

BEEKMAN 1802

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CULTIVATE A BEAUTIFUL LIFE





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BEEKMAN 1802
ALMANAC
CULTIVATE A BEAUTIFUL LIFE

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FALL 2020



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Life LESSONS

By the end of summer and well into autumn, the Tarheel days are so hot and so heavy with humidity that the only respite is inside, preferably with a glass of iced tea.

Brent and his sister would spend summers with their grandparents, and during these hazy days they would each find a place to lay in the house close to an air conditioning vent and read a book. Brent was often behind the gold velvet chair in the living room or beneath one of the beds.

In their mom's childhood bedroom was a small bookshelf that held all the "classics" of a Baby Boomer's youth: every title in the Nancy Drew series (the yellow hardcover ones), every title in the Hardy Boys series (the blue hardcover ones to match Nancy!), as well as other smaller series like Donna Parker, Trixie Belden, and the Bobbsey Twins. They read each of them over and over.

The one that Brent read most frequently was a book called "The Saturdays" by Elizabeth Enright.

Set in the decade following the Great Depression, the four Melendy children lived with their father, a widowed professor of economics, and Cuffy, their beloved housekeeper, in a brownstone in New York City. There was

6'
socially
distanced

thirteen-year-old Mona, who had her heart set on becoming an actress; twelve-year-old mischievous Rush, who played the piano; ten-year-old Miranda "Randy" who loved to dance and paint; and thoughtful six-year-old Oliver.

Tired of wasting Saturdays doing nothing but wishing for larger allowances, the four Melendys jumped at Randy's idea to start the Independent Saturday Afternoon Adventure Club (I.S.A.A.C.). If they pooled their allowances and took turns spending the whole amount, they could each have at least one memorable Saturday afternoon of their own. Before long, I.S.A.A.C. was in operation and every Saturday was definitely one to remember. Each Melendy child was able to do exactly what he or she pleased, discovering new ideas and new things about themselves along the way.

And that's just how all the Saturdays of life should be.

Throughout history, Almanacs have always included discussions of topical developments and a summary of recent historical events, which is why we wanted this issue of the Beekman 1802 Almanac to be our historical document on the Covid-19 Pandemic. But rather than statistics and



moratoriums, we wanted to be a record of the positive things that have occurred and look as hard as we might to find some silver linings.

A lot of us now are spending more time with our families and learning how to manage life on lesser resources, but that definitely doesn't mean that we don't still yearn for adventures that are uniquely our own. And it doesn't have to mean that we can't still have them.

Think about how you can create your own ISAAC.

Perhaps you are reading this on a Saturday.

Or, because you save each issue, it will be a Saturday the next time you pick it up.

Don't let this Saturday pass, blending into the other days of the week like they did during the stay-at-home period of the pandemic.

That would be a waste of a Saturday.

SBTR

If you need help getting your Saturday started, try picking up a book from our favorite Nostalgic classics:

The Country Bunny and the Little Gold Shoes
by DuBos Heyward, illustrated by Marjorie Flack (1939)

The Little House
by Virginia Lee Burton (1942)

Blueberries for Sal
by Robert McCloskey (1949)

The Snowy Day
by Ezra Jack Keats (1962)

Where the Wild Things Are
by Maurice Sendak (1963)

Alexander and the Terrible, Horrible, No Good, Very Bad Day
by Judith Viorst (1972)

The Mixed-Up Chameleon
by Eric Carle (1975)

Strega Nona
by Tomie dePaola (1975)

Poinsettia and Her Family
by Felicia Bond (1981)

Chrysanthemum
by Kevin Henkes (1991)



“The Saturdays”

CALENDAR

Inspired by the book, “The Saturdays”, we’ve decided to create a special version of our calendar section that focuses purely on our approach to our weekends this Fall. This year has taught us a lot about shrinking plans and living simpler, so let’s all celebrate the exciting and fulfilling experiences near our homes.



SEPTEMBER 26TH & 27TH

We’ll likely be very busy with the gardens this weekend. We usually get our first frost about now, so picking and canning any tomatoes with the slightest blush of red on them is top priority. Those that have a long way to ripen will get dipped in a weak bleach solution (to kill any damaging bacteria or enzymes on their skins) and carefully set on newspapers in the basement, without touching one another. If they’re not bruised or damaged, they’ll slowly ripen... sometimes all the way through December!



OCTOBER 10TH & 11TH

PRIME APPLE PICKING SEASON. Beekman 1802 was started because of a weekend upstate NY apple picking trip. Take this weekend to search out a “Pick-your-own” farm near you. No matter where you live, there’s almost always something to be harvested. Who knows? It may wind up changing your entire life.



OCTOBER 3RD & 4TH

When Josh was young, some of the most dreaded words he heard were “Let’s go for a ride!” He’d sink down into the backseat and sulk the whole way. Boring! But now, we love to pack Önder in the car, start driving in one direction, and try to get lost by turning down any road we haven’t been on before. We get gardening ideas from seeing strangers’ yards, marvel at historic home details we never noticed before, and stop wherever we feel like it. Bonus idea: Bring a \$20 bill with you and promise to spend it somewhere you’ve never been before: an antique store, a roadside vegetable stand, or an ice cream cone.

OCTOBER 17TH & 18TH

Put up outdoor holiday lights. That’s right. We said, “holiday lights.” No, no, no...don’t turn them on yet. Just put up the lights that are mostly invisible when not lit. You’ll thank us for not having to do it in late November when the icy wind is blowing, and your frozen fingers can’t untangle the damn sonnofabi#*@!!!!



OCTOBER 24TH & 25TH

There are amazing art and history museums in even the most remote rural regions of America. Within a half hour of us we have two world class art collections (Arkell & Fenimore), a living history attraction (The Farmers Museum), and countless smaller art attractions. And we don’t visit them enough. Take this weekend to visit as many as possible near you...they can really use your support this year.

NOVEMBER 7TH & 8TH

Some other words Josh dreaded to hear growing up were: “Come over to see some slides from our vacation!” Many people haven’t been able to take major trips in 2020, for budget or safety reasons. But let’s start appreciating the travel we *have* done like we used to before we took our “small world” for granted. Invite a neighbor over and recreate one of your fondest meals from a favorite trip and create a travelogue of photos to play on your computer or TV. You’ll be amazed at the conversations it sparks. And then have that neighbor reciprocate another night with one of their own travel experiences.



NOVEMBER 14TH & 15TH

This is when attendance at local farmers markets starts to thin out in northern areas. Some will even close for the season soon. Help your neighboring farms get through the long winter season by buying extra of what they have available. Freeze it. Can it. Dehydrate it. Not sure how? Ask the farmer...they’ll give you plenty of great instructions.

JENNIFER Taber VanDerwerken

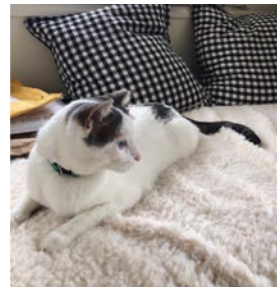


Jennifer Taber VanDerwerken is a freelance writer and recently returned upstate New York native, who after 15 years of living in big cities is discovering that we can, indeed, go home again.

FIND JENNIFER

Instagram: @wecangohomeagain

OLIVIA Dillingham



Olivia is the beauty writer for the *Beekman 1802 Almanac*. Based in New York City and upstate, she is a brand strategist, writer, and spiritual seeker. Currently studying yoga, mindfulness, and the power of our relationship to the natural world, she recently founded The First House, a company focused on hosting retreats for women in Upstate New York, Mexico, and beyond.

FIND OLIVIA

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Website: oliviadillingham.com

The First House: thefirst.house / @thefirst.house

GREGORY Leguire



Gregory Leguire is an illustrator and graphic designer living and working in Upstate New York. He graduated with a BFA in Graphic Design from The College of Saint Rose, in Albany, New York. He enjoys working with brands and organizations that make positive impacts in their communities.

FIND GREG

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JODIE *Emmett* & GUILLERMO *Maciel*



Meet Jodie and Guillermo, our new neighbors and the new artisans behind Beth's Farm Kitchen. Their purpose not only entails supporting local businesses and creating products focused around ethically sourced ingredients but also encouraging community and collaboration through all of their culinary ventures. We can't wait to share with you what we have in store with them this season.

FIND JODIE & GUILLERMO

Instagram: @bfkitchen

Facebook: @bethsfarmkitchen

Website: bethsfarmkitchen.com

B. Inspired

DAVE POLLOT

Between the enduring bric-a-brac and the ephemeral consumerism, painter Dave Pollot's aesthetic lives as pop culture parodies.

BY AMY LEE

There is a quiet comfort and excitement to a thrift shop: the piles of dusty books, the forgotten tchotchkes, the vintage clothing, and of course, the gaudy paintings from who knows when. But to artist Dave Pollot, these paintings aren't junk, they are his next opportunities.

A former software programmer by day and painter by night, Pollot's passion started with his wife, Becca. She had a side hustle of renting vintage items to events. During one pivotal trip to Goodwill together, she mentioned how funny it would be to add something onto the background of one of the paintings. They took an artwork home, and the fate of the Pollots were sealed. For the last eight years, Dave has focused on the creative side of his art while Becca focused on the business side. As the business grew, he began to pursue it full-time in January 2018.

When asked about his inspiration, Pollot stated, "It might actually be easier to call out what doesn't inspire me at this point." But of course, since no two of his canvases are ever the same, it is clear that Pollot's list of muses must be wide-reaching. Pollot is influenced by everything: absorbing the community, culture, food, fashion, advertising, pop culture, and other artists around him.

With endless ideas and scenes to work on, Pollot cannot stay away from his easel for too long. His process is simple but constantly evolving. Through his



sketchbooks or iPad, Pollot can begin with either the background or the concept, with the challenge coming from marrying the two. Once he has his vision fleshed out, he starts painting.

As his inspirations vary, so do the stories for his paintings. He started off keeping the narrative closely guarded to allow the viewer to create his or her own. Nowadays, he adds more of his thoughts because it can add a lot of value and insight for the viewers. Although each painting has its own unique story, they are all part of the bigger picture of the shared human experience. Through the human experience, a discreet piece of art can evolve—its meaning can change over time—and there's always a place for it, which is what makes Pollot's art all the more memorable and captivating.

FIND DAVE

Instagram: @davepollotart

Facebook: @davepollotart

Website: davepollot.com



Meet the Maker

JILL RIKKERS

Artisan Jill Ridders transforms metal into bespoke serving staples that turn everyday meals into remarkable moments.

BY JENNIFER TABER VANDERWERKEN

If the term “smithing” conjures up images of burly men pounding out horseshoes in a bygone medieval era, then we invite you to peruse the work of Jill Ridders, whose craft of creating lovely and useful objects out of metal is a very modern business.

With her company, Beautifully Served by Jill, she is making serveware and kitchen staples that dazzle—in both their material and the stylish elegance of their form.

Originally from the Poughkeepsie area, Jill’s design education took her all the way to the National College of Art and Design in Dublin, Ireland, where she graduated with a metalsmithing degree.

“After many years of making jewelry, I began making serving utensils as wedding gifts for my friends,” she says. “Then I started making baby spoons. About fifteen years ago, I really dove into the serveware line.”

Jill’s creations for the kitchen and table are the kind of showstopping pieces that transform simple gatherings into memorable events. It’s her own passion for the culinary arts and the everyday needs of the home cook that help guide her collections.

“I’m inspired by the food itself,” she explains. “I try to imagine every possible need in the kitchen and table and then I make it. If I need a cranberry spoon for my Thanksgiving table, I go and make one. I love to cook so it felt very natural to me to design and build my serving and cooking line. I make them so they are very practical and functional, but the beauty of them is also important.”

Jill’s unique metalsmithing process is a careful marriage of old-world techniques and modern technology, as she combines computer-aided design, as well as hammer and forge to create the different parts of her serving sets, flatware, and bowls.

“What I love about working in metal is its fluidity,” she says. “When you get it to the right temperature, metal moves like clay. And then it hardens up to last many generations.”

That timeless strength and the grace of Jill’s designs go further to cement her pieces as the kind of objects destined to become family heirlooms. Look out for a few special pieces from Jill coming to Beekman 1802.

You’re sure to find a treasure to make your table shine.

**FIND JILL**

Instagram: [beautifully_served](#)

Website: [beautifullyservedbyjill.com](#)



20 Ways to Cultivate a Better Life this Season

GAZETTE



Goss UP: Numerous studies have found that the mere act of smiling, whether real or forced, can actually induce real positive feelings. Besides giving one's spirit a lift, smiling also could have a side benefit of increasing one's immunity, most needed in the midst of a pandemic. Think of a smile as preventative medicine!

1802

The approximate number of Beekman 1802 hand wash and lotion caddy sets we gifted to frontline workers during the first month of the pandemic. Another 2000 were sent out the next month—all to workers nominated by Beekman Neighbors honoring the work of those in their own community.

THE LIPSTICK EFFECT

In times of widespread uncertainty and financial unrest, consumers often look for small luxuries at a low cost to boost morale. Economists call this theory "the lipstick effect", as cosmetics are a prime example of this kind of spending trend. Self-care and small pleasures are always important, but especially when stress is high. Treat yourself to something lovely within your own budget, and remember, you deserve it.



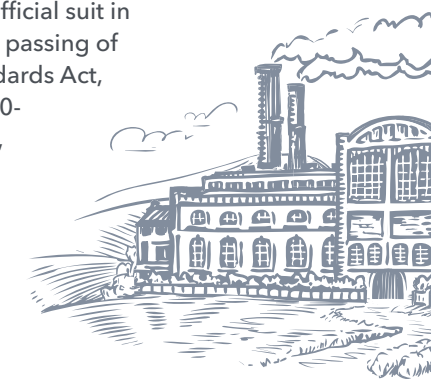
WORK HARD. NEVER QUIT. HELP YOUR NEIGHBOR.

In the darkest and scariest moments of this year, bright lights shone all around us, reminding us that human kindness is the most powerful medicine in the world. From acts of incredible generosity to healthcare workers and hospitals through donations of masks and PPE, to nightly cheers for essential employees, to the beautiful rainbows posted in windows and doors in every city across the world, we really did show up for one another when it mattered most.



SOMEONE PASS THIS ALONG TO THE DOWAGER COUNTESS OF GRANTHAM...

Ever wondered about the history of the common workweek/weekend schedule? The Saturday or Sunday "day of rest" has its roots in Judeo-Christian tradition, but the modern concept of having both Saturday and Sunday off from work evolved in 19th century Britain, where industrialization brought new concerns about laborer's rights to the forefront of culture. Factory owners began giving their workers half of Saturday as well as Sunday off in the hopes of having refreshed, rested, and sober employees come Monday morning. America followed official suit in 1940, following the passing of the Fair Labor Standards Act, which instituted a 40-hour working week, and a nationwide embracing of the two-day weekend.



HERD IMMUNITY



As doctors and scientists diligently work to better understand COVID-19 and how to protect us from its most devastating effects, conversations about herd immunity have been taking place. But just what does it mean? Herd immunity refers to a means of protection for an entire population through

the vaccination of a large percentage of its members against disease. Herd immunity virtually eradicated infant deaths from chicken pox in America through the introduction of a vaccine. Even though infants aren't inoculated against chicken pox until they are older, they are protected from the virus because the majority of the community is vaccinated, thus stopping the chain of transmission in its tracks. Herd immunity's agricultural name refers to the way in which groups of animals, like cattle, sheep, and of course, goats, protect their most vulnerable members through the sheer size of their numbers. Another powerful lesson from the animal kingdom to us—protect your neighbor, and we all benefit.

LATHER, RINSE, REPEAT

Now that we're all experts in handwashing (and we all are, right?), it's time to get into a good moisturizing routine to help our hands recover from all that hot water, soap, and hand sanitizer. Keeping your hands healthy and intact will prevent cuts and breakdown in the skin. Our always gentle goat milk soap will get rid of the germs, but not your skin's natural moisture, and our hand creams, salves, cuticle creams, and super nourishing Stick of Butter will give your hands the restorative treatment they need to wash another 6-10 times per day.



