROM TOP LEFT): Empanadas are everywhere in savory and sweet varieties. Cafés are tucked away in courtyards with European influence. Glass seltzer bottles are among the many treasures to be found. The San Telmo market offers anything you can possibly imagine to remember your trip. **FACING PAGE (CLOCKWISE FROM TOP LEFT):** The Plaza del Congreso offers many photo opps and lovely views of the architecture in the city center. The Floralis Genérica sculpture by Eduardo Catalano in the Plaza de las Naciones Unidas is among the many works of public art. The nightlife in Buenos Aires is lively and legendary... it starts late and ends even later. French-inspired accordion music can be heard throughout the city.



SEEING IS BELIEVING:

WATCH THE VIDEO BELOW TO LEARN EVEN MORE ABOUT THE MAGICAL CITY OF BUENOS AIRES.



pick your spot



PALERMO

Fashionable district with many boutiques and restaurants. A good place for your first visit to Buenos Aires. Here you will find plenty of music and nightlife, shopping, restaurants, parks, and the Museo Evita.



RECOLETA

This district is full of beautiful French-inspired architecture and is likely why Buenos Aires is known as the Paris of South America. Find upscale shops and the legendary cemetery, Cementerio de la Recoleta.



SAN TELMO

This more "down to earth" district has plenty of the street art Buenos Aires is famous for. You will also find street performers, antique shops, and markets such as the celebrated Mercado de San Telmo.



SHOPPING

Be sure to see the **Galería Patio del Liceo** at Santa Fe 2729 Barrio Norte. This building houses shops of designers and artists with a very cool vibe. For mid-century clothing and home goods, check out **Gil Antigüedades** at Humberto 1412 San Telmo. **Las Cabrera** is the place to go for fine Argentinian leather goods. You'll find it at Ugarteche 3338 pb1, Buenos Aires. Perfume is the name of the game at **Fueguia 1833**, located at Av. Alvear 1680, Buenos Aires, where you'll find scents for humans and home. Finally, visit one of Buenos Aires' many bookshops, **El Ateneo Grand Splendid** at Av. Santa Fe 1860, Buenos Aires. This one is really special, housed in an old theater.

GETTING AROUND

The only city in Argentina with a metro system, it runs 5:30 am-11:30 pm on weekdays, 6 am-midnight on Saturdays, and 8 am-10:30 pm on Sundays. You will need a metro pass (SUBE) which can be found at tourist centers and kiosks throughout the city. Reload them at stations. The price depends on how many trips you take. The system is well-planned, and clean, and gets you to most points of interest. The bus system runs all day and covers the entire city. Your SUBE pass grants you access to the system. Taxis, ride-share, and car rentals are available, but unless you plan to leave the city, public transport and walking should be sufficient to get around.

WHEN TO GO

Buenos Aires has fairly good weather. The summers (January-February) can be quite warm, but the rest of the year is moderate. The busiest season is December-February. If you prefer cooler temperatures, the weather from June to August is much cooler and there will be far fewer tourists. Additionally, the prices will be much lower. Keep in mind that Buenos Aires is a thriving city with millions of residents. There is always something to do... no matter when you go. Much of it depends on your preferences. The only week to avoid might be the Holy Week of Easter. The city comes to a standstill while residents visit family and attend religious events.



DULCE DE LECHE

DULCE DE LECHE IS A CONFECTION WIDELY ACCEPTED AS LATIN AMERICAN. BUENOS AIRES, AND ARGENTINA IN GENERAL, IS WELL-KNOWN FOR DESSERTS INCLUDING THE SWEET SAUCE. HOWEVER, THE SAUCE WAS ALSO INDEPENDENTLY CREATED IN OTHER PARTS OF THE WORLD. IN FRANCE, FOR EXAMPLE, THE SAUCE IS KNOWN AS CONFITURE DE LAIT. IN POLAND, THE SAME SAUCE IS CALLED KAJMAK. IT IS LOOSELY BASED ON THE TURKISH VERSION CALLED KAYMAK.

THE BASIC RECIPE IS THE SAME... SIMMER MILK AND SUGAR FOR HOURS. IN MANY CULTURES, THE MIXTURE IS STIRRED ALMOST CONSTANTLY TO INCREASE THE BROWNING. OCCASIONALLY, ADDITIONS ARE MADE, SUCH AS VANILLA OR SALT. THE RESULTING PRODUCT CAN BE USED IN A VARIETY OF WAYS SUCH AS SPREADING ON CREPES, TOPPING YOGURT, FILLING COOKIES, ETC.

get our recipe on page 38.



