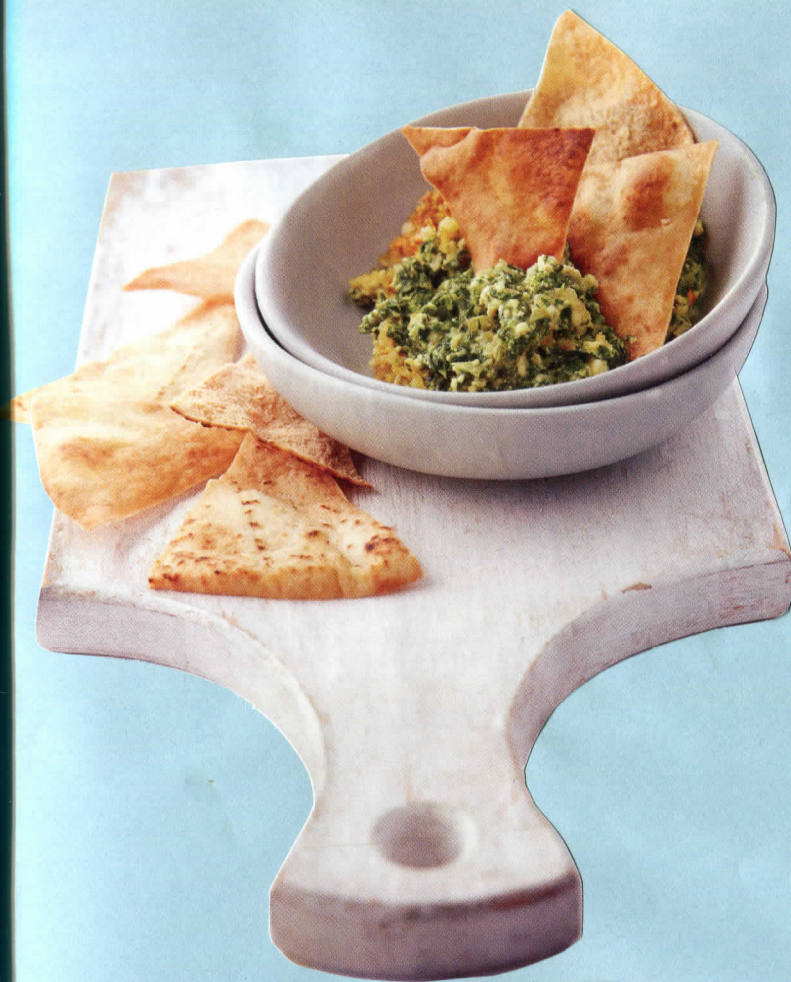




NEW LIFE

feel
it





"People who
love to eat
are always the
best people."



A SPLASH OF

**WATERCRESS
PESTO, FARRO PILAF
AND SPINACH