THE SATURDAYS BY ELIZABETH ENRIGHT

This charming children's book originally published in 1941 is one of Brent's favorites. It tells the story of the Melendy family of New York City, and the four industrious children who aim to never waste a Saturday just sitting around. We love that message and the subtle reminder that it's up to each of us to make each ordinary day extraordinary through our own hard-work, creativity, and enthusiasm for life. This is the first book in a quartet that captures more of the Melendy family's adventures. Introduce it to a child you love today!



STAYCATION LIKE A PRO

When travel options are limited—for whatever reason—it's a great time to play tourist in your own region. Check in with your local chamber of commerce to discover the hidden treasures of your hometown. There's bound to be parks, trails (and if circumstances allow) museums or historical places that you've never visited before. You'll gain a better understanding and appreciation for the place you call home, and become an expert guide for others in the process.



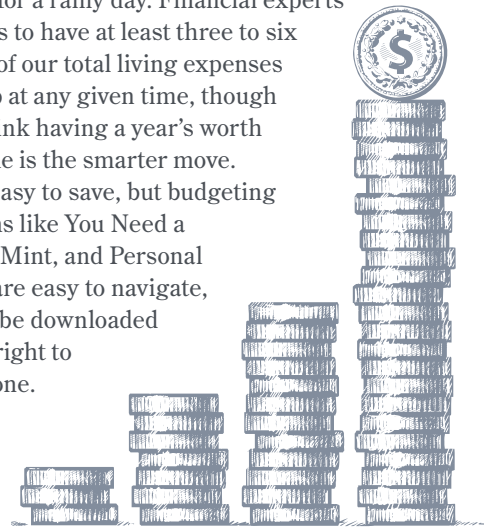
TEACHER APPRECIATION DAY, MONTH, YEAR, DECADE...

The closure of schools across America has made homeschooling teachers out of unsuspecting parents everywhere. As we settled in to the new normal of online classes and learning at home, a new appreciation for how hard teachers actually work is dawning in our country. To see how quickly schools have pivoted to make learning not only possible, but fun for kids at home is truly inspirational. We send admiration, thanks, and love to the teachers who are doing their vital work in a circumstance they could never have imagined, and missing their students every single day.



A PENNY SAVED...

The COVID-19 pandemic was a medical emergency, but for many people, it resulted in a financial crisis as well. Millions of American workers were laid off or furloughed, freelancers and other members of the gig economy suffered, and business owners saw their revenue stream dry up in the space of days. This unforeseen event is a good reminder to all of us about the importance of having some emergency savings for a rainy day. Financial experts advise us to have at least three to six months of our total living expenses saved up at any given time, though some think having a year's worth of income is the smarter move. It's not easy to save, but budgeting programs like You Need a Budget, Mint, and Personal Capital are easy to navigate, and can be downloaded as apps right to your phone.



WHAT WE BOUGHT AND WHAT IT MEANS



Anthropologists and economists are studying the data of consumer trends during the COVID-19 crisis looking for clues about human behavior in extreme situations. After the essentials started

filling our carts (soap, hand sanitizer, germ-killing cleaning products), next came the toilet paper and food shortages as people limited their trips to the grocery store. In the next phase of panic-buying, baking supplies like yeast and flour were in short supply, as people turned to home baking to both feed their families and comfort their spirits. Purchases of puzzles, games, and craft supplies also surged as people accepted that they needed to stay home for their entertainment. And then hair dye started flying off the shelves.

After salons and barber shops were forced to close, shoppers started panic-buying clippers, trimmers and boxes of hair dye. Hands up if you attempted your own amateur "quarantine cut" while stuck at home. While we have to wait for the experts to summarize their findings and write the think-pieces that will help us better understand our own actions during this time, you'll find some thought-provoking words on women going grey en masse from author Anne Kreamer right in these pages and in her book, *Going Gray: What I Learned about Beauty, Sex, Work, Motherhood, Authenticity and Everything Else That Really Matters*.

KEEP THE DOCTOR AWAY

Apples are one of the best things about fall, and there are new reasons to be excited about this year's crop. The Lost Apple Project is an organization in the northwest United States that seeks to identify and preserve heritage apple trees, and just this year, they announced that ten apple varieties that were previously thought to be extinct are in fact alive and well. Some of the latest finds include Limber Twig, the Rambo, Flushing Spitzenburg, Gold Ridge, the Givens and the Streaked Pippin. Lookout for some new to you names in the stores and orchards this year!



"THE WORLD IS INDEED FULL OF PERIL, AND IN IT THERE ARE MANY DARK PLACES; BUT STILL THERE IS MUCH THAT IS FAIR, AND THOUGH IN ALL LANDS LOVE IS NOW MINGLED WITH GRIEF, IT GROWS PERHAPS THE GREATER." - J.R.R. TOLKIEN

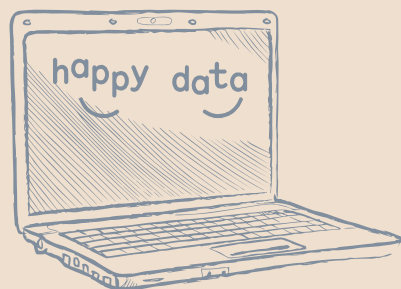


PIVOTING WITH PURPOSE

When the COVID-19 crisis began, one of the first things to disappear from store shelves was hand sanitizer. A surprising industry responded to the alarming shortages and transformed their business models to meet the public's need—distilleries. They used their unique expertise in alcohol and professional-grade equipment to provide this germ-killing solution to customers. Cheers to that! For a list of distilleries making and selling hand sanitizer across the country, visit distilledspirits.org

HAPPY DATA

Inspired by daydreams from long isolated days indoors, Happy Data wants to bring you hope and encouragement from the pandemic in a new way. If you want to hear news such as how there are 4,500 new volunteers in NYC since March 16th, or how 40 percent of U.S. workers have gained healthier sleeping habits since working from home, in a beautifully compelling way, then check out happy-data.co



KINDNESS IS A CURE

We all know that it feels good to do good, and to be connected to the people we love. Social distancing can make it harder than ever to experience the closeness we crave from other human beings, but it certainly pays to try, and in more ways than we might think. Scientific data increasingly supports the idea that simple activities like offering to help someone in need, or looking at a picture of someone you love can reduce stress and ease physical pain. Social connections with people have even been proven to lengthen lifespan. For the times when we can't be together in person, a phone call, a card, a care package, and even waving to a passing stranger can help boost your immune system and suppress harmful stress hormones.




518 RAINBOW HUNT

The 518 Rainbow hunt was a very welcome distraction during the rise of Covid-19. Starting with a Facebook group, families across the Capital Region of upstate NY have placed handmade rainbows of all sorts in their windows, doors and driveways. Not only is this a fun activity for kids and families alike, but it's a simple way to bring light to any passerby during this storm. Goes to show how one small act of kindness can spread even during the hardest times.

HOLIDAY GIFT SETS
coming soon!

BEEKMAN1802.COM



A photograph of a window with white curtains. A small potted plant with green leaves and a few white flowers sits on the windowsill. The view outside the window is bright and slightly blurred, suggesting a landscape or cityscape. The overall mood is calm and serene.

Follow your heart
EXPERIENCES

Typically, this is the section of the Almanac devoted to introducing our readers to places and adventures we hope they will love. As we all now know, 2020 had other plans. Instead of travel features and inspiring itineraries for new explorations, you'll find stories about how we've endeavored to make the best of a very strange time. We believe that there are silver linings to be found in the darkest of clouds, and creativity to be mined from the toughest of circumstances. Here's how we've been striving for a little positivity while the world stood still.

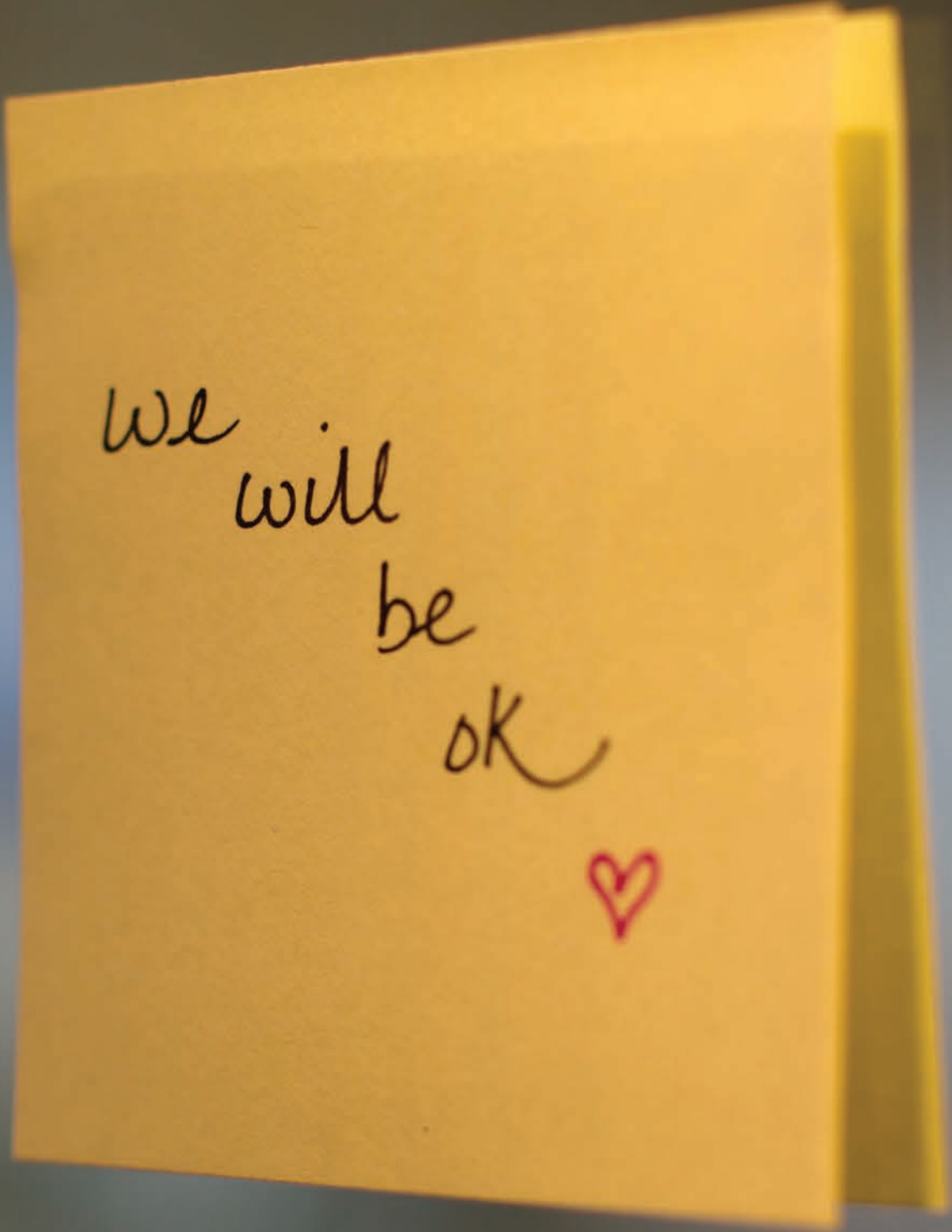
POSITIVES IN A PANDEMIC

*Looking for silver linings in the clouds of this
strange and stormy season...*


BY JENNIFER TABER VANDERWERKEN

The last normal day of my life looked something like this... Get up, get the kids out the door to their respective schools, rush off to a work meeting, get stuck in traffic, arrive late to preschool pickup, run to the grocery store, make lunches, prep dinner, get the older child off the bus, race to after-school extracurricular activity number one, come home, wolf down the pre-prepared dinner, rush off to the evening's second extracurricular, help with homework, put kids to bed, catch up on emails, try to remember to kiss my husband goodnight, try to remember to wash my face, try to remember to breathe, and finally collapse into bed.

To many of you reading this, a day like the one I've just described sounds nothing other than completely average. Without meaning to, I found myself smack in the middle of an existence I cannot manage without color coordinated Post-Its on the kitchen wall calendar and iPhone reminders I set for myself, and then reset once the deadline has come and gone.



we
will
be
ok



“AND THEN THE WORLD STOPPED”

For the first time in my life, for the first time in most everyone's life, all our carefully made plans, our goals, our constant harried striving, have simply ceased to matter. You can throw away that planner. You can cancel the swim lessons, that concert ticket, the spa day you've been dangling like a carrot in front of yourself as a reward for simply making it through the punishing pace of your regular days.

If you are able to stay home, then you have stayed home, and been thankful for the privilege of your safety. And privilege

is an important thing to acknowledge at a time like this. For even as I recognize the silver linings and count the blessings of this great global pause, I do so knowing that for many millions of people the world over, this is a time of sickness and death, of long-distance mourning. For too many, this crisis brings with it a financial hardship that robs them of their peace. For others still, there is no pause. Someone must nurse the sick, deliver the mail, and stock the grocery shelves. I am among the lucky. My family is healthy and in a safe home environment. My husband and I can do our work from home and guide our kids through their distance learning.

I don't need to list here all of the things that make this time so challenging and scary. But in the hardest of times, what is good and essential has a way of shining through. It's human nature to reach for hope and comfort when things feel inexplicably bad, and I have tried to keep my eyes wide open to whatever joy can be found in these strange days.



Here is what I will always remember about this moment, and what I hope I will take with me when it ends:

- The security and delight to be found in your own vegetable garden.
- The sweetly rumped faces of children in the morning who have awoken when their bodies told them to and not because of an alarm.
- Puzzles on long, rainy afternoons. Is there anything so gratifying as a completed puzzle?
- Baking bread. Baking cakes. Baking cookies.
- Making cards and sending actual letters in the mail.
- Supporting small local businesses and knowing how much they value each and every dollar you give them.
- Long walks in the neighborhood, spotting rainbows in windows and feeling held by each one.
- An appreciation for teachers and the incredibly important, difficult, and underrated work they do.
- An appreciation for healthcare workers, who have shown a bravery that never fails to bring a lump to my throat.
- An appreciation for the too-often overlooked essential workers keeping our society afloat.
- Reading books with my children until they decide it's time to stop.
- Reading books for my own pleasure.
- Time to purge that which no longer serves me. Shredding old documents is surprisingly cathartic.
- Making do with what we have on hand and relishing in the creativity necessitated by a little bit of scarcity.
- Gratitude for good health.
- Long phone calls with friends.
- Daily afternoon tea with my husband.
- Permission to feel all the feelings and share in collective grieving. It reminds me how much we all belong to one another.



I have faith that this acute moment of crisis will eventually end. Perhaps, by the time this is published, it already has. What the new normal looks like, none of us can yet know.

What we can do is take stock of what has made this time bearable and kept us afloat in the murky waters of so much uncertainty. For me that looks like less running, and more sitting still. Less post-it notes,

more simple pleasures.

When life picks up speed again, and the days start to look a little more like they did before, I have vowed to save space for the small joys this time has taught me to cherish. There will be regular tea breaks, long neighborhood walks, and bigger smiles for the store cashiers and waiting room staff at the doctor's office. I will keep reading to my kids until they decide it's time to stop.

These are the little life rafts that saved me. I'll be taking them with me into whatever seas lie ahead.



"LESS RUNNING, AND MORE SITTING STILL, LESS POST-IT NOTES, MORE SIMPLE PLEASURES"

A NEIGHBORHOOD CONVERSATION

We asked you, our Neighbors, to share with us how you found positivity during this difficult time, and what you've discovered in the quiet moments of self-reflection that isolation can bring.

ILLUSTRATIONS BY GREGORY LEGUIRE

We have always found our Beekman 1802 community of Neighbors to be inspiring optimists, able to find the little moments of good in even the hardest of circumstances. We reached out on social media to invite you to share your personal stories of insight and hope with us, and you certainly delivered. Here are some bits of good news from around our global neighborhood, sure to uplift and encourage, and remind us all that life is what we make of it.

"I LEARNED
I CAN CUT MY
HUSBAND'S HAIR
PRETTY GOOD."

Kathy Engle-Dulac

This time of being at home has allowed me to explore the traditional foods of my family. I have used the time to make dandelion wine, violet simple syrup for cordials, and will be making some lilac honey for allergies. My garden is set to be glorious as we move through spring into summer, and I have been able to plant, water, fertilize (organically, of course!) so much more than I usually can manage! I look forward to tomato salads and sandwiches, hot peppers for sprinkling over dishes, squashes in abundance, garlic like we have never been able to enjoy before, and corn. . .our first ever corn crop! I have found fruit trees all around our neighborhood, shared wisdom of what can be eaten with neighbors, and built relationships to weather this and future storms. I am grateful for this time to focus on here, where I live, and the people I am surrounded by. I hope we all keep ourselves well.