THINKING THANKSGIVING

Add some variety to your traditional Thanksgiving dishes with this decadent sauce. Generally, anything that would benefit from caramel is a good start. Consider the following:

- *Pumpkin Spice Churros
- *Flan
- *Filling for sandwich cookies
- *Spread for Thanksgiving breakfast toast
- *Filling for rolled cake
- *Thanksgiving breakfast waffles
- *Filling for layer cake
- *Dip for midday fruit snack
- *Ice cream sundae topping
- *Base for pecan pie

...
**CARAMEL AND
APPLES WINS
EVERY TIME.**



COVER STORY



LAYER ON LAYER

THIS DESSERT IS AS MUCH ABOUT TEXTURE AS IT IS ABOUT FLAVOR. CRUNCHY, CREAMY, AND FLUFFY TEXTURES TAKE ON THE FLAVOR OF VANILLA, CARAMEL, AND APPLE. THERE ARE SEVERAL COMPONENTS TO PREPARE, BUT WE PROMISE THAT IT'S WELL WORTH THE EFFORT.

ALFAJORES APPLE SUPREME

serves 9-12

YOU WILL NEED:

- Alfajores cookie base (recipe follows)
- Dulce de leche - 1 can (recipe on page 38)
- Diced apples - 3 medium Granny Smith, finely diced and very dry
- Juice of one lemon
- Vanilla Creme (recipe follows)
- Vanilla Mousse (recipe follows)
- Vanilla Chantilly (recipe follows)

ALFAJORES COOKIE

The ingredients:

- 1 cup corn starch
- 1¼ cups all purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¾ cup unsalted butter, at room temperature
- ¾ cup sugar
- 3 egg yolks, at room temperature
- 2 teaspoons vanilla extract

The instructions:

1. Sift corn starch, flour, baking soda, and salt together. Set aside.

2. Place butter and sugar in a mixing bowl and beat together to cream it until light and fluffy. Scrape down the sides of the bowl.
3. Add the egg yolks, one at time, beating after each until well-combined. Add the vanilla and mix until well-combined.
4. Add the dry mixture in thirds, beating until just combined after each addition. Be careful to not over mix. The dough should be mixed only until the dry mixture is incorporated.
5. Turn the dough onto a clean, flat surface. Divide the dough in half. Form each half into a tight disk about 1 inch thick. Wrap each disk in cling film and refrigerate for at least one hour before continuing.
6. Preheat oven to 350°F.
7. Roll out one disk and press it into a square 9 or 10 inch baking pan or form. Roll out the other disk very thin, no thicker than ¼-inch and place it on a parchment-lined baking sheet.
8. Bake the cookie base in the square pan for 8-10 minutes or until just golden brown.

continued on page 37



THE STACK

cookie shards
vanilla whipped cream
vanilla mousse
vanilla cream
crumbled cookie
dulce de leche
small diced apples
dulce de leche
cookie base



NEW TWIST

STIR THINGS UP THIS THANKSGIVING WITHOUT DISCUSSING POLITICS. TRY A NEW TAKE ON SERVING SWEET POTATOES WITH THIS "OUT OF THE ORDINARY" GNOCCHI DISH. IT IS SURE TO BECOME A NEW TRADITION.

COVER STORY



SWEET POTATO GNOCCHI WITH CHIMICHURRI SAUCE

serves 6

SWEET POTATO GNOCCHI

The ingredients:

- 3 cups mashed, cooked sweet potato (about 3 potatoes)
- 1 egg
- 1 teaspoon salt
- 2 to 2½ cups flour + more as needed
- olive oil to sauté

The instructions:

1. Preheat oven to 425° F. Wash sweet potatoes, then poke them liberally with a fork. Place the potatoes on a foil-lined baking sheet and roast for 45-50 minutes or until fork tender.
2. When the potatoes are just cool enough to handle, remove the skins.
3. Use a ricer or food processor to puree the potatoes. Add 3 cups of the puree to a mixing bowl. Add the egg and salt and stir to fully combine.
4. Add 2 cups of the flour and fold it in to combine. Do not over mix. Add enough additional flour to create a sticky, somewhat loose ball of dough. The goal is to achieve a dough that will hold together using the least amount of flour possible (image 1).
5. Divide the dough into 6 or 8 portions on a clean, flat work surface. Roll each portion into a rope shape about 1 inch thick (image 2). Using a knife or pastry cutter, cut each rope into ½-inch portions (image 3). Toss them lightly in flour, if necessary, to keep them from sticking.