Eleanor Karcher-Pilotti

I learned I can cut my husband's hair pretty good. He even gave me a \$20 tip.
P. S. Married 45 years.



Elena Strittmatter

Watching my sunflowers reach for the sky over my garden wall, birds gorging themselves at the feeder, my four rescue pups having the luxury of laying in the midday warmth, the scent of lemon blossoms wafting through the air as I work from home. All the things we had previously taken for granted while your life sped by at warp speed are now in focus and have been a reset for myself and many others.

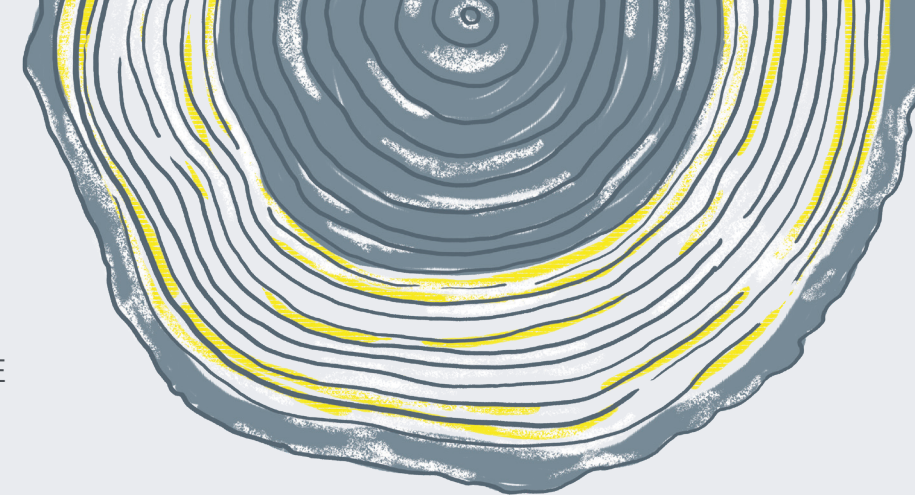
Carrie Haas

My 15 year old daughter and I cook dinner together every night and we take walks almost daily. We have been having talks about a little bit of everything and reading books! We have this uninterrupted bonding time that we will cherish always. To have this time with her has been a true blessing.

Kristi Oleson

I have found Inner Peace that I forgot I had with the busy lives we lead, and also to take one day at a time and not overthink it. I got this 'lil thing called life.

"I HAVE TIME TO
CONTEMPLATE HOW
STEADY, DEPENDABLE
AND IMPORTANT
TREES ARE."



Linda Broce

I come from a long line of artists, and I always wanted to try my hand at drawing, but never had the time. Finally, I had the time. I sat down to draw, not knowing what would happen. Voila! I could! Good things CAN come from bad situations.

Diane Donner Engoron

I have found the beauty in the simple and slower-paced life! I'm actually enjoying this "pause".

Iri Moor

This time has brought me closer to God, my family, and my purpose in life. I thank God for this time, and I will cherish the time the world stopped and was quiet!

Karen Decoteau Lambert

Sharing our vegetables from our garden with neighbors has let us meet them for the first time. This week I clipped my husband's hair for the first time and was surprised that he actually trusted me. Looking in the mirror has shown me that I wouldn't trade my life for anything. I have had more time with my aging parents, siblings, and our sweet daughter.

Gayle Steele Snyder

I have time to contemplate how steady, dependable and important trees are. I look at the trunks that grew wide despite storms, insects, drought and wind and admire how tall they grow despite it all. Their trunks are even strengthened by time. The reliability of the sun rising and setting is my constant during this time of angst.

Diane Brady Haight

I love the sense of community, of coming together, the birthday parades by the firehouses, decorated cars, signs in front of people's houses sharing their celebration—a graduation, a birthday, a baby. We are all part of a bigger community now, united and finding innovative ways to celebrate.

Claire Charles

I have had the time to take classes online as well as been forced to increase my technology skills so that I can teach online. I have stretched my skills in unexpected ways. I have been learning so many new ideas and concepts. This is challenging and an investment in me as I am in my seventies. Life always has more to teach if I am a willing participant.

Emily Meade Danner

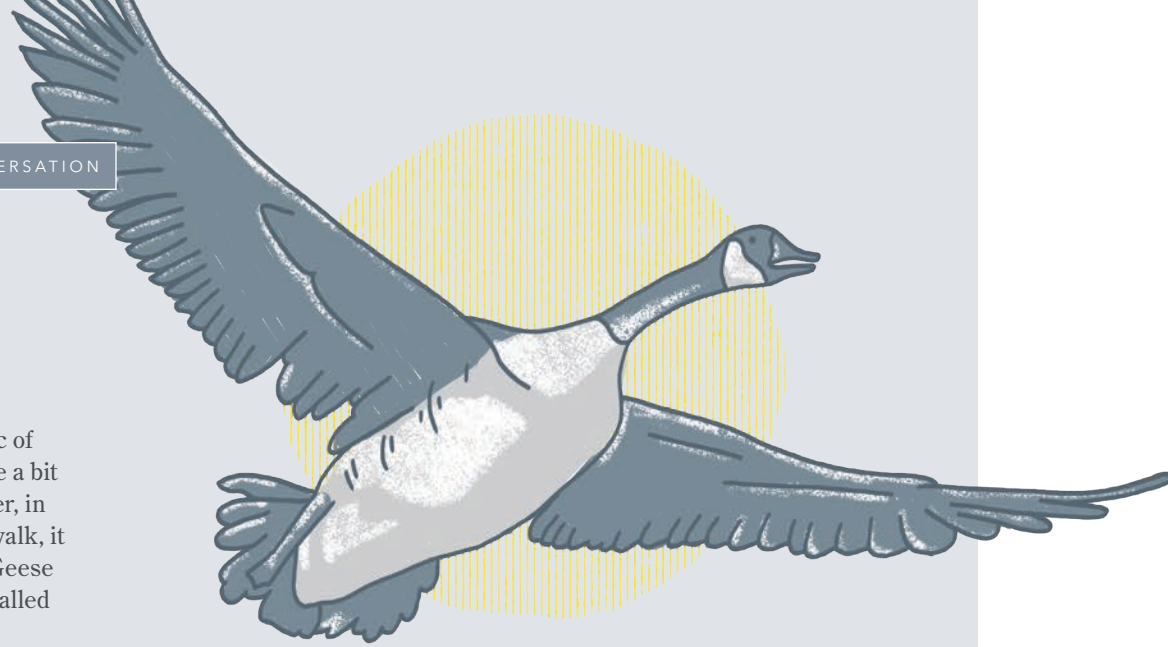
I had extra time so I reached out to check on everyone! A call, text, or email sent to literally each friend, family, and client just checking in to see if they are okay or need anything. I am embarrassed to say that I had not done that sort of "what can I do to help you?" reaching out before. What an excellent reminder that we are all in this together and we must take care of each other.

Ann Falvey

Better communication is important. After hello, take a moment to ask a personal question. It only takes a moment to open a new door and listen.

Kathy Sullivan

I have learned that we only have NOW. Do not look back or forward. Also, I am and will make sure I connect more with family, friends and even some acquaintances that may need a friendly phone call. I plan to be better at this.

**Mary Winnie**

I live on a road with pretty constant traffic of cars and trucks. This had decreased quite a bit throughout the day which is nice. However, in the early evening when I would take my walk, it got so quiet I could hear nature sounds. Geese honked, deer rustled in the grass, birds called out to each other, the bees buzzed by, the peepers peeped and the wind whistled through the trees. What a chorus! Slowly, the traffic is rebuilding as the restrictions are being lifted and people return to busy lives. It was nice while it lasted.

Doreen L Weaton

This has brought me closer to my neighbors. Due to great age differences we've never been close, but now they check on me regularly and even offer meals. I can't wait to hug them when this is past.

Illa Kirby

I have a new grand baby arriving! Even though everything is weird and scary in the world it's like God is saying that life is still precious and good. A happy rainbow in the middle of the storm.

Alicia Marie

My husband passed away the day before Thanksgiving 2019 after getting pneumonia from organ rejection. He was a year and a half post double lung transplant. We have two kids, one in elementary and one in middle school that unfortunately could not miss a lot of days. Going to class was hard for them after their Dad passed (and I hated being home alone). After the governor announced all schools were closed in our state and a switch to online learning, I was so happy. Just because I wouldn't be here alone. But the most positive gift this quarantine has given us is the chance to heal as a family and for my kids to have the time they need away from school. For us all to be together so we can move forward.

Mary O'Connell

Small farm-based businesses are coming back more quickly than other industries. As people begin to consider where their food comes from, they are joining CSA farms in record numbers! Our farm offers outdoor education for kids and families as well as agri-tourism options, and those things seem to be looking up, as parents begin to explore simpler, outdoor opportunities for their family vacations and camps. It's nice to see people returning to their roots.

Kimberly Huhn

I've come to appreciate just how little of some things I really need to live happily...and my decision-making will now reflect this new appreciation.

Jackie Purcell

I have learned that "I am enough" and I need to work on "I am enough."

Marianne Stark Duffy

My 90 year-old mother always went to the beauty shop once a week. When the shop closed, I started going to her house every Saturday to wash and style her hair. Although I can't hug my mom or get near her face because of the virus, fixing her hair is a way to show love and be able to touch her. Also it is a time to be together and talk. It has been a blessing for both of us.

Sharon Letterle

The return of "The Neighborhood" walks, friendly exchanges, looking in on each other...how Mr. Rogers taught us all! #PittsburghDoingFredProud

Joanne Paolini

This pandemic has made me aware of the importance of the essential workers in our lives, particularly our delivery workers and food store workers who are totally dedicated to their work at a time like this. I will always see them in a different way from now on thank you for serving.

"I COULD HEAR NATURE SOUNDS. GEESE HONKED, DEER RUSTLED IN THE GRASS, BIRDS CALLED OUT TO EACH OTHER, THE BEES BUZZED BY, THE PEEPER PEEPED AND THE WIND WHISTLED THROUGH THE TREES. WHAT A CHORUS!"

Diana Tullis Fazio

All things school related with my daughter (10). Learning fractions (again), listening to her read aloud, recess and family walks every night.

Aghavni Jabian

This situation has forced me into a deep dive to truly be honest with myself. I'm starting to see that what "I need" I already have, and my wants are not as important as I thought. Life is so much richer when you clear away the clutter.

Silvia Castro

I have repaired my relationship with my daughter who is 18. I learned not to take her for granted and to listen instead of reacting. I have learned that life is tenuous and fragile.

Amy Ellwood

Neighbors in Las Vegas tend to stay in their high walled backyards where their pools are. It's rare to see people in their front yards for more than a few minutes. Since the pandemic required sheltering in place, people are gardening in front, walking around the neighborhood and even gathering in the cul de sac at an appropriate distance to talk to each other. On Easter, some of the neighbors did a group dinner. Each made a dish and shared but we all ate in our own homes. It's getting more neighborly and I like it!

Christine Melato Coggeshall

My daughter is expecting her first child in June. Baby shopping and shower were all cancelled due to the pandemic. My daughter was so disappointed. I learned to crochet and made a beautiful blanket for the baby to give my daughter. I am sure, many years from now, the blanket will mean more to her than a missed shower.

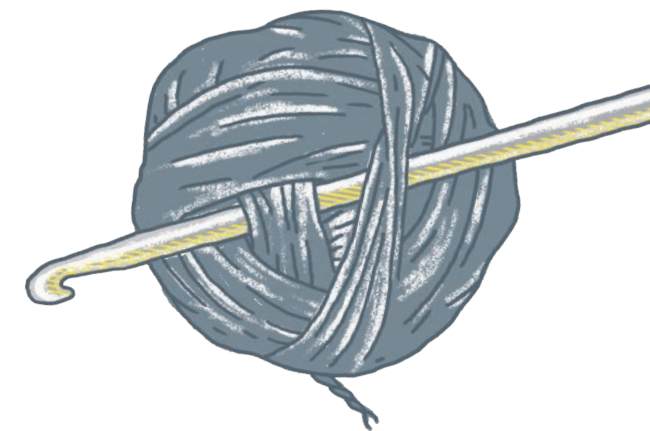
Brian Mark Barnett

I learned the life I once lived was too much; an early demise no doubt. I need to work on many things, organization, time, and money management, but most of all, loving family more than ever!

Christina Linscott Craig

I've learned that I can't assume a Neighbor has someone else to check on them or help them. A Neighbor a few streets over has a medically fragile child, her other child goes to preschool with my child. I was a casual acquaintance and we would say hi at the school. It wasn't until I saw a Facebook post where the mother was asking if Instacart was reliable, that I realized they needed help to purchase groceries. For the past seven weeks I have added their grocery list to my own, and brought their groceries to their door. They have wonderful neighbors on their street, and family nearby, so I assumed they were ok. I was wrong, and from now on I will always check in on neighbors who have medically compromised people in their home.

"I LEARNED TO CROCHET AND MADE A BEAUTIFUL BLANKET FOR THE BABY TO GIVE MY DAUGHTER."





"I GOT A NEW PUPPY,
AND QUARANTINE
TIME WORKED OUT
PERFECTLY FOR
POTTY TRAINING!"

Kelly L. Dillon Chandonnait
Perseverance has given me the strength to continue being positive.

Malaika Schalburg Bryant
I have learned to step into the unknown and trust that positive solutions and outcomes can be designed and shifted as we go. Positivity and communication are the key ingredients!

Linda Goad
I learned that I am more than my face. I looked deeper and saw all the people who are a part of me who have passed—dear friends, parents, my brother, my husband and six dogs and one horse! I am love, kindness, loyalty, honesty, fun, compassionate and helpful. I am complex and loving being.

Janet Lominski
I have learned I can work way more hours than I thought I would at my age. And at the same time I need to learn when to say no for my own health and well being.

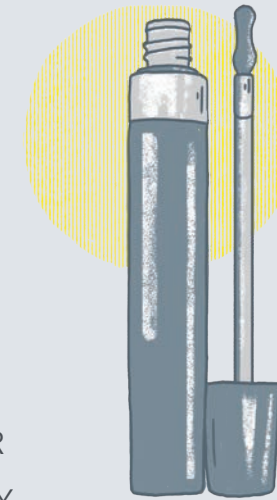
Adrienne Bloom Cinnamon
I got a new puppy, and quarantine time worked out perfectly for potty training! He's getting so big, and although I am a little tired of working from home it has really been a blessing.

Mary Lee Gardiner
Yesterday we said goodbye to our beautiful Great Pyrenees. He was diagnosed with osteosarcoma on New Years Eve. We began treatments before and at the start of the pandemic but we knew we were just marking time. My husband and I were both able to work from home since March and we were able to be with him every day. It was our silver lining. Rest In Peace, Kodiak.

K.C. Schoolcraft
I have learned that I am more resilient than I ever thought I could be and that perhaps the creature comforts don't seem as important anymore, not when there are so many suffering out there. I need to work on controlling anxiety, frustration, anger and impatience over things I do not have any control over.

Jane LaRocco
Creativity and problem solving skills abound when the outside noise and hustle bustle of the world around us quiets down for a bit. Sharing a kind word with a stranger can brighten someone's day. Even with a mask, you can "see" a smile.

Pat McNally
I've learned I don't have to worry about going to the hairdresser so often, letting gray take its course. And, the small part of me that is extroverted doesn't mind being more like my larger part introvert and staying home. The stress of schedule is gone...living on 47 acres, my critters, my art, and caring for my grandson, are really all I need.



"I DON'T NEED
EYELINER,
EYESHADOW OR
MAKEUP. JUST MY
LIP GLOSS."

Margaret McNally
Girl, it's not the sixties anymore. I don't need eyeliner, eyeshadow or makeup. Just my lip gloss. Not bad!

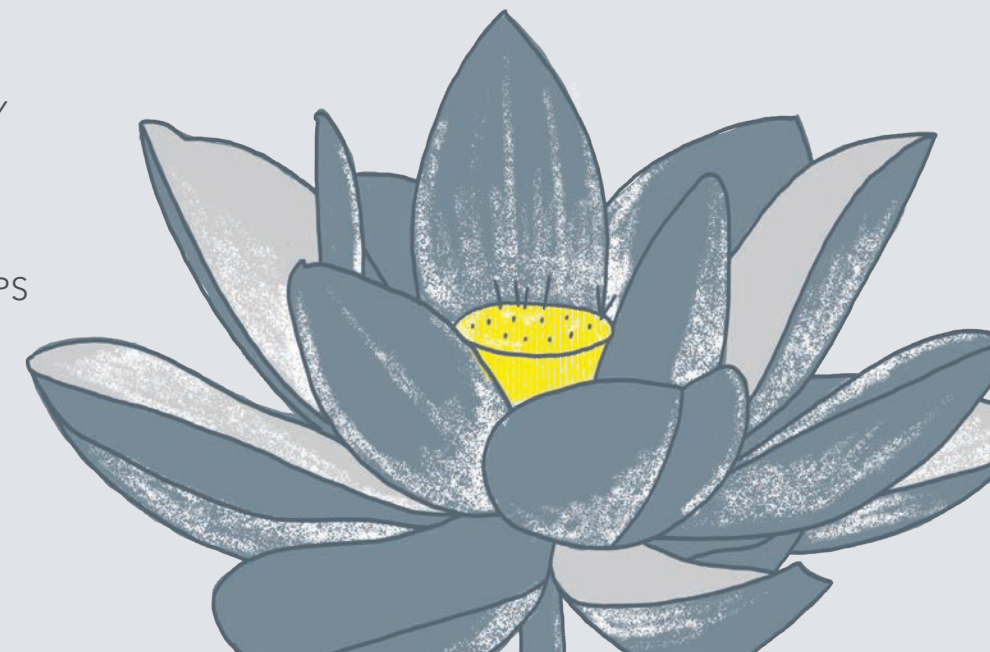
Jackie Crowley Mannato
Proud that I have more patience than I thought I had. Working on extending grace to make myself a better neighbor.

Tonya Deanhardt Yon
I have learned the importance of empathy and caring for those in need has been my most profound experience.

Kathy Painter
I have deepened my faith. I listen to an awesome daily meditation that helps ground me. I've realized that some have trouble moving forward and I need to be more sympathetic to that. I've stopped worrying about when I'll get another job knowing that God has a plan for me and that I need to be still and wait.

Tina Singer- Frolish

"I HAVE DEEPENED MY
FAITH AND LISTEN TO
AN AWESOME DAILY
MEDITATION THAT HELPS
GROUND ME."



Life itself is so precious. Being able to spend time with my two sons (19 and 20) has had its ups and downs. Being their primary caregiver while my husband is still required to work has been trying these past few months. They both have Duchenne Muscular Dystrophy, a muscle wasting disease that also shortens one's life. Although trying as it has been, with many times wishing to be back to work, I have cherished every moment with them. My 19 year old has taken a liking to a Youtuber "Crazy Russian Hacker", who tests various gadgets. One day he decided he would like to do the same but with a twist, some of the gadgets he would test would be helpful to him since he is wheelchair bound and has very minimal use of his hands. So far he's tested a few items as well as taste tested a couple MREs and made videos for his own YouTube channel. He's the "Goofy Wheelchair Guru."

Another thing, not being able to go places has also allowed us to slow down. In recent years I have found that all of us are in a rush for everything. I would like to think this whole experience has made it possible for all to enjoy life's gift as well as nature's gift. We all really and truly have been able to stop and smell the roses.

THE NEW NORMAL

Beekman 1802 transforms the Mercantile.

// I have the safest job in America right now” Josh lightly joked as he continued to lather his hands in front of the camera.

Beekman 1802, a business that started during the Great Recession, was no stranger to global crises. Beekman’s motto has always been: “Work Hard, Never Quit, and Help Your Neighbor.” Now COVID-19 was provoking Beekman to continue to live it out more than ever.

Within a couple months, Josh and Brent no longer found themselves in their familiar HSN set in Florida, but upstairs in the Beekman 1802 Mercantile, providing relief to those watching on TV with lighthearted humor about Josh’s comically large pile of suds.

To “Work Hard, Never Quit, and Help Your Neighbor” can be harder to follow through during one of the scariest times in a generation. But the challenge also makes it all the more worthwhile.

1. A lot of small businesses put on their creative thinking hats during the pandemic to figure how they were going to stay in business or how they were going to come out on the other side ready for a new normal.
2. In early March, HSN (in Florida) and QVC (in Pennsylvania) were forced to go to essential staff only in their studio locations which meant that vendors like us could not travel there to do our shows.
3. At the same time, all of the retail businesses on Main Street in Sharon Springs, NY, including our Mercantile, were asked to close. So we turned the entire second floor of the Mercantile into a makeshift TV studio.
4. For several years, our friends at Carr-Hughes, a production company in Saratoga Springs, NY, had helped us with our 24-hour Holiday Marathon. Since many of their jobs had been canceled due to the pandemic, we hired them to help us during this time.
5. Team Beekman members, Caitlin and Nicki, who usually handle visual merchandising in the store decorated our “stage” using things we had sitting around the Mercantile.
6. Josh learned how to apply the special makeup needed for the studio lighting.
7. Farmer John brought in one of the goats from the Beekman Farm (a three week old kid named Starman).
8. Josh kept sudsing and Dr. Brent kept talking.
9. Because the show must go on.





Taste some wonders
COOKING

INGREDIENTS:

- 1 medium onion, cut into 6 wedges
- ¼ cup fresh oregano, leaves only
- ¼ cup fresh parsley, leaves only
- 2 cloves garlic
- 1 ½ cup crushed dried Guajillo Chiles (de-stemmed whole chiles pulsed in food processor to small flakes, not powder)
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- ¼ teaspoon ground nutmeg
- ⅓ cup fresh lemon juice
- ⅓ cup fresh lime juice
- ⅓ cup fresh orange juice
- ¾ cup olive oil
- 1 (6 lb.) bone-in leg of lamb, trimmed of fat
- 1 8 oz jar of Beekman Rosemary Garlic Spread
- 1 cup of chicken or bone broth

ROASTED LEG OF LAMB

with Guajillo Chile Glaze

SERVING: 6

PREP TIME: 20 MINS

COOK TIME: 1HR TO 1HR 20 MINS

- 1.** Pulse onion, oregano, parsley, garlic, chiles and spices in a food processor to form a coarse paste. Add citrus juices and oil and process until smooth.
- 2.** Place lamb in a large, shallow pan. Pour marinade over lamb and turn to coat several times. Cover with plastic wrap and refrigerate overnight.
- 3.** Position rack in bottom third of oven and preheat oven to 450°F. Remove lamb from marinade; wipe off excess and set marinade aside.
- 4.** Place lamb on a rack in a shallow roasting pan and roast for 20 minutes; lower oven temperature to 325°F. Roast lamb until an instant-read thermometer inserted into thickest part of meat registers 140°F (for medium-rare), 1 hour and 15 minutes.
- 5.** While lamb is roasting bring one 8 oz jar of Beekman Rosemary Garlic Spread, the marinade and ⅓ cup of broth to a simmer and cook for 5 minutes. Add broth as needed to keep the glaze fluid and prevent scorching.
- 6.** Once the roasted lamb hits the one-hour mark, take it out of the oven and quickly transfer the leg to a large silver bowl and cover with aluminum foil.
- 7.** Pour drippings from shallow pan into the hot glaze and mix.
- 8.** Quickly lay the parchment paper in the shallow roasting pan.
- 9.** Coat the leg with the hot glaze. Return it to the shallow baking pan and back in the oven for 7 minutes. Take the leg out and baste with the glaze. Do this a total of three times until your thermometer reads 140°F.
- 10.** Remove meat to a cutting board; let rest for 20 minutes.
- 11.** Carve meat with tip of lamb bone facing you. Cut away from you and down, holding knife parallel to bone and turning lamb as you carve.
- 12.** Serve slices of lamb with drizzle of the leftover glaze.



INGREDIENTS:

- 1 ¾ cups all-purpose flour, or substitute with your favorite brand of gluten-free all-purpose flour
- 1 cup cornmeal
- 1 ¼ cups buttermilk or heavy cream
- ½ cup soft butter
- 1 tablespoon honey
- 1 large egg
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- 1 8 oz jar of Beekman 1802 Mighty Hot Pepper Jelly
- ½ teaspoon salt

MIGHTY CORN MUFFINS

with or without gluten

SERVING SIZE: 12 MUFFINS

PREP TIME: 20 MINS

COOK TIME: 25 MINS

- 1.** In a large bowl, mix the all-purpose flour with the cornmeal. Add the buttermilk and let it soak in—it can sit for several hours, which will make the cornmeal moister.
- 2.** Preheat the oven to 375 degrees and grease your muffin tin or line it with paper cups.
- 3.** Put the soaked cornmeal/flour mixture into a stand mixer and add the buttermilk, butter, honey, egg, baking powder, baking soda and salt. Set the mixer on high speed for two minutes and let it fully integrate.
- 4.** Scoop the batter into the muffin pan, filling them each halfway up. Then add a teaspoon of the Pepper Jelly into the center of the batter. Cover them with the remaining batter so that they are all filled evenly.
- 5.** Bake the muffins for 20-25 minutes—checking with a toothpick to make sure the batter is cooked all the way through. Serve warm!

INGREDIENTS:

- 4 pounds Japanese yam (about 4 large or 5 medium)
- 1 teaspoon minced garlic
- 1½ tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¾ stick of butter
- Sprig of fresh thyme
- Sprig of fresh sage
- Apple butter



BRENT & JOSH SAY...

Whether roasted, baked or mashed, potatoes have always been a staple to our Thanksgiving meal. But did you know there are many vegetables you can serve mashed that are just as delicious? Here's our top 10 mashed potato alternatives to try this season.

Beets
Apples
Butternut Squash
Cauliflower
Turnips
Carrots
Pumpkin
Celery Root
Parsnips
Peas

ROASTED JAPANESE YAMS

in Sage-Thyme Apple Butter Sauce

SERVES: 6

PREP TIME: 30 MIN

COOK TIME: 30 TO 45 MIN

1. Bring a quart of salted water to a rolling boil.
2. Preheat the oven to 415 degrees Fahrenheit and line a baking sheet with parchment paper.
3. Peel and slice your yams crosswise in 1-inch rounds and then quarter them.
4. Par boil the Japanese yams for five minutes with the minced garlic.
5. Drain parboiled Japanese yams and immediately toss into a mixing bowl with olive oil and salt and pepper until fully coated.
6. Once coated, lay the Japanese yams on a baking sheet lined with parchment paper. Bake for 30 to 35 minutes at 400 degrees (flip halfway through).
7. **ALTERNATIVES:** Convection ovens are faster, so check for doneness after 20 minutes. Air fryers are great as well! Set to 400 degrees and start checking after 15-20 minutes.
8. While yams are roasting, melt butter in a saucepan on low heat and de-stem the sprigs of thyme and sage. Gently cook the herbs until crisp then remove the saucepan from the heat and set aside.
9. Heat apple butter on medium-low heat for 5 minutes. Fold half of the herb-infused butter into the apple butter when it is hot. (Hold back the crisped herbs.)
10. After yams have roasted, lay on serving platter and drizzle apple butter over yams. Then drizzle remaining butter and crisped herbs over the entire dish and serve hot.



INGREDIENTS:

CRUST:

- 1 cup all-purpose flour
- ½ cup of cream cheese
- ½ cup of cold, cubed, unsalted butter
- Pinch of salt
- 1 teaspoon granulated sugar

FILLING:

- 4 tablespoons softened butter
- ⅔ cup of whole hazelnuts
- ¼ cup of granulated sugar
- 1 egg
- 1 tsp all-purpose flour
- 1 Jar Lemon Curd

TOPPING:

- 3 firm, ripe pears
- 1 tablespoon granulated sugar
- 1 teaspoon ground ginger

PEAR GALETTE

with Lemon Curd & Hazelnut Frangipane

You always hear about apples being a staple to any Thanksgiving dessert, but what about pears? This fall fruit is often forgotten, but we've been inspired to bring it back this season and we hope it inspires you too.

SERVINGS: 8

COOK TIME: 40 MINS

PREP TIME: 30 MINS

1. Preheat oven to 400 degrees.
2. **FOR THE CRUST:** Add sugar, pinch of salt, flour, cubed butter, and cream cheese into a food processor. Pulse several times until flour mixture resembles coarse sand.
3. Pour mixture onto a clean surface and press together to form a disc with smooth sides. Do not knead the dough. Wrap in plastic and chill at least an hour or overnight.
4. **FOR THE FRANGIPANE:** In food processor, pulse hazelnuts with sugar until uniform in texture. Add butter, eggs and flour and blend until homogenous. Mixture can also be made the day before and stored in fridge.
5. **FOR THE TOPPING:** Mix sugar with ginger. Slice pears in half, remove core with spoon. Slice into ¼" slices, keeping halves together.
6. **ASSEMBLY:** Preheat your oven to 400 degrees. On a lightly floured surface, roll dough from the middle to the outside in a circle about 14-15 inches in diameter. Place on a parchment lined sheet pan.
7. Spread Frangipane onto the dough in an even layer, leaving at least a 1-inch border on all sides. Spread Lemon Curd on top. Then fan pear halves onto the Lemon Curd.
8. Sprinkle pears with the ginger-sugar mix. Carefully fold the 1-inch border over the edges of the pears. Make sure to patch any holes.
9. Bake in a 400-degree oven for 30-40 minutes until the filling is set and pears are tender & slightly browned.
10. Cool and slice into 8 servings. Pairs wonderfully with vanilla ice cream!



INGREDIENTS:

- 2 slices of sourdough bread
- ½ pound turkey breast meat (sliced or pulled)
- 2 leaves of romaine lettuce
- 2 slices of muenster cheese
- 2 tablespoons mayo
- 3 tablespoons Beekman Berry Wasabi Horseradish

POST T-DAY CRANWHICH

with Beekman Berry Wasabi Horseradish

SERVES: 1

PREP TIME: 10 - 15 MIN

1. Lightly toast sourdough bread.
2. Spread mayo on both slices of bread.
3. Layer on cheese, turkey, and Beekman Berry Wasabi Horseradish.
4. Top with Romaine lettuce.



BRENT & JOSH SAY...

Layer the sandwich the same way without the romaine lettuce. Butter your sourdough, then grill the whole thing in a pan for the best grilled cheese ever.



Be Creative With FOOD BOARDS

Go beyond cheese and charcuterie this season by getting creative with food boards! Less dishes and faster cleanup, food boards will become your go-to for easy entertaining.



Whether for a special occasion or just for fun, food boards can be created for appetizers, or even replace a whole meal. Learn our best tips for creating your own!

CREATE A VARIETY

No matter what kind of food board you want to make, choosing foods with a variety of textures, tastes and colors makes for an exciting board. Try mixing hard cheeses, like Gouda, cheddar and Manchego with soft cheeses such as chèvre and brie. Use a variety of meats such as prosciutto, salami, pepperoni, ham, sausage, terrines or galantines. Nuts add a third texture and flavor that can often be an unexpected surprise. You can't go wrong with classic almonds or peanuts, but we recommend expanding your palette to try spice coated nuts, such as sugar and chile powdered walnuts, to add a kick to your board.

FILL WITH COLOR

Adding different types of fruit to your board is an easy way to make it pop with color and elevate it to the next level. We recommend both dried and fresh fruits. Apricots, mangoes or dates are great dried options where as grapes, any berries, oranges or apples work best as fresh varieties.

MAKE YOUR OWN

You don't need to keep to the traditional charcuterie board filled with cheeses and meats to make a food board. Try making a board using different types of foods, such as breakfast foods filled with waffles, pancakes, fruits and your favorite toppings. A different type of option is making a board with a variety of the same food, such as a board made out of only fries. Curly fries, french fries, waffle fries and your favorite dipping sauces call for a great appetizer. The best part about food boards is that there are no rules. All you have to start with is a theme of your favorite foods and get creative. Whether its cheese, seafood, or desserts, theres a food board to satisfy everyone.