6. For classic gnocchi ridges, roll the portions over a gnocchi (or butter) board with your thumb (or rolling rod) pressing them down as you roll (image 4). This can also be done on the back side of a fork. However, the gnocchi can also be rolled into football shapes for cooking.
7. Bring a large pot of water to a boil. Add a generous amount of salt to the water, just as you would for pasta. Cook the gnocchi in batches to make sure there is enough room for them to move around. When the gnocchi float to the top of the water, they are done. Remove them with a spider or slotted spoon and place them on paper towels to dry.
8. Add a bit of olive oil to a non-stick skillet over medium-high heat. When the oil is hot add the cooked gnocchi in batches. Do not overcrowd the skillet. Toss the gnocchi frequently to brown all sides. Remove to drain away excess oil and continue with the remaining gnocchi.
9. Place gnocchi in serving bowl and top with chimichurri sauce. Toss before serving.

NOTE: The gnocchi can be frozen after step 6, if desired, for use at a later time. Freeze them in a single layer on a parchment-lined baking sheet. When they are frozen, transfer them to a freezer bag or container. Cook them in the same manner. Drop them frozen into boiling water. When they float to the top, they are done.

continued on page 38



Colorful and delicious!



FALL IS IN THE AIR

THERE IS SOMETHING ABOUT AUTUMN THAT MAKES US WANT TO LIGHT UP CANDLES AND FILL THE AIR WITH THE ODOR OF WARM WOODS, VANILLA, AND SEASONAL SPICES. WE'VE GATHERED 20 LOVELY OPTIONS TO FILL YOUR HOME WITH THE FRAGRANCE OF FALL.



THE DETAILS:

1. **BALSAM FIR & CEDARWOOD - LA JOLIE MUSE:** \$36, lajoliemuse.com, [LEARN MORE](#)
wood scented, natural soy wax
2. **PUMPKIN SPICE - SWEET WATER DECOR:** \$20, amazon.com, [LEARN MORE](#)
40 hour burn time, autumn, vanilla, buttercream
3. **CINNAMON PUMPKIN - LA JOLIE MUSE:** \$16, lajoliemuse.com, [LEARN MORE](#)
cinnamon, pumpkin, smoky pepper, vanilla
4. **FARMHOUSE - SWEET WATER DECOR:** \$16.79, amazon.com, [LEARN MORE](#)
60 hour burn time, cinnamon, nutmeg
5. **PINEWOOD - BENEVOLENCE LOS ANGELES:** \$16.99, amazon.com, [LEARN MORE](#)
35 hour burn time, all-natural soy wax
6. **PUMPKIN CHAI - NEST NEW YORK:** \$46, amazon.com, [LEARN MORE](#)
60 hour burn time, pumpkin, spicy masala chai, autumn spices
7. **WHISKEY CARAMEL - CRAFT & KIN:** \$17.99, amazon.com, [LEARN MORE](#)
hand-poured, 45 hour burn time, all-natural soy wax
8. **GONE HIKING - HOMESICK:** \$32.73, amazon.com, [LEARN MORE](#)
pine, jasmine, and sandalwood, 60-80 hour burn time
9. **FIREWOOD - KINGS CANDLE COLLECTION:** \$16.99, amazon.com, [LEARN MORE](#)
wood wick, all-natural soy candle
10. **PALO SANTO - HEMLOCK PARK:** \$24.95, amazon.com, [LEARN MORE](#)
crackling wood wick, organic coconut wax
11. **APPLES & MAPLE BOURBON - CALYAN WAX CO:** \$26.99, amazon.com, [LEARN MORE](#)
37 hour burn time, brown sugar, maple syrup, baked apple, cinnamon leaf, and tangerine
12. **SWEATER WEATHER - SWEET WATER DECOR:** \$20, amazon.com, [LEARN MORE](#)
40 hour burn time, woods, warm spice, and citrus
13. **JASMINE, OUD & SANDALWOOD - LULU CANDLES:** \$18.95, amazon.com, [LEARN MORE](#)
hand-poured, vegan soy wax
14. **PUMPKIN CHAI - LA JOLIE MUSE:** \$20.89, amazon.com, [LEARN MORE](#)
55 hour burn time, vegan, pumpkin, vanilla, coconut



14



12



13

SHOWN BELOW:

HELLO FALL - SWEET WATER DECOR: \$20, amazon.com, [LEARN MORE](#)
cinnamon, apples, and clove

SPICED PUMPKIN LATTE - VOLUSPA: \$30, amazon.com, [LEARN MORE](#)
40 hour burn time, all natural, vegan

FLANNEL - SWEET WATER DECOR: \$20, amazon.com, [LEARN MORE](#)
vanilla, caramel, amber, tonka, smoky woods, musk

PUMPKIN SPICE - 96 NORTH: \$24.95, amazon.com, [LEARN MORE](#)
50 hour burn time, all-natural soy wax

BONFIRE - KINGS CANDLE COLLECTION: \$16.99, amazon.com, [LEARN MORE](#)
mahogany and teakwood scented, wood wick

NO. 701 - MARLOWE: \$24.99, amazon.com, [LEARN MORE](#)
hand-poured, mountain aroma with pine and agarwood

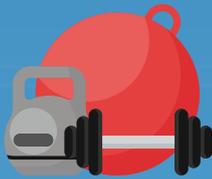


BETTER BEDTIME ROUTINE

SLEEP BETTER... STARTING TONIGHT

ACCORDING TO THE CDC (**SOURCE**), MORE THAN ONE-THIRD OF AMERICANS ARE NOT GETTING ENOUGH SLEEP ON A REGULAR BASIS. IF YOU ARE ONE OF THEM, A BETTER BEDTIME ROUTINE COULD BE THE RIGHT SOLUTION. AS THE TEMPERATURES DROP, ALLERGENS ARE REDUCED, AND THE SUN SETS EARLIER, CONDITIONS ARE IDEAL TO CREATE SOME NEW HABITS.

2 HOURS BEFORE BED



PHYSICAL ACTIVITY

End any heavy workouts or extreme cardiovascular activity at least two hours before bedtime. A relaxing stroll, on the other hand, can be very beneficial. Be sure to perform some stretching exercises.



HEAVY FOODS

Heavy meals can lead to indigestion and create extra work for your body to perform. Lots of liquid just before bed can lead to sleep disruptive bathroom trips.



ALCOHOL AND TOBACCO

Avoid the depressants and stimulants that these two offer before bed. Both affect your body's natural rhythm and can be detrimental to good sleep.

1 HOUR BEFORE BED



CONSISTENT ROUTINE

Humans are creatures of habit... and our bodies depend on it. Tell your body that you are starting your bedtime routine at the same time each night. Set an alarm to signal that it's time to wind down.



UNPLUGGING

Put your mind in a relaxed state by removing unnecessary stimulation. Turn off the TV, silence your phone, and shut down your computer.



SOOTHING MUSIC

Many people listen to music to relax before bed. You may benefit further by creating a playlist so you hear the same music and create even more of a routine.

30 MINUTES BEFORE BED



WARM DRINK / SMALL SNACK

If you must eat something before bed, choose something light. Yogurt, oatmeal, or a bit of nuts is a good option. Consider a warm soothing herbal tea or glass of milk.



READ AND/OR JOURNAL

Reading before bed can encourage better sleep. This is a habit many of us have from childhood. Also, consider journaling thoughts and 'to do' lists to empty your head of distractions before sleeping.



WARM BATH / SHOWER

A warm bath or shower will cause your body temperature to drop afterward. This can signal to your body that the conditions are ideal for good sleep.

JUST BEFORE BED



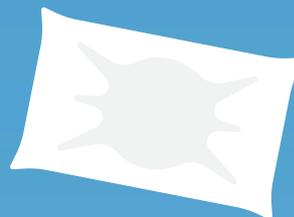
TEMPERATURE

Create the best possible sleeping conditions by managing the temperature in your bedroom to 65°-70° F.



LIGHTING

Dim lighting as you prepare to get in bed. Ensure that the rest of the lighting is managed by covering windows and small lights on electronics.



WELCOMING BED

Create a space where you love to sleep. Remove clutter, use essential oils, and control unnecessary noises. When your head hits the pillow, do nothing else but relax and drift off.

SLEEP MODE

WE SPEND NEARLY A THIRD OF OUR LIVES ASLEEP. THERE HAVE BEEN MANY STUDIES ON SLEEP, BUT THERE IS STILL MORE TO LEARN. WHAT WE HAVE LEARNED SO FAR HAS RESULTED IN SOME VERY INTERESTING INFORMATION. HERE ARE TWENTY INTERESTING SLEEP FACTS YOU MIGHT NOW HAVE KNOWN.

HUMANS ARE THE ONLY MAMMALS THAT WILLINGLY DELAY SLEEP.

TO PREVENT DRIFTING APART, SEA OTTERS HOLD HANDS WHILE SLEEPING.

7 MINUTES
TIME IT TAKES AVERAGE PERSON TO FALL ASLEEP.

IF YOU FALL ASLEEP IN LESS THAN 5 MINUTES, YOU ARE LIKELY SLEEP DEPRIVED.

RESEARCH INDICATES THE **CREATIVE** PEOPLE SLEEP MORE, BUT NOT AS WELL AS OTHERS.

♀
WOMEN SLEEP MORE THAN MEN.