DON'T BREAK THE BANK

You can easily build your board on a budget by investing in one or two higher end items, such as Gouda cheese, and filling the board out using less expensive ingredients such as brick cheddar cheese.

Harney & Sons

TEA IS A FAMILY AFFAIR

Get to know the people behind this internationally beloved tea brand.

BY JENNIFER TABER VANDERWERKEN

For the Harney clan, the business of tea is a family affair.

Founded in 1983 by John Harney, Harney & Sons is a proud purveyor of a staggering array of the finest teas from around the world, sharing their knowledge and passion with one another and customers everywhere.

Three generations of the Harney family have put their stamp on the company since its inception, expanding their offerings as American minds and palates continue to open to the delights of tea. Today, brothers Mike and Paul Harney, together with their families, collaborate to create the best blends, traveling to China and India to sample and source new flavors every season.

Tea is the world's most consumed beverage, and while tastes and type vary widely from country to country, its deep connection to comfort seems to cross cultural lines. This is a phenomenon that company Vice President Mike Harney understands well.

"We definitely noticed a strong uptick in our online sales when the coronavirus pandemic began," he says. "People love the calming ritual of drinking a healthful, warm beverage."

Harney & Sons offers over 300 tea varieties to suit any taste. There's warmth and sweetness in perennial favorite "Hot Cinnamon Spice", a robust, invigorating kick to "Scottish Afternoon", and the smooth finish and gorgeous aroma of "Vanilla Comoro" is the perfect way to end a long day.

These varieties and many more are all available on the Harney & Sons website, which also features a helpful guide to each tea's properties, as described in a tea rating system developed by Mike himself which speaks to the briskness, body, and aroma of each one.

For the consummate tea-lover's experience, a visit to their charming tearoom and restaurant in Millerton, NY, or the sleek Soho location in New York City are well worth a trip. At the Millerton restaurant, the menu was developed with tea pairings in mind to complement each sweet or savory dish. You can sample different varieties or chat with the

incredibly knowledgeable staff about the intricacies of every flavor and how to brew each tea to its perfect finish.

The art of the properly brewed cup is another of Mike Harney's specialties, having written a book about the complexities of the beverage, *The Harney & Sons Guide to Tea*, which was nominated for a James Beard award.

His number one tip for an excellent cup every time is simpler than one might think.

"There's a famous Chinese proverb that begins 'Water is the mother of tea...'", explains Mike. "It's absolutely true. Filtering your water to make sure it's clean and good tasting sets up the base for any flavor. From there, we provide brewing guidance for all of our tea varieties so customers know exactly how hot the water should be, and how long to steep."

We'll raise a toast to comfort in a cup, as provided by the proud Harney family legacy, still passionate and purposeful in their pursuit of the world's finest teas, four decades strong.

FIND HARNEY & SONS

Instagram: @harneyteas

Facebook: @harneytea

Twitter: @harneytea

Website: harney.com



INGREDIENTS:

- ½ cup raw honey
- 5 tsp ground turmeric
- 2 tsp ground ginger
- ¼ tsp cinnamon
- ¼ tsp freshly ground black pepper
- Dash cayenne pepper
- Fresh-squeezed lemon juice
- 1 cup warm water or milk

Golden MILK

The perfect addition to your self-care routine this fall, Golden Milk is filled with all of the goodness that works with your body instead of against it.

Golden milk, or turmeric milk, is a traditional Indian and Ayurvedic drink that has become increasingly popular in the wellness world. Its bright yellow color comes from adding turmeric, along with spices such as ginger and cinnamon, to warm milk. It's a wonderful drink for cold and flu season as the turmeric is rich in curcumin—an antioxidant with potent anti-inflammatory and antibacterial properties—and the ginger warms the body while helping to ward off coughs, colds, sore throat, chest infections, and the flu.

There are lots of ways to prepare golden milk, but our favorite is to create a thick paste using raw honey and spices. When you're ready for a drink, you simply scoop out a teaspoon of paste, add it to a mug, and cover it with warm water or milk. If you're sensitive to dairy, you can use plant-based milks, like almond or coconut, and since there's no caffeine, you can enjoy golden milk any time of day—including first thing in the morning or right before bedtime!

DIRECTIONS:

Combine the first six ingredients in a small bowl and mix thoroughly to form a paste. Place one teaspoon of the paste into a mug and cover with warm water or milk. Add a squeeze of lemon and stir well to dissolve. Store remaining paste in an airtight container on your counter or in a cupboard for up to a week.



Recipe contributed by Julia Watkins. Find more like this in her book *Simply Living Well*.

FIND JULIA:

Website: simplylivingwell.com
Instagram: @simply.living.well





Create your
HAPPY PLACE



Dreamcatchers

DEVOL KITCHENS

They say the kitchen is the heart of a home.

CONTENT COURTESY OF deVOL KITCHENS

A place that fuels your body and mind, for gatherings, big and small, and a place you may have found yourself spending a lot more time this year. We believe in simple things done very well here at Beekman 1802 and that's exactly how we feel a kitchen should be designed. Our neighbors over at deVOL Kitchens are most experienced in the art of creating beautifully simple kitchen designs and we were lucky enough to be able to speak with deVOL Kitchens Creative Director, Helen Parker, who gave us her best advice on bringing these ideas to life in your own home this season. If you are feeling inspired to spruce up your own kitchen space, keep reading to learn how.

Taking on a kitchen renovation, especially for first timers, is a daunting task. What are the first steps you take when redesigning a kitchen?

'For us here at deVOL, we like to look at the house, its age, its style, what original features it has and work to enhance and allow the beauty of the room to shine through. Be sympathetic to the building rather than just fitting a kitchen that has no regard for the actual room it is going in. A furnished room always feels more authentic if this is considered. That's not to say you have to keep to the same style as the property, it just means bear it in mind. A beautiful old Georgian home with high ceilings and big windows can take a traditional or super modern look as long as it's done with care. Always choose quality over quantity. A few simple, beautifully made pieces of furniture will always, without exception, look better than a room crammed with cheap cupboards.'



What are ways people can spruce up their kitchen designs without doing a whole renovation?

'You can tell a man by his shoes.' Classic, well-made and expensive is the golden rule for a gentleman — this doesn't have to extend to his clothes, it's the shoes!! Similarly, in your kitchen, the catches and handles, although the last thing to put on, are just as important as everything else, if not more so. They can lift a simple cupboard and give an air of quality to the whole room. Make sure they are really well-designed and really well-made.'



As an expert, what are your best kitchen design tips? Do you have any specific tips for people on a budget?

‘I think one of the most important, best and life-changing things to have in your kitchen is a pantry. If you have a specific room then lucky you, if not then find space for a big pantry cupboard. It could be an old vintage piece, or it could be new and part of your kitchen order but try to get one. Having all your food in one place makes life so much better and if it’s big enough for crockery and linens, that is envy-inducing. Random cupboards with a mixture of contents scattered around your room is frustrating and not for grown-ups, good organization is good for the soul and your inner peace. Sounds a little heavy but if you keep the simple things in life like food well-organized then you have more time to worry about the big things. Honestly, when we go on photoshoots, our Instagram followers love beautiful photos of incredible kitchens, but they love photos of organized pantries more!!!

Also, I get on so much more efficiently and do so many more jobs when I have someone else around. I want to cook more, clean more and get organized more. So for me having a big kitchen table is an absolute must. Family, friends, whoever wants to drop by has a spot to sit, chat or just be there. Having a family meal at a kitchen table together is something we should never stop doing. Preparing a meal and sitting down to eat and chat about your day is one of the most important things you can give your kids, teaching them to eat well and enjoy the time of day dedicated to nourishment of body and mind. I was absolutely passionate about this when my kids lived at home and it has gone on to be an integral part of my relationship with my kids. Chatting over food with no distractions, it makes us feel connected and open and personal. I always adore the parts in a foreign film when they eat long lazy lunches, hours of preparation, laughter and memories in the Mediterranean sunshine. I think we should make our kitchens little havens of happiness where people hang out. We don’t do enough hanging out.’



Photograph supplied by Ingredients LDN.

“WE SHOULD MAKE OUR KITCHENS LITTLE HAVENS OF HAPPINESS WHERE PEOPLE HANG OUT. WE DON’T DO ENOUGH HANGING OUT.”



How does someone make the most of a small space?

‘Space, I don’t think it is about having loads of it—big rooms, big gardens, big houses—I think it is about creating room to live simply and comfortably in the space you have available and filling the space in your mind with good thoughts. Big spaces can be great, of course, room for huge sofas, beds, family tables and oodles of storage, but the most important thing is creating spaces that work. I think open plan living is a wonderful way to create space in your home and to make your life more enjoyable, seems a big ask of a space but it really does do this for you. The perfect scenario for me is a kitchen at one of end of the room, all the busy goings on, the beautiful aromas and the comforting background clatter of someone close to you pottering about. Then the table, a small round one with a selection of odd chairs or a huge scrubbed pine old one with a sense of history, near the kitchen, near the window and near your current selection of books and reading material. It may be kids sitting up at the table doing homework or it may be friends popping in for a chat or, best of all, a simple family dinner where you all chat about your day. This simple way of living in one space allows you to stay together while still doing your own thing.’

What are your best tips to add character to a space?

‘When I go to customers’ homes and see how they style them, it fascinates me, and I see more and more that people are mixing old and new. Here at deVOL we have always loved the old and new mix and the essential art of buying good quality, lifelong items for your home. We have continued to create spaces that inspire eclecticism and layers of interest. Spaces that are not so carefully curated that they feel like a hotel or a museum, but a slightly gung-ho attitude to mixing and matching and making a room with interest and character. It takes time and patience and isn’t instant but it’s definitely worth putting in the time.

I began to think as I was getting to grips with styling my new home that it’s a similar way to how I dress. So I have some rules (and as always rules are meant to be broken), but generally I like to dress in a mix of old things and new things, bargains, and expensive things. Sounds pretty standard I know but I haven’t ever thought about it before. I will wear an expensive pair of jeans because that’s a place where you should spend good money, I will wear some old jewelry from my grandma and then maybe a charity shop t-shirt and a coat from eBay. Now that’s exactly how I dress my home, a little bit of new, a little bit of old, a little bit of history, plenty of bargains and maybe the odd splurge!!

What we all want to achieve when we get dressed or when we style our homes is that effortless, thrown together, yet miraculously brilliant ease of swagger. We want and should aim for quality in choice which doesn’t mean expensive, but we shouldn’t be afraid to spend a bit extra to get something that is classic or special. Mixing class and quality with a little rough and ready is the perfect combination and it’s especially good if you cannot detect what’s what! Real quality and style can come from anywhere and no one wants to shout out when they have spent a fortune, so keep it cool and keep it humble and keep it real.’

How do you work to create both a functional and beautiful kitchen space?

‘Don’t just think about what you need and how if you don’t have it your new kitchen will not be right. Try and think how your kitchen could be enhanced and make the most of your surroundings. You may have to lose a bit of clutter but the feeling of space in a subtle, beautiful room is a much better thing to get used to.’



FIND DEVOL KITCHENS

Instagram: @devolkitchens
 Facebook: @devol.kitchens
 Website: devolkitchens.com



Photograph supplied by Our Food Stories.

Beekman Farmhouse RENOVATION

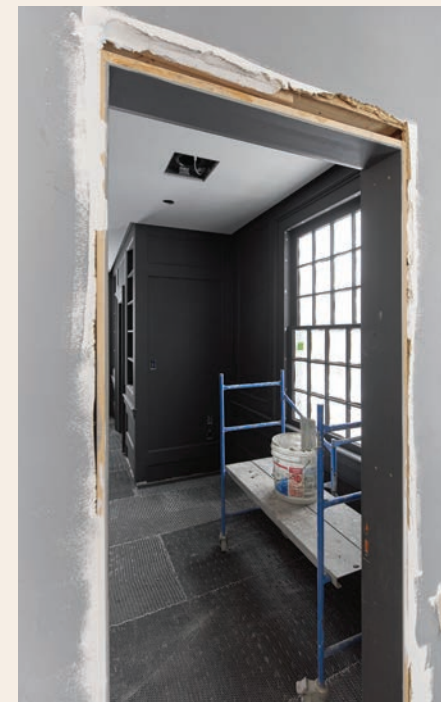
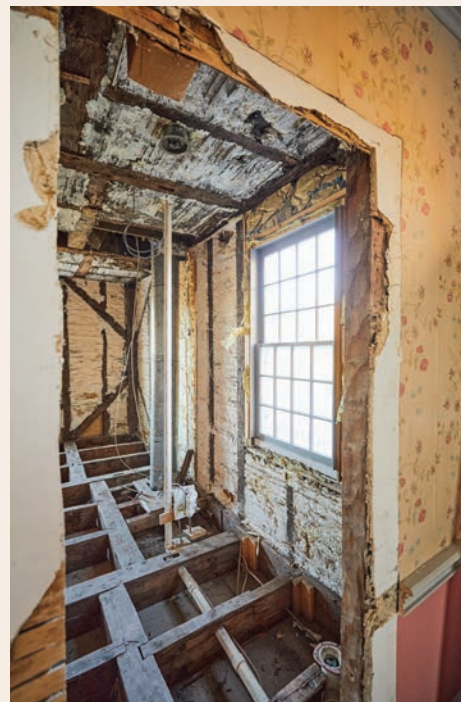
A behind-the-scenes look at renovations of the only rooms at the farmhouse we've never shown you before.

Exciting things have been happening back at the Beekman farmhouse in Sharon Springs. Brent and Josh recently decided to embark on an extensive bathroom renovation project—always a big undertaking—made more so in a house that was built in 1802, with no original indoor plumbing.

When Brent and Josh first bought the Beekman farmhouse, it had been lovingly renovated by the previous owners, who had brought it back to life after many years of abandonment. But those previous owners used the farmhouse as a second home, and while the bathrooms they installed were serviceable, they weren't the spa-like oasis Brent and Josh knew they ultimately wanted in their forever home.

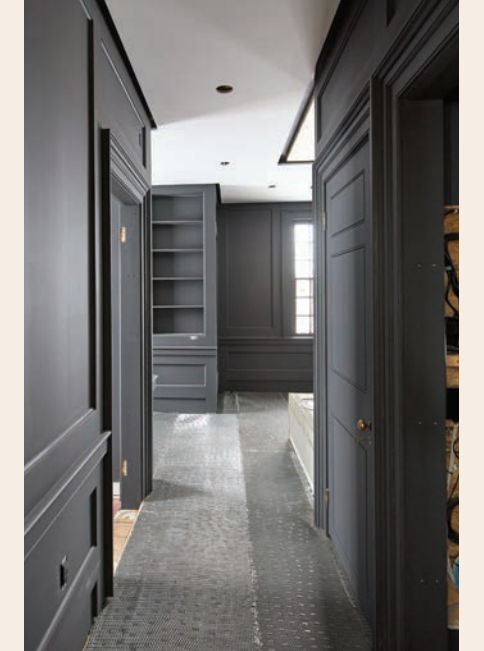
Building the Beekman 1802 business took precedent for many years, but after lots of planning and saving, they decided it was time to treat the house, and themselves, to updated bathrooms befitting their own products.

Using KOHLER design services to digitally plan out their project as well as a local architect and contractor, they demo-ed the old bathrooms to create three new bathrooms, including a master bath designed to help wash away the cares of the day (just add goat milk). And it's not done yet—check out the next issue of the Beekman 1802 Almanac for the full reveal!



Inspired to make some updates to your own home? Here are some renovation readiness tips from Brent and Josh:

1. Create a budget. Get cozy with a hot coffee and a spreadsheet and make a list of every possible cost and expenditure, including things like planning for more meals out if your kitchen will be out of commission. This is best done with your contractor, as he or she will have more insight into the kind of incidental expenses that might arise during the project. Then add 20 percent. Experts say to expect 10-15 percent over budget, but anyone who had ever done a large renovation knows it is more like 20-25 percent.



2. Set yourself and your home up for success. An extensive renovation can be a long and disorienting experience. If you're someone who likes order and organization (like Brent!), keep one or two of the rooms you live in as neat as possible, and don't allow "construction creep." Having some spaces that stay as tidy as they were before the work began will give you mental peace and a calm, clean place to unwind.