IN THE US, **FEMALE** HIGH SCHOOL STUDENTS SLEEP LESS THAN THEIR **MALE** COUNTERPARTS.


TODAY, THE MAJORITY OF US DREAM IN COLOR. BEFORE COLOR TV, ONLY ABOUT 15% OF US DID.

37 
MILLION AMERICANS ARE ROUTINE SNORERS.

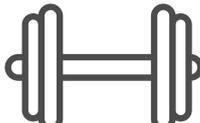
ACCORDING TO NASA, THE PERFECT NAP LASTS 26 MINUTES.

12%
PREMATURE DEATH IS 12% MORE LIKELY FOR THOSE WHO SLEEP LESS THAN 7 HOURS PER NIGHT.

YOGA AND MEDITATION ARE PROVEN TO IMPROVE SLEEP.


DOLPHINS AND WHALES "HALF SLEEP", SHUTTING OFF ONE SIDE OF THEIR BRAINS AND USING THE ACTIVE SIDE TO GO TO THE SURFACE FOR AIR.

OUR BODIES ARE TYPICALLY THE MOST TIRED AT **2** AM/PM

Routine exercise improves sleep.


IN THE US, MORE THAN 1500 DEATHS PER YEAR ARE CAUSED BY DRIVERS WHO HAVE FALLEN ASLEEP.

- * LOSING SLEEP CAN MAKE YOU HUNGRY DUE TO A DROP IN THE APPETITE-REGULATING HORMONE, LEPTIN.
- * YOU ARE STOPPED FROM ACTING OUT YOUR DREAMS DURING REM SLEEP BY BRAIN-RELEASED CHEMICALS THAT "PARALYZE" YOUR MUSCLES.
- * IN THE FIRST TWO YEARS OF A NEWBORN'S LIFE, THE PARENTS LOSE AROUND 6 MONTHS OF SLEEP.
- * YOUR BRAIN ACTIVITY WHEN YOU ARE AWAKE AND WHEN YOU ARE IN REM SLEEP IS ALMOST THE SAME.



MORE MODERN LESS FARMHOUSE

HUGGED BY A HOME

Amy Storm & Company creates a front porch for a warm and welcoming family to present the very best first impression and make guests feel at home.

01

WELCOME HOME

Special attention was paid to the mudroom. The space houses coats and shoes, of course, but also a kids' desk, center island, utility closet, and wall-mounted farm sink.

02

NOT SO OFFICE-OFFICE

The small office got a feminine touch with softened colors, subtle brass touches, and a hot pink and navy modernized oriental rug.

03

FAMILY TIME

The family room is warmed up with a coffered ceiling clad in poplar with a custom whitewash. The space is punctuated by bright, modern art and a mid-century modern sprawling 3-arm light.



F

OR NEARLY 20 YEARS AMY STORM HAS CREATED STRIKING INTERIORS HOMEOWNERS LOVE TO LIVE IN. BASED IN THE CHICAGO AREA, STORM VENTURED INTO RESIDENTIAL DESIGN IN 2004, AFTER YEARS OF HOSPITALITY DESIGN. HER ELEVATED DESIGNS HAVE ATTRACTED CLIENTS FROM THE GEORGIA COAST TO THE MOUNTAINS OF MONTANA AND HAVE BEEN FEATURED IN MAGAZINES INCLUDING INTERIOR DESIGN AND ARCHITECTURAL DIGEST. AMY LIVES IN GLEN ELLYN WITH HER HUSBAND AND BUSINESS PARTNER, JOSH, AND THEIR TWO DAUGHTERS.

THIS RECENT PROJECT IN WHEATON IL WAS A COMPLETELY CUSTOM NEW BUILD. THE CLIENTS CHOSE STORM TO COMPLETE THE DESIGN AND TOGETHER THEY LAID THE GROUNDWORK FOR WHAT WAS TO COME. NEXT, AN ARCHITECT AND BUILDER WERE CHOSEN TO BRING THE IDEAS TO LIFE. DUE TO THE CLIENT'S DETAILED AND EXTREMELY ORGANIZED WISH LIST, THE DESIGNER WAS ABLE TO HELP THEM ACHIEVE THEIR IDEAL HOME BUT EVEN BETTER THAN THEY HAD IMAGINED. WHAT BEGAN AS A MODERN FARMHOUSE BECAME MUCH MORE MODERN WITH A SUBTLE FARMHOUSE VIBE.



Stoffer Photography Interiors





ENTERTAINMENT ZONE

This space, just off of the kitchen combines grays and browns and natural materials masterfully to create a cozy conversation area. A wet bar stands at the ready just to the left.



STYLE FILE

BROWN IS BACK - warm, rich brown tones are showing up everywhere from supple leathers to wall coverings. A modern approach to infusing the comfy color keeps it from looking dated.

HIGH ON THE CLIENT'S WISH LIST WAS LOTS OF NATURAL LIGHT. THE POSITIONING OF THE HOME, PLENTY OF LARGE WINDOWS, AND LIGHTER WALLS MAKE THE SPACE BRIGHT AND AIRY. WHILE THE BASIC PALETTE IS BLACK, GRAY, AND WHITE, THE VARIATIONS IN COLOR AND TEXTURES CREATE A WARM AND WELCOMING HOME. TO SOFTEN THE LOOK, JUST THE RIGHT AMOUNT OF COLOR WAS STRATEGICALLY ADDED. BROWNS, WOOD TONES, AND NATURAL MATERIALS ADD TO THE COZINESS AND MAKE AN EASY INDOOR/OUTDOOR TRANSITION TO THE BLUESTONE PATIO AND LANDSCAPED YARD JUST OUTSIDE THROUGH LARGE, SLIDING GLASS DOORS.

STRATEGICALLY PLACED ON THE DRIVEWAY SIDE OF THE HOUSE, THE MUDROOM HAS TWO ENTRANCES - ONE ON THE SIDE AND ONE AT THE BACK CLOSER TO THE GARAGE. IT WAS DESIGNED WITH PRACTICALITY IN MIND. IT INCLUDES A WALL OF LOCKERS, SHOE STORAGE AND BASKETS, A KIDS' DESK, A QUARTZ-TOPPED ISLAND IN THE MIDDLE, AND A WALL-MOUNTED TROUGH SINK. FOR THE FLOORS, TILE WITH THE LOOK OF RECLAIMED PARQUET FLOORING WAS USED TO KEEP THE WARMTH OF WOOD, BUT THE DURABILITY TO STAND UP TO THE BEATING MUDROOM FLOORS TAKE THANKS TO THE WINTER SNOW AND SLUSH OF THE MIDWEST.



DESIGNER: Amy Storm
SITE: amystormandco.com
LOCATION: Glen Ellyn, Illinois



FACING PAGE: Entertaining is made easy with the chic wet bar. It includes a quartz counter, antique mirrored backsplash, and brass mesh from England on the cabinets. **THIS PAGE (CLOCKWISE FROM LEFT):** In the entry, white paneling continues up the stairs for a dramatic and light-filled effect. Marble, simple light fixtures, and fine brass touches give this bathroom a sophisticated look. The kitchen was designed with family in mind with an oversized center island for casual meals and cooking.

SNEAK PEEK

WE ARE VERY EXCITED TO ANNOUNCE THAT WE HAVE A NEW LINE COMING VERY SOON. OUR SUCCESSFUL PERPETUAL COLLECTION IS GETTING AN ADDITION. THIS NEW LINE WILL INCLUDE FINELY HANDCRAFTED METALLIC FINISHES PAIRED WITH OUR SIGNATURE LIGHTWEIGHT CONCRETE. THE RESULT IS SOMETHING RAW YET REFINED.

THIS IS THE ESSENCE OF SOPHISTICATED SIMPLICITY. THIS IS JOY.

LIGHT, DELICATE TOUCHES OF GOLD. THE SUBTLE BANDS BRING OUT THE NATURAL COLOR OF THE FLECKS OF SLATE IN THE GRAY AND THE GLINTS OF APRICOT AND NUTMEG IN THE WHITE. EXPERIENCE THE JOY OF TWO MATERIALS COMING TOGETHER TO CREATE SOMETHING EVEN MORE WONDERFUL THAN THE SUM OF THEIR PARTS.





JOY

SOPHISTICATED SIMPLICITY



CHICAGO



CHIC



ON THEME

Dan Rak maintains the integrity of the industrial feel of the Chicago neighborhood building in this project while still creating a warm space.



WISH LIST

Top on the list of requests by the client was a large dining table surrounded by windows for entertaining. The designer sourced a unique table with integrated leaves for expansion.

P

RINCIPAL DESIGNER, DAN RAK, IS A MICHIGAN NATIVE AND GRADUATE OF MICHIGAN STATE UNIVERSITY WHERE HE EARNED DEGREES IN ACCOUNTING AND LAW. HOWEVER, FROM AN EARLY AGE, RAK HAD BEEN INTERESTED IN DESIGN. WHILE PRACTICING TAX LAW IN CHICAGO, HE BEGAN DESIGNING SMALL PROJECTS FOR HIMSELF AND FRIENDS AND FAMILY. ULTIMATELY, DAN DECIDED TO FOLLOW A MORE CREATIVE PATH, LAUNCHING DAN RAK DESIGN IN THE WINTER OF 2014. HIS WORK WAS QUICKLY RECOGNIZED AND BUSINESS STARTED TO GROW. DAN NOW LEADS THE CREATIVE DIRECTION OF EACH PROJECT AND SPLITS HIS TIME BETWEEN OFFICES IN CHICAGO, WESTERN MICHIGAN, AND SOUTHWEST FLORIDA.