3. If you can time it well and save extra in your budget, temporarily relocate. This can mean staying with friends or family, or even a little getaway. Brent and Josh planned their bathroom remodels for winter, the hardest and slowest season on the farm and, not coincidentally, their busiest work travel time. They were able to spend some time away during the busiest parts of the demolition and construction, saving many potential headaches.

FOLLOW US TO SEE PHOTOS AND VIDEOS OF THE FINISHED PROJECT.

Instagram: @joshandbrent

10 FALL GARDENING TASKS

to Make Your Garden Sing Next Spring

CONTENT PROVIDED BY PROVEN WINNERS

You can smell a hint of fall in the air...and your thoughts are turning to pumpkins and warm cozy nights by the fire, maybe even to future snowfalls. But it's not time to hang up your rake until the last gardening tasks of the season are complete. Here are 10 essential fall tasks to finish before the snow flies:

- 1. EVALUATE YOUR GARDEN SPACES.** Take a good look at your garden. Where could you add new plants to create a private, outdoor oasis? How can you extend your garden's season-long color or add winter interest? Whether you choose to plant now or later, fall is a great time to plan and prepare your outdoor areas so you can jump right into garden projects next spring.
- 2. DIVIDE AND CONQUER.** Decide which plants need to be divided and/or moved to a better spot. Many plants will tolerate this activity just fine in the fall. Just be sure to have the spot where you want to transplant ready so you can drop the plant into its new home as soon as it's uprooted.
- 3. REMOVE ANNUALS FROM CONTAINERS.** It was a great run, but by the time fall rolls around, it's time for the annuals to go and to store your pots away for winter. Healthy annuals can be composted.



4. CUT PERENNIALS BACK.

Once your perennials have gone dormant, it's a good idea to clean at least some of their foliage out of garden beds. This is especially important around plants like hostas that have received slug damage during the growing season. However, there are some plants that you should not cut back – Proven Winners makes this process simple by providing maintenance notes for each plant on its website.

5. DISPOSE OF DISEASED FOLIAGE; COMPOST THE REST.

While most of the annuals emptied from pots and cut back foliage can go in your compost pile, you don't want to risk spreading diseases back into your garden in the spring. Bag and seal any diseased plant material and dispose of it in the trash.

6. FALL IS FOR PLANTING!

Still-warm soil and relatively cool air temperatures promote healthy root growth in plants that return each year. You can plant many varieties of shrubs and perennials up to six weeks before your ground freezes. The date that your ground actually freezes varies from year to year and some areas won't have frozen ground at all. If you're unsure of when to plant, mid-November is a safe planting deadline for nearly everyone.

7. DON'T FORGET THE BULBS! Get those spring flowering bulbs in the ground now and you'll be rewarded with bright, cheerful color in the spring. Tulips, daffodils, crocuses, and more are probably already on display at your local garden center. Pair them with small shrubs like dwarf butterfly bush and perennials like hostas or catmint, so the bulbs' foliage will be hidden by the time they go dormant.

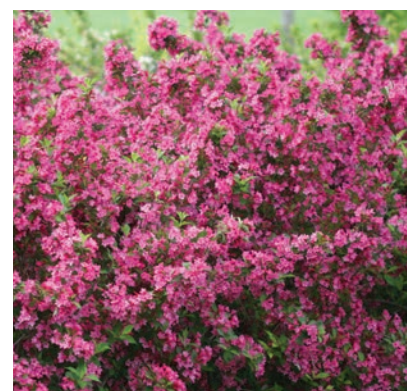
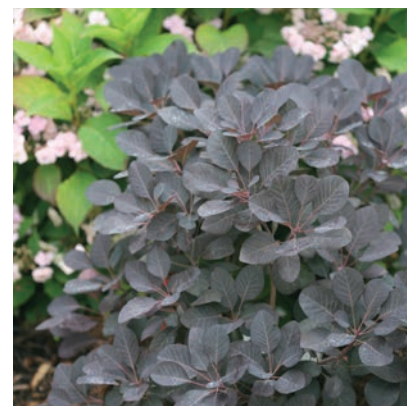
8. PROVIDE SUPPLEMENTAL WATER. Autumn weather can be quite cool and rainy, but that doesn't mean that new plantings should be ignored, particularly if weather has been dry and/or windy. Water all plants thoroughly after planting, and continue to water them as needed until the ground freezes.

9. MULCH. Just as you pile on blankets and quilts when the temperatures dip, mulch acts as insulation for plants. While established plants benefit from a nice layer of mulch, newly planted specimens especially appreciate the protection it offers from the challenges of winter. Shredded leaves make an excellent mulch for this purpose.

10. BRING THE OUTDOORS IN. Fall is the perfect time to gather cut branches and dried flowers from the garden to use in your indoor decorating projects. Hydrangea flowers, berried branches, and plants with seed pods can all be brought indoors this time of year.

When you are just starting out, knowing when to plant can be intimidating. But don't worry, Mother Nature is really pretty forgiving. The perfect time to plant isn't just one or two days. Prime planting time goes on for weeks. So, relax, enjoy the sunshine and feel the dirt in your hands!

Proven Winners plants and products can be found at 1,000's of local retailers, or online at provenwinners.com



FEELING INSPIRED?

Here are 10 Proven Winners varieties that are perfect for fall planting:

BEE BALM (Monarda) Try the sweet, petite 'Pardon My Cerise'.

DAYLILIES (Hemerocallis) Try the gigantic, ruby red blossoms of Rainbow Rhythm® 'Ruby Spider'.

HOSTAS Try Shadowland® 'Autumn Frost' or the ruffled foliage of 'Wheee!'.

PHLOX (hybrid or tall garden) Try the early-blooming 'Opening Act Ultrapink'.

ROSES (Rosa) Try the Oso Easy® line of beautiful, low maintenance, disease resistant, roses.

SMOOTH HYDRANGEA (Hydrangea arborescens) Try the Invincibelle® line of super-hardy hydrangeas.

SMOKEBUSH (Cotinus) Try Winecraft Black® or the chartreuse-leaved, Winecraft Gold™.

SPIREA (Spiraea) Try Double Play Doozie®, which reblooms all summer without shearing.

WEIGELA Try the Sonic Bloom® series of reblooming weigela, available in a variety of colors.

YARROW (Achillea) Try the bright yellow flowers of 'Firefly Sunshine'.





Cultivate a
BEAUTIFUL LIFE

GROWING OURSELVES

While the World Stands Still

*An inspiring conversation
with Anne Kreamer on navigating
pandemic workplace woes, the benefits
of aging, and why this might be the
perfect time to go gray.*

BY JENNIFER TABER VANDERWERKEN

Sometimes the right conversation comes along at the perfect moment, and in it we find comfort, understanding, and insight that inspires us to keep moving forward.

We're all looking for that kind of encouraging and poignant perspective, and we found it with author, speaker, entrepreneur, and general font of wisdom Anne Kreamer.



Anne's accomplishments and career highlights read like a dossier of the coolest jobs you've ever heard of, bound together by a common philanthropic thread.

"When I look back on my different careers, it's clear to me that the through line is that I've always wanted to find a way to help serve the underserved. That kind of mission alignment was central to all the things that I did."

And what a great many things she has done. Anne has been at the helm of landmark children's programming like Sesame Street and Nickelodeon, which gave kids access to robust educational entertainment. She helped launch SPY magazine, shining an irreverent spotlight on politics and celebrity.

Together with her daughter Lucy Andersen, she is the founder of "Wild & Rare", an accessories company dedicated to increasing awareness about our planet's biodiversity.

Anne is also the author of three non-fiction books, *Going Gray: What*

I Learned about Beauty, Sex, Work, Motherhood, Authenticity, and Everything Else That Matters; *It's Always Personal: Emotion in the New Workplace*; and *Risk/Reward: Why Intelligent Leaps and Daring Choices Are The Best Career Moves You Can Make*. These topics might seem disparate but are all explorations of societal boundaries and how we might breach them to experience more fulfillment and success.

At the time of this writing, we are five weeks into a complete societal shut-down, forced into isolation from our friends, family, and workplaces. Many of us have lost income or job security. Many of us are navigating a volatile emotional landscape as it pertains to our work and career. And yes, many of us are watching our



hair gray before our very eyes, without the ability to visit our hairdresser.

In short, Anne Kreamer is exactly the expert you want to hear from at a time like this. While her good counsel feels particularly appropriate now, the guidance she so generously offers is timeless.

In her books *It's Always Personal* and *Risk/Reward*, Anne probes the rules of the modern workplace and the habits and behaviors of the most successful people. So what advice does she have for those of us floundering in this strange new normal, trying to cope with our anxiety—career or otherwise?

"I LOVE
THE FREEDOM
THAT COMES
WITH AGE."



“Grounding is really critical right now. Free-floating anxiety is one of the hardest things in the world to manage. If you can create a kind of structure in your day, even if it’s just meditating or spending some time outside with your feet firmly planted in the grass, it can really help.”

Anne also recognizes that times of great upheaval can reveal new opportunities.

“When we emerge from this crisis and people start looking for new jobs because they were laid off, remember that there is no shame attached to looking for work. So many people will be in the same boat. This is also a good time to remember that the most successful people learn by doing, not thinking. If you’re considering a different career path, see if there are ways you could test drive that on some kind of volunteer or exploratory basis right now.”

Anne suggests using this newfound time to do some self-investigation about your own nature. As she reveals in her books, emotions can be a huge advantage in the workplace, and the most successful people easily toggle back and forth between their emotional and analytical brains, and have a strong sense of themselves and what makes them happy.

“We can develop the capacity to have self-knowledge. Ask yourself insightful questions. For example, would I thrive in a startup where there might be an uncertain future, but I will have a lot of creative control? Or am I better off in a big corporation, because I like that feeling of being part of a large team with a firm plan in place? It will help you find the kind of workplace environment and role that will be best suited to you.”

As for the gray hair of it all, Anne is quick to point out that it’s no shallow concern. Her book, *Going Gray*, could not be a timelier read.

“In 1950, 7% of women colored their hair.

“WHEN THIS ISOLATION IS OVER, IF EVERY WOMAN IN THE WORLD WALKS OUT OF HER HOUSE WITH HER NATURAL HAIR COLOR, IT WOULD BE THE MOST POWERFUL STATEMENT.”

Today almost 100% of women color their hair. When this isolation is over, if every woman in the world walks out of her house with her natural hair color, it would be the most powerful statement.”

Looking at Anne’s life and career, it’s clear that she’s always listened to her intuition and been unafraid to forge her own path on her own timeline.

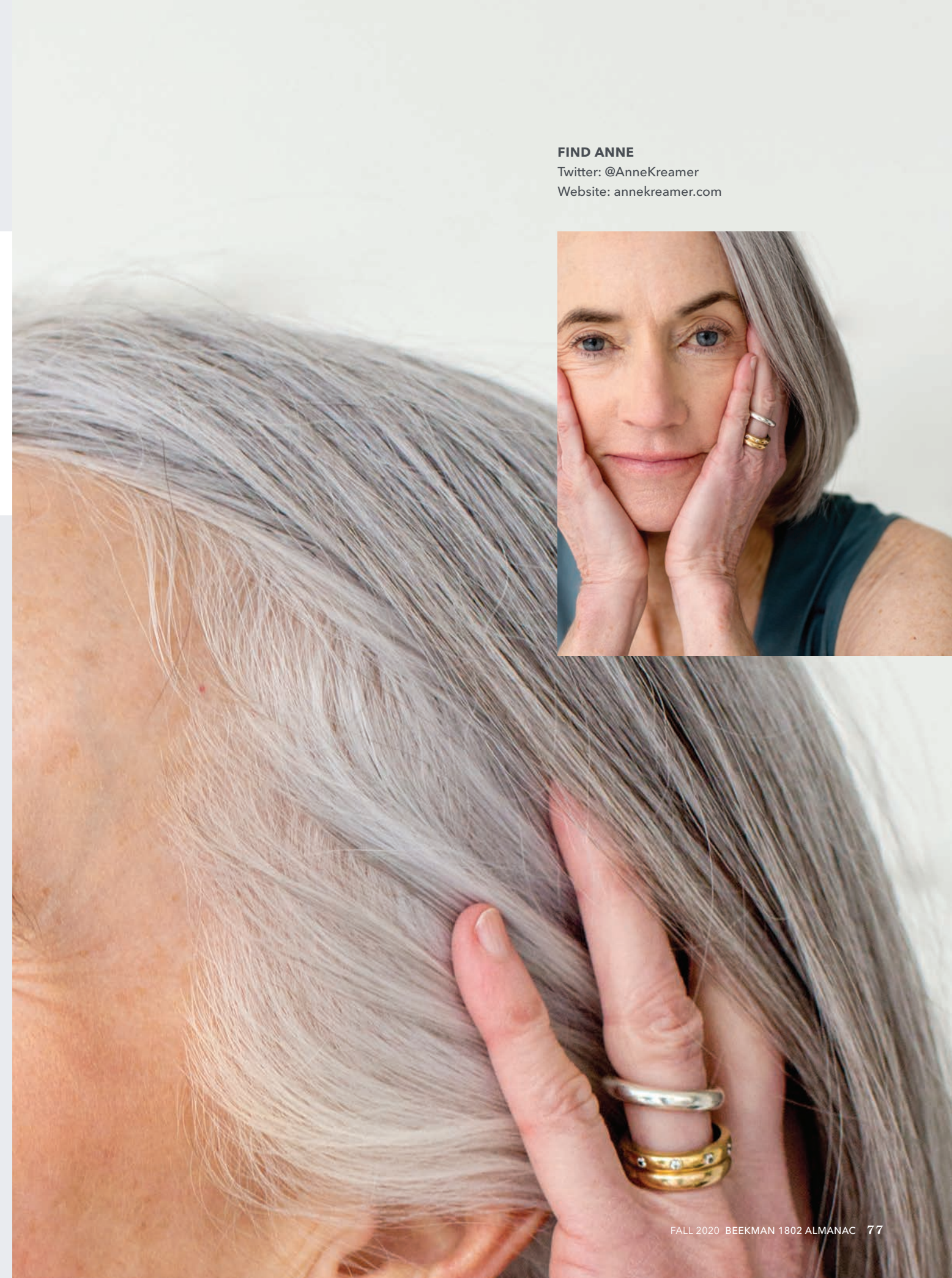
“I love the freedom that comes with age. I think I have less tolerance for the wasting of time. I’ve cut out a lot of the chaff that used to clutter life. As we get older, we become more willing to contemplate that the time is finite, so we need to make the most of it.”

That’s great advice from a very good neighbor.

FIND ANNE

Twitter: @AnneKreamer

Website: annekreamer.com



SKIN THAT BLOOMS

Beekman 1802 Active Botanical Blend

As you know, Beekman 1802 was inspired by an idyllic farm in Sharon Springs, New York. The nearest pharmacy is miles away from our 59 acres of pastures and gardens. As a community, we're very much aware of the healing powers of nature on a deeper level. We've discovered the skin-nourishing benefits of various plants that grow on our farm at different times of the year. We always reach to nature for inspiration, and our forthcoming skincare line is no exception. We've combined the most powerful plant-based ingredients into our Active Botanical Blend. Paired with our Triple Milk Complex, it forms the foundation of the new line.

"Beekman 1802 is a community of Neighbors," says our co-founder Dr. Brent Ridge. "And your skin is a community of microbes that is strongest when it's in balance."

When that balance is disrupted, Brent notes, you might get conditions like redness, acne and dullness. But when the community works in harmony, it's as if your skin is in full bloom (read: healthy glow).

"Our milk sourced probiotics feed the good bacteria to give you more good skin days," says Brent.

And isn't that all we really want from our skin care rituals?

"The ingredients in the Active Botanical Blend are like a shield that interrupts environmental damage so the Triple Milk Complex can continue to keep the barrier of the skin healthy, smooth and young," says Brent.

We've carefully researched the ingredients for their botanical properties and symbiotic relationship with our Triple Milk Complex. Each a hero in its own right, the elements of our Active Botanical Blend possess unique qualities that give you the happiest skin you've ever had.