DESIGNER: Dan Rak
SITE: danrakdesign.com
LOCATION: Chicago, Illinois



Ryan McDonnell

RECENTLY, DAN COMPLETED A PROJECT IN CHICAGO FOR SOME VERY SPECIAL CLIENTS... LONGTIME FRIENDS. OF COURSE, KNOWING THEM AND THEIR TASTES HELPED. IN ADDITION, RAK HAD ALREADY WORKED WITH THE CLIENTS, DESIGNING THEIR VACATION HOME IN NORTH CAROLINA. HERE, THE PROJECT WAS NEW CONSTRUCTION AND THE DESIGNER WORKED CLOSELY WITH THE CLIENTS TO SELECT FINISHES, WALL COVERINGS, DRAPERY, AND FURNITURE.

THE PROJECT IS NESTLED IN A TRENDY NEIGHBORHOOD OF CHICAGO- WEST LOOP /FULTON MARKET. THIS AREA IS DESCRIBED AS A "FOODIE MECCA" PACKED WITH EXCELLENT RESTAURANTS FILLING THE HISTORIC WAREHOUSES OF THE ONCE INDUSTRIAL NEIGHBORHOOD. THE CHALLENGE WAS CREATING A DESIGN THAT IS COHESIVE WITH THE INDUSTRIAL STYLE ARCHITECTURE BUT STILL WARM AND INVITING. THIS WAS ACHIEVED BY INTRODUCING SATURATED COLORS, LUXURIOUS TEXTURES, FUN WALLPAPERS, AND SOFTENING ELEMENTS LIKE CUSTOM DRAPERY.

01

ESCAPING THE CITY

To create a soothing oasis away from the bustle of the city, the master bath was given a more feminine treatment with soft textures, stone, and tile... and a bit of sparkle for a touch of glam.

02

THE RIGHT MIX

Beautiful textured wallpaper provides an interesting and sophisticated backdrop for a simple yet chic light fixture and playful graphic artwork.

03

A COZY RETREAT

A range of soft browns and grays are accentuated by colorful patterns and textures to create a comfortable living space. A writing desk takes advantage of the view and natural light.



02



01



03



BREATHING ROOM

Taking advantage of the outdoor area, the designer created a space with sumptuous forms and soft grays and browns punctuated with saturated greens.



STYLE FILE

ALL THAT GLITTERS - soft and subtle golden touches are being spotted in many current designs. Through judicious use, designers are introducing just enough sparkle with brass finishes and accessories to bump up the glam.

ALFAJORES APPLE SUPREME

continued from page 14

Continue baking the thinly-rolled cookie for 2-3 minutes. It should be golden brown with clearly browned edges when finished.

9. Remove the cookies from the oven and cool completely on a wire rack. Break off ragged edges of the thinly-rolled cookie and set aside for the topping. Crumble the remaining cookie between your fingers for the second cookie layer of the dessert.

VANILLA CREAM

The ingredients:

- ½ gelatin sheet
- 1 cup of heavy cream
- 2 ounces of white chocolate
- ½ of vanilla bean

The instructions:

1. Make the cream the day before.
2. Soak the gelatin in cold water for 5-10 minutes.
3. Place the vanilla bean (split and scraped) with the seeds and ½ cup of the cream in a small saucepan. Bring to a boil over medium heat. Place white chocolate, broken in bits, in a heat proof bowl. When the cream comes to a boil, remove the vanilla bean and pour it over the white chocolate. After one minute whisk the mixture to incorporate the white chocolate into the cream. Squeeze the water out of the gelatin sheet and add it to the warm cream. Whisk to incorporate. Stir in the remaining cold cream. Cover the bowl and refrigerate overnight.
4. Whip the cream lightly before adding it to the dessert.

VANILLA MOUSSE

The ingredients:

- ½ cup whole milk
- 1 vanilla bean
- 4 teaspoons sugar
- 2 egg yolks
- 1 gelatin sheet
- 1 tablespoon heavy cream
- 1½ cups heavy cream, whipped to stiff peaks

The instructions:

1. Soak the gelatin in cold water for 5-10 minutes.
2. Place egg yolks, sugar, contents of the split and scraped vanilla bean, and milk in a heat proof bowl. Whisk until smooth. Place the bowl over a small saucepan with 1 inch of water. Bring the water to a boil and then reduce to a simmer. Place the bowl over the simmering water and

whisk continuously until the liquid thickens, creating a custard.