The Healer **COMFREY**

"The soothing leaves of the comfrey was one of the first wild plants we utilized on the farm," says Brent. "I had developed a bursitis in my elbow after a long week of clearing land for the vegetable garden. I searched the internet for old-fashioned remedies and came across instructions for making a comfrey poultice. Not only did the warm poultice provide relief from the internal inflammation, but I noticed a wonderful difference in the smoothness of the skin when I removed the bandage. With a little research we discovered that the leaves contain allantoin and rosmarinic acid, a powerful duo that reduces inflammation and boosts cell growth. This means that it helps keep irritation contained while revitalizing the skin."



The Brightener **BLUE THISTLE**

A bit of brightening is the goal of any skincare regimen worth its salt. To this end, we've brought in blue thistle—and we're the only skincare company to use it.

"The pastures that surround the farm at Beekman 1802 are filled with blue thistle," says Brent. "The thorny stalks grow tall and sturdy, and the purple flowers are excellent nutrition for the bees. As much as these prolific growers love the sun, they actually harness that power to protect the skin from sun damage. These plants of alpine origin inhibit tyrosinase, the enzyme responsible for the production of melanin, to lighten dark spots. As a bonus, it has anti-inflammatory properties that combat skin irritation."



The Calmer **CHAMOMILE**

Everyone knows you can drink chamomile tea to calm your nerves. The little white flower does your skin a similar favor. This skincare favorite tends to tamp down redness, relieve irritation and improve texture, giving you that brightened, blooming look. It's also a natural moisturizing agent that's known for fading signs of sun damage.



The Cooler **CUCUMBER**

Soothing coolness is the general idea one gets when thinking of cucumber. No surprise, it has that effect on the skin too. Whether it's from sun exposure or general inflammation, cucumber can bring down the irritation and even improve the look of wrinkles with its famous antioxidant properties.



The Hydrator **ALOE**

Remember your mom telling you to put this miracle gel on your sunburn? It's a skin saver. Aloe has been used for centuries to moisturize and soothe skin. It heals dry, flaky areas without feeling greasy or heavy.



The Fall

DOUBLE CLEANSE

Our newest favorite products this season.

BY OLIVIA DILLINGHAM

Fall has brought us back into a rhythm that the summer season often disrupts, with its heat and high energy and summer vacation. Now, as we take up forgotten projects and map out new daily schedules, we also tend to turn a bit more inward as we begin to creep toward winter, where nourishment and self-care become very important. Daily rituals and skincare routines that make us feel really taken care of are of the essence. With that in mind, we have decided to launch some products that both cleanse and deeply nourish.

Double cleansing is a practice that may sound scary, both for the amount of time it seems to require and because, as we've mentioned in past issues, "cleansing" in the way our society has defined it—harsh chemicals, stripping

rather than feeding the skin—can be pretty harmful to our largest organ. However, double cleansing is in fact gentler to the skin, as it removes any unwanted grime from the face in a two-step process that moisturizes all the while. First, an oil-based cleanser (for which we have two options, depending on your skin type) removes any oil-based dirt (makeup, pollution, sunscreen) and clears pores. Then, a foaming cleanser (our Milk Bar) takes away any remaining residue that the oil-based cleanser didn't stick to, purifying and moisturizing as it does. I tried this out for you, mixing and matching the Milk Wash, the Buttermilk, and the Milk Bar, and I have been blown away by the results. Keep reading to learn more!





◀ THE MILK WASH

Application:

Apply one or two pumps directly onto dry fingers and gently massage onto face. Add water to emulsify into a milky cleanser. Rinse well and pat dry.

Recommended usage is nightly as the first step before the Milk Bar.

Information on the label:

Our AHA & BHA powered Milk Wash helps dissolve make-up, cleanses and exfoliates without abrasive scrubs. This multi-action cleanser helps draw out oil-based debris and leaves skin feeling soft and moisturized, rather than dry and tight.

My own added notes:

What on earth are AHAs and BHAs? AHAs are "alpha hydroxy acids" and are naturally occurring, found in various fruits, sour milk, and sugar cane. BHAs are "beta hydroxy acids," and in skincare that usually means salicylic acid. AHAs are water-soluble and work by loosening the bond that holds the top layers of dead skin cells together and removing excess build-up on the surface of the skin, while BHAs are oil-soluble and get down into pores to the oil that is clogging them. BHAs are crucial to the treatment of things like blackheads and acne—and AHAs work with BHAs to allow access deeper into the skin. This formula is also packed with Beekman's Active Botanical Blend, plants that soothe and moisturize the skin.



My experience:

This cleanser felt really lovely on my skin. It is cooling, soothing, with a hint of exfoliation and no sense of harshness or stripping away. My skin is pretty sensitive and dries out quickly, but felt replenished and nourished after using the Milk Wash.

THE BUTTERMILK ▶

Application:

Twist off the cap of our little milk pail and use our Ray of Sunshine spatula to scoop out product. On dry skin, use dry fingertips to massage Buttermilk over face and eyes. Add water to activate, then rinse well with warm water and pat dry (may also be removed with a soft, damp cloth).

Information on the label:

Don't let the down-home name of this cleanser fool you: It's an incredibly innovative formula. On contact with water, it transforms from a buttery balm into a cleansing milk that gently melts all traces of dirt, makeup and sunscreen (even water-resistant formulations) and then rinses away cleanly to leave behind a dewy glow.



My own added notes:

I want to talk a bit about the benefits of a "balm" cleanser like this one. A balm, as temperatures begin to get colder and the air gets dryer, can be beneficial especially to those, like me, who have skin prone to drying out. It will remove dirt and grime in a gentle manner that almost feels like putting on moisturizer! This one is sunflower butter-based, which is wonderful for the skin: Sunflower butter is a natural plant wax that binds to makeup and grime to melt it away, and also happens to be packed with essential fatty acids like linolenic, oleic and palmitic acid, which help in the formation of collagen and elastin and serve to smooth skin tissues.

My experience:

This, to me, is an obsession-worthy cleanser. Because I have sensitive and dry skin, I love the thought of smearing nutritious and moisturizing butter on my face—and that is what this feels like! It's so fun putting this on and then letting it melt off with water. It leaves my skin glowing.



◀ THE MILK BAR

Application:

Wet bar and lather onto hands until it begins to foam. Gently massage face and neck with hands, then rinse with lukewarm water.

Information on the label:

Our Milk Bar clarifies, balances, and moisturizes while rinsing away pore-clogging surface debris, impurities, and excess oil. With a little water, this solid bar transforms into a foaming cleanser that'll give you a fresh start any time of day. Our natural soap base is fragrance free and great for sensitive skin.

My experience:

I love using this bar on its own and together with either of the "Step 1" cleansers. I love that the label talks about it giving a fresh start any time of the day—that's how it feels! I keep it next to the sink in my bathroom in case I've had a grimy few hours out gardening and need a little refresh. And using it in conjunction with the oil-based cleansers feels like a luxurious self-care ritual that really gets away all of the day's dirt in a gentle and loving way. My skin always feels balanced and moisturized after using it.

Extra credit:

Use after our Buttermilk Cleanser for a deep milk double cleanse. Follow with our Milk Mud for an exfoliating boost.



Using these products both on their own and together always left my skin feeling nourished, and I love the ability to mix and match depending on my skin's needs. No day is exactly the same on the skin, especially in the fall as the weather slowly begins to change away from summer heat and humidity. For me, having all three products at hand feels like a great way to manage this fluctuation, using the Milk Wash and Milk Bar on especially humid days, the Buttermilk on its own when my skin feels particularly dry and in need of nourishment. Feeling in control of my skin through a beautiful ritual like this cleanse is a win for me.

The Natural

DEODORANT TRANSITION

Our bodies are well made. They are strong and resilient. They let us feel and see and hear what is all around us. And sometimes... they smell.

Skin is the body's protection from the outside world. Part of its job is detoxification, and when it does its job right, the byproduct can be a little wet and odorous. Common instinct is to find a powerful chemical antiperspirant to stop the process. But, for many reasons, that's not such a great idea. A mix of aluminum (the active ingredient in antiperspirant) and other chemicals is not a good thing to rub onto the very soft, permeable underarm skin.

Since you wouldn't put anything so harsh on your face, there's no reason why it would be okay to put it on other parts of your body. How about some gentle powdered goat milk instead? That's the base of our new Milk Stick Invisible Deodorant, and it soothes the delicate skin under your arms and keeps you cool throughout the day. There's also rosemary leaf extract, geranium

and lavender oils, and all kinds of other star botanicals that smell amazing and get the job done really well.

Lots of us want to switch from an antiperspirant to a natural deodorant, but there's this much-talked-about transition period where you sweat and smell more during the changeover. It's the main reason people don't think natural deodorant works. But we challenge you to make the switch and stick with it.

Our natural deodorant is one that truly works, and we promise it'll be worth it. This will be good for you in the long run, and Milk Stick Invisible Deodorant will be there for you every step of the way. With 100% natural botanical oils, silky smooth texture and crisp, citron scent, Milk Stick promises less smelliness, less wetness, all goodness. You'll see.

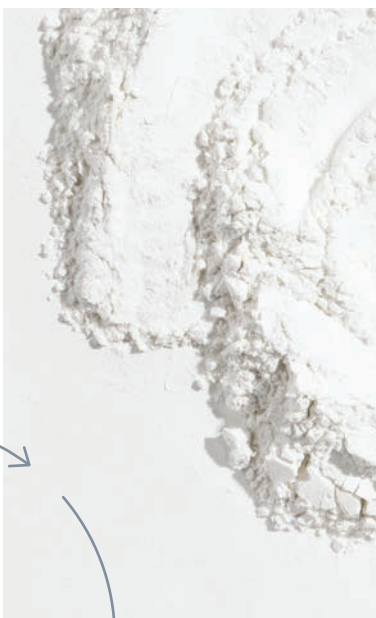
But first, the transition. Here's everything you need to know about switching from antiperspirant to natural deodorant.



WHY IS NATURAL DEODORANT BETTER THAN ALUMINUM ANTIPERSPIRANT? WHAT HAPPENS WHEN YOU SWITCH?

Antiperspirants feature aluminum because it clogs up the pores in your underarms to keep them from getting wet. Which seems like a good idea in the short term. But according to a paper published by researchers at the North Carolina Museum of Natural Sciences' Genomics & Microbiology Lab, antiperspirant use alters the armpit biomes, making their bacterial communities more species-rich. When you use an antiperspirant, you are actually making matters worse in terms of what is actually causing

odor—the bacteria, not the sweat. According to the same paper, there is a period of transition where the body rebounds from antiperspirant use, causing an increase in odor-causing bacteria under the arms. But most people who use natural deodorant say they sweat and stink less after it's over. In the long run, it seems, natural is better.



WHEN IS A GOOD TIME TO SWITCH TO NATURAL DEODORANT?

If, for a while, you went out in the world a little smellier than usual, people would forgive you and still want you around. So any time is a good time

to go natural with your deodorant. Even better, if you have an extended period of downtime, a slow season where you don't have important social and work engagements, that's ideal. You can make the transition without being super self-conscious about your natural musk.



HOW LONG WILL THIS TAKE, EXACTLY?

Most people report a transition period of up to 30 days. According to a study conducted through Ghent University in Belgium, that's about how long it takes for the skin to realize it is no longer under the stress of an antiperspirant, shed, regenerate and return to normal levels of bacteria. On the other side of the transition, there is a lot less wetness and smelliness. Promise.

IN SMELLY DETAIL, HOW WILL THE SWITCHING PROCESS UNFOLD?

In the first week, the leftover pore-clogging effects of the antiperspirant will keep things in check and the top layers of the skin will shed. The worst of it will likely occur around the second week when the body begins to flush out the pores with sweat and shed deeper layers of skin. It's a natural process that releases a lot of what you've been holding back with antiperspirant. It's all coming out now! In week 3, the bacteria colonies under your arms will start balancing out, leading to only mild odor and wetness. By weeks 4 and 5, you're good. The BO is gone. Natural freshness is here to stay.

UP TO
30
DAYS



MULTI-MASKING

Our New Favorite Routine

BY OLIVIA DILLINGHAM

Multimasking is the new big thing in self-care and is, in my opinion, genius. Multimasking is a practice that gives us the control that we want when we are caring for ourselves day-to-day. Basically, it involves using more than one face mask, either at the same time or one after the other. I have personally tried it both ways!

In one scenario, an especially likely one as the seasons shift and the air becomes cooler and dryer, you might have uneven skin. Perhaps your T-zone is feeling oily and you're seeing some acne flare-ups there, but the rest of your skin is a bit less activated and prone to drying out. In this case, you might apply our new Milk Mud on the T-zone and allow the clay in it to gently pull out any of those impurities, while at the same time applying our Milk Foam to the rest of the face and neck. This way, you are getting a full-face mask treatment that will leave your skin feeling fresh and glow-y, but you really can curate what kind of care different parts of your skin are receiving.

Another way to do this is to double up on the masks all over! Because our products are natural and designed for sensitive skin, this truly means

double the benefits without fear of stripping away any of your skin's natural goodness. And the beautiful thing about combining these two products specifically is that one does deep cleansing work while the other specifies in replenishing and caring for the skin's microbiome. For this reason, I recommend starting with the Mud Mask in order to get in some deep nourishing and cleansing. One recommendation is to have a hydrosol or spray bottle of water on hand to keep the clay of the mask hydrated rather than letting it dry—this actually allows it to keep pulling out impurities. I would trust your own intuition on how long to leave this one on, and when you feel ready to rinse it off, do so! Follow with the Milk Foam after patting your skin dry, and, again, trust your judgment on how long to let it do its conditioning and replenishing work (no more than 15 minutes).

My personal recommendation is to double up on the masks once a week (I have my own spa time every Sunday) and to mix and match masks throughout the week as needed. This process is a great way to make sure your skin is getting all of the attention and nourishment it needs for the week in a thirty-minute treatment.



PRODUCTS RECOMMENDED FOR THIS PROCESS:

1. **OUR MUD MASK,**
a goat milk and clay mask formulated to nourish and draw out deep skin impurities.
2. **OUR MILK FOAM,**
a bubbling mask cleanser that nourishes the skin with probiotics.



ASK THE MILKMAIDEN

Is My Skin Sensitive?

Taking care of the delicate skin of your face is among the best ways to take good care of yourself and feel good. Nothing feels better than a fresh, moisturized face.

That's why it's so important to know if your skin is sensitive (which is a genetic trait) or sensitized from products you've used in the past or from your environment. Sensitive skin requires a unique routine with gentle products that can alleviate redness, dryness, and flare-ups associated with sensitivity. Like with all things related

to your body and your mind, really paying attention and listening to what your skin is telling you is an important step in the journey toward fully embracing and caring for yourself.

While sensitive skin is a lifelong journey for some, others do not experience sensitivities until later in life. That's because their skin is not genetically sensitive—but it is sensitized. Is there a difference? Yes, and how you respond and treat your skin accordingly means everything for how to take the best care of your skin.



SO, HOW DO I KNOW IF I HAVE SENSITIVE SKIN OR SENSITIZED SKIN?

Sensitive skin is usually an inherited condition, which just makes it a part of you!

It's also a term that describes a general reaction you may have to products on your face, like dryness, peeling, and redness. (Eczema is a good example of a common skin concern people who have naturally sensitive skin may have.)

And then there's sensitized skin, which looks and acts a lot like sensitive skin. But unlike sensitive skin, sensitized skin isn't something you're born with. It's often a result of having a weakened skin barrier because of products you may have used, had used

on you, the place you live or where spend most of your time. Do you do a lot of hiking in the hot sun? Or do you go skiing in the windy cold? Those are great reasons to take extra good care of your skin to ensure that it's protected.

At Beekman 1802, we pride ourselves on working with your skin's sensitivities and natural microbes, not against them. And we believe using moisturizers rich in Epsom salts, which soothe and soften dry skin, and probiotics to balance your skin's microbiome are the best way to do that.



EPSOM SALTS? LIKE THE STUFF I PUT IN MY BATH?

Totally. Epsom salt is a magnesium and sulfate compound which many people use as a home remedy for aching joints and muscles (and that's what you're probably associating it with). But they can also help treat any condition where your skin becomes inflamed.

Epsom salts have also been found to improve moisture retention (yay! hydration!) while reducing redness and roughness in irritated skin.

WILL THAT FIX EVERYTHING? CAN I RESET MY SENSITIVE SKIN?

There's nothing to reset! Your skin is part of you, and you don't need to try to change it. However, there are steps you can take to make sure it feels good and looks healthy.

For sensitized and sensitive skin, the first and best thing you can do is to scale back your products to a gentle cleanser and moisturizer. Eliminate acids, scrubs, and other aggressive products.

Some additional steps you can take in strengthening your skin barrier are:

- Drink more water! It's something we hear all the time, but keeping your skin hydrated from the inside out will help your dry, sensitized skin heal.
- Choose a moisturizer with as many natural ingredients as possible to lessen the chance of a reaction. Our new Bloom face cream is made of floral extract and natural oils to enrich your skin with antioxidants, which protect your skin's moisture barrier.
- Choose cooling, hydrating products with few actives (such as exfoliants like alpha or beta hydroxy acids or salicylic acid) and ingredients to soothe angry skin. Green tea is a good ingredient to look for, for its anti-inflammatory and calming properties.

THERE ARE TONS OF CREAMS OUT THERE CLAIMING TO BE NATURAL! HOW DO I FIND THE RIGHT ONE FOR MY SENSITIVE SKIN?

Look for the creams without fragrances, sulfates, scary chemicals like formaldehyde (seriously), and any synthetic colors or additives. You want pure, rich, hydrating cream that reinforces and penetrates your moisture barrier.

Of course, we love our own stuff. We've fallen in love with our newest moisturizer here at Beekman, which is formulated especially for sensitive and sensitized skin. Our Bloom Cream Probiotic Moisturizer is formulated with our Triple Milk Complex and loaded with healing Epsom salts (the ones we mentioned before, which soothe angry, dry skin). Bloom is also made up of an active botanical blend—the ultimate in natural care, beauty, and, let's face it, pampering (which is as much a part of this as anything else).



We know we say it all the time, but we've been doing this a long time and we know that when we work with our bodies—and our skin, minds, and spirits—wonderful things happen. You deserve skincare products that make your skin bloom! And that honor the uniqueness of you.

ASK OUR MILKMAIDEN YOUR OWN SKINCARE QUESTIONS @beekman1802

*press down
and "Bloom" for
healthier skin*



FIELD + SUPPLY

A Craft-fully Curated Guide.

Field + Supply began in 2014 as a modern interpretation of a traditional arts and crafts fair. It consists of a carefully curated selection of makers and highlights goods, old and new, from a variety of studios and workshops representing a wide range of crafts. For our fall issue, Field + Supply was kind enough to curate our Gift Guide with their favorite selection of goods that they have uncovered through their events. At Beekman 1802, we always value all of the thoughtful makers we meet as they are our original neighbors, so we hope this curation helps inspire you too this season.

FIND FIELD + SUPPLY

Instagram: @fieldandsupply
Website: fieldandsupply.com



CRANBERRIES AND ORGANIC LEMONS SYRUP / \$15-55

MAYA'S JAMS

Enjoy a guilt-free, low-calorie, and healthy craft soda and elevate any cocktail by simply adding Maya's syrup. Super fast, easy, and delicious! Perfect for your SodaStream and as cocktail mixer. We never use artificial ingredients, ever!
mayasjams.com

BEER CARRIER / \$85
JAY TESKE LEATHER

Keep your hands warm and the beer cool. It's the best way to carry beer, hands down! The Beer Carrier is made with stainless hardware and 8/10 oz leather sourced and tanned in the USA.
squareup.com/store/jayteskeleatherco/



BUTTER CHURN / \$240
CHURNCRAFT

Each one of our butter churns is built carefully by hand in our small workshop in Connecticut. We use high quality, custom-made materials to create a durable, sturdy and heirloom-style tool.
churncraft.com



GINGER TEA / \$17
BLUSHING WREN

Locally-grown, organic ginger recently harvested is blended with lemon peel, tumeric, milky oats, rosemary and white pepper for a zingy infusion sure to give you an energy boost.
blushingwren.com



SEASONED DUTCH OVEN / \$240
BOROUGH FURNACE

A seasoned version of a 5.5 Quart Dutch oven.
boroughfurnace.com

NESTED SERVING DISHES / \$175
FURBELOW & BIBELOT

Set of three nested serving dishes. White glaze over chocolate clay. Handwashing recommended. Food safe. Sold as a set.
furbelowandbibelot.com





COPPER AND STAINLESS LADLE / \$255
ERICA MOODY FINE METAL WORK
Forged and sanded stainless and copper ladle.
3" Hemisphere scoop. Riveted with brass.
ericamoody.com

ORACLE OLIVE OIL / \$38
ORACLE OIL
Oracle Olive Oil is a premium Greek extra virgin olive oil made from 100% organic Koroneiki olives, sourced from a collective of seaside olive farms in the Peloponnese.
oracle-oil.com



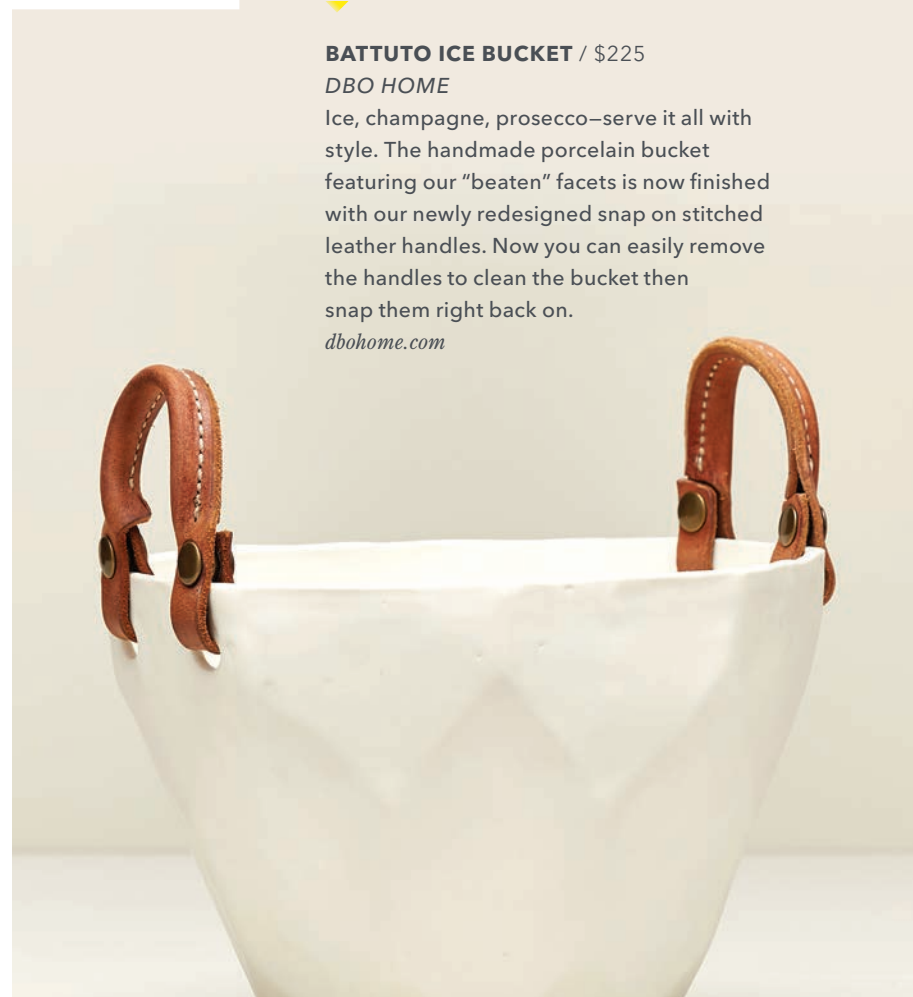
CLASSIC SALSAS SET-4 OZ. JARS / \$27
TIENDA SALSITA
Three classic salsas in one set; Salsa de corazón (low spice), Salsa chile morita (medium smoky spice) and Salsa chile de árbol (hot spice). All handmade in small batches.
tiendasalsita.com

BRADFORD PEAR BOWL WITH BUTTERFLY / \$325
WYATT SPEIGHT RHUE
12" Diameter x 6" tall, finished with food safe oil and wax.
wyattspeightrhue.com



CERAMIC UTENSIL HOLDER / \$90
JM GENERALS
This graphic, folded ceramic container was developed in collaboration with NYC based ceramicist Maria Soares. It's made using a technique of rolling the clay onto linen which gives it a fabric-like texture.
jmgenerals.com

BATTUTO ICE BUCKET / \$225
DBO HOME
Ice, champagne, prosecco—serve it all with style. The handmade porcelain bucket featuring our “beaten” facets is now finished with our newly redesigned snap on stitched leather handles. Now you can easily remove the handles to clean the bucket then snap them right back on.
dbohome.com



LOGGER TOTE-NATURAL / \$68
UTILITY CANVAS
A sturdy and stylish log carrier. 18 ounce canvas with heavy weight ticking stripe handles.
utilitycanvas.com



PLATE / \$60
STEVE THEBERGE
Stoneware with iron slip and wood ash glaze. Dishwasher and microwave safe.
stevetheberge.com

MAMA VASE / \$62
HUNEE STUDIO
Mama Vase suspends and protects things we care about the most. For those expecting, those who've already had, for those who take great care, or for those who simply love a good looking bud vase.
huneestudio.com



FLANNERY / \$200
CUSTODIAN
A Shaker-style flat broom, handmade on an 1890s broom machine. Quietly demands to be put on display. Made to order in your choice of bristles, wood, and wire. Everything is dyed in-house using natural methods. No nasties!
custodian.studio



UPSTATE DEER / \$55
DOONYAYA
The unofficial mascot of the Hudson Valley. Soft vintage wash fleece. Hand-printed, using eco-friendly ink.
doonyaya.com

PLANER CANDLE HOLDERS / \$85
DUMAIS MADE
Handmade stoneware slab constructed ceramic. Candle holders are individually crafted and one of a kind.
dumaismade.com



BRASS DESK TRAY / \$185.00
FSA LEATHER
Our desk tray is hand-forged from brass and covered in soft leather with beautiful hand stitching. Organize your desk, bed side table or hallway table....holds pens, watches, coins, paper clips...anything that needs organizing.
fsashops.com



WEIGHTED PERISPHERE / \$200
MOSES NADEL
Inspired by traditional medicine balls, these unique objects have weight to them. They are as much a decorative work of art as an actual plaything to complete your training routine. American Buffalo Leather. Recycled weighted fill.
mosesnadel.com



ULTIMATE CAMP MUG / \$18
HAMILTON AND ADAMS
This ceramic mug, inspired by our favorite tin camp mugs of the past, will give you all that you need for a curious day.
hamiltonandadams.com



POCKET MIRROR / \$100
HEIDE MARTIN DESIGN STUDIO
These Pocket Mirrors are a sturdy, whimsical take on a standard mirrored compact. Shaped from solid walnut, these small mirrors are designed to sit comfortably in your hand. The leather sheath ensures that the mirror stays dust-and scuff-proof whether you carry it in your pocket or display it on your dressing table.
heidemartin.com



*Nostalgia*WHAT HAPPENED
TO SATURDAY MORNING
CARTOONS?

BY JENNIFER TABER VANDERWERKEN

Nostalgia can be tricky.

The temptation to paint things past in rosy-hued broad strokes is a strong one, but it does a disservice to the better, more intricate truth that life has always been as complex and challenging as it is now — just in different ways. When we sit back to regale a younger generation with any story beginning with some version of, “Back in my day...”, we risk ignoring the progress of the present in favor of a futile longing for a time that can never be again.

All this said and acknowledged, there are some things from the bygone days of our own childhoods that shine so brightly, that seem so sweet and uncomplicated in contrast to the world in front of us, that an occasional wistful recollection must be permitted. For myself, and many other children of the 1980s and 1990s, one of those simple pleasures was Saturday morning cartoons.

Though the concept of a weekend morning allotment of cartoons for children began in the 1950s, it enjoyed immense popularity as a broadcast staple well into the 1990s. In the long-gone decades of limited channels, no streaming services, and often only one TV per household, Saturday morning cartoons amounted to what we now call “event television”. It was not to be missed. It was worth waking up early for. It was a sacred time for kids in America.

I remember it perfectly—bedhead, pajamas, a bowl of Cheerios, and a lineup of shows whose

theme songs I could still sing for you if you asked. I loved the throwback classic Warner Brothers cartoons, *Duck Tales*, *She-Ra*, and *The Smurfs*. Sometimes my father would join me on the couch for the older *Bugs Bunny* and *Elmer Fudd* cartoons, marinating in his own nostalgia for the television of his childhood. He worked hard all week. It was precious time together.

In 1996, a well-intentioned mandate from the FCC declared that television stations were required to air at least three hours of educational programming per week for children. Networks solved the scheduling conflict created by this new law by replacing the Saturday morning cartoon slot with more informational offerings. That coupled with the rise in video games, the increase in cable TV offerings, and even climbing divorce rates (and subsequent weekend custodial issues) have all been attributed to the decline of Saturday morning cartoons, as both a reality and a concept.

But for me, the real sadness of the end of that era has more to do with an idea of contentment than anything else.

I’m a parent in my thirties now, raising children for whom the concept of having to be somewhere at a specific time to watch a specific show or otherwise just flat out missing it is nearly inconceivable. The idea of waiting all week for a scant hour or two of content designed for just children? Beyond their imagining. They are (we all are) spoiled for choice. The exact episode of the exact show they want to watch is a mere YouTube, Netflix or Hulu click away. They can watch it any time and as many times as they want. And it’s portable! My son’s favorite television show is a lovely little British cartoon that stopped airing on the BBC in 2008 and was never broadcast in America. This is entertainment without restriction, without delayed gratification, and without the giddy suspense of wondering what you might be given, because you couldn’t just choose for yourself.

I’m convinced there is some magic lost in that convenience.

Almost every parent I know deals with some amount of existential dread of potentially raising an entire generation of tiny Veruca Salts. Not so much screaming “I want it now!” because they’re bad eggs, but genuinely not comprehending why in the world they can’t have what they want exactly when they want it. Because for the most part, whatever they might want is actually possible (at least when it comes to entertainment).

For people of my generation and older, an acceptance of limited options, of inevitable disappointment if life had other plans, and the true delight of a long-awaited pleasure specifically meant for you, could all be experienced on a Saturday morning over a bowl of cereal, in the soft blue glow of a TV set.

Maybe we were the lucky ones.



This summer, we launched our new skincare line into Ulta stores. We would love all of our Neighbors to visit our display in person. But until you can get there, we want to introduce the new display to you here.



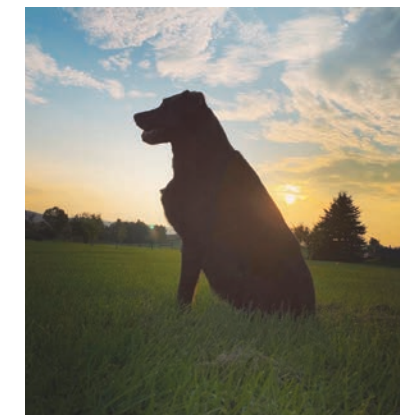
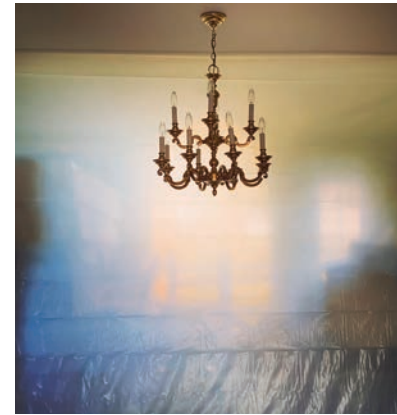
We wanted to bring the full Beekman experience into Ulta by giving Neighbors a chance to virtually play with our baby goats!

At each display you can take a picture of the Snap Chat code that literally brings our goats into your world.

Although we are proud of our new and evolving skincare formulas, we wanted our favorite Pure Goat Milk classics to be offered at Ulta as well.

Learn about our skincare values as a company, free of harsh chemicals and always cruelty free.

If you are new to our skincare, we recommend trying our starter kit where we now offer mini-sized options of our favorite full-sized formulas.



For the most up-to-date recipes, design ideas, and country wisdom (plus goat selfies):
 @JOSHANDBRENT
 @BEEKMAN1802MERCANTILE
 @BEEKMAN1802





BEEKMAN 1802

FALL 2020 | MSRP: \$9.99



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