3. Add the drained gelatin sheet to the mixture and whisk to incorporate. Stir in the 1 tablespoon heavy cream. Cover and refrigerate the mixture for two hours.
4. Whip the remaining cream to stiff peaks. Gently fold the cream into the custard mixture just until well incorporated. Cover and refrigerate until you are ready to assemble the dessert.

VANILLA WHIPPED CREAM

The ingredients:

- 1¼ cups heavy cream
- 1½ ounces white chocolate
- 2 vanilla beans

The instructions:

1. Place the vanilla bean (split and scraped) with the seeds and ½ cup of the cream in a small saucepan over medium heat. Bring the cream to a simmer. Remove from the heat and add the white chocolate. Let the vanilla bean infuse for 10 minutes, then remove it.
2. Add the remaining cold cream and stir to combine well. Cover and place in the refrigerator for at least 2 hours before whipping to stiff peaks.

THE ASSEMBLY

1. Dice the apples small and place them in a bowl with the lemon juice and enough water to cover them. When all of the apples are cut and dipped, drain them and dry them very well on paper towels.
2. Add a thin layer of dulce de leche to the cookie base. Next add the apples and press firmly in place. Cover the apples with a layer of dulce de leche and jiggle the pan gently to allow some of the dulce de leche to sink into the spaces. Add a layer with the crumbled cookie and press firmly into place.
3. Next, pipe the vanilla cream over the cookies, then spread it evenly with an offset spatula or the back of a spoon. Add the mousse and spread it evenly with an offset spatula.
4. Using a piping bag with a large star tip, pipe the vanilla whipped cream on top in a pattern of your choice. Add the shards of the browned cookie to the whipped cream. If desired, sprinkle lightly with any remaining small cookie crumbs. Keep refrigerated until ready to serve.

**Images of layers on facing page.*

NOTE: If there will be any delay between layers, the dessert should be placed in the refrigerator or freezer until you are ready to add the next layer.

DULCE DE LECHE

continued from page 12

1. Remove the label from a can of sweetened condensed milk.
2. Place the unopened can in a large pot and fill the pot with water. The pot must be deep enough to cover the can plus at least two inches. The unopened can of sweetened condensed milk must be covered with water at all times. Otherwise, it could explode. This could be dangerous, but definitely messy.
3. Place the pot over medium-high heat and bring the water to a boil. Reduce the heat and simmer for 4 hours. Add water to the pot every thirty minutes to ensure that the can remains covered.
4. After 4 hours, drain the water and remove the can with tongs. Allow the can to cool for at least 3 hours before opening.
5. Store unopened for 3 months. Once opened, store refrigerated for up to 3 weeks.

NOTES:

The can must stay completely submerged. Do not attempt if you will not have time to monitor.

You can cook longer for a more caramelized result.

Once opened, stir in a bit of coarse salt to taste, if desired.

SWEET POTATO GNOCCHI

continued from page 15

CHIMICHURRI SAUCE

The ingredients:

- 1 cup fresh parsley
- ¼ cup fresh cilantro
- ¼ cup fresh oregano
- ½ cup red onion, chopped
- 3 cloves garlic
- ½ teaspoon red pepper flakes
- ¼ cup red wine vinegar
- 3 tablespoons fresh lemon juice
- 1 teaspoon kosher salt
- ½ cup extra virgin olive oil

The instructions:

1. Place all of the ingredients except the oil in a food processor. Pulse several times to reduce ingredients to small pieces.
2. With the food processor on lowest speed, drizzle in olive oil. If the sauce is too thick, add a bit more olive oil.
3. Taste the sauce for seasoning and adjust salt as desired. Pulse again to incorporate.

Alfajores Apple Supreme layers





LOOKING AHEAD

HOLIDAY HOOP-LA

IT WON'T BE LONG UNTIL THE WINTER SEASON IS UPON US.

OUR WINTER/HOLIDAY ISSUE WILL BE FILLED WITH FRESH, SEASONAL FOODS, IDEAS FOR INDOOR/OUTDOOR ENTERTAINING, AND, AS ALWAYS, BEAUTIFUL DESIGN! COMING IN DECEMBER.

WE INVITE YOU TO CONNECT WITH US ABOVE AND ENJOY A COMPLIMENTARY SUBSCRIPTION BY CLICKING **HERE**.



WINTER 2022

FINDING JOY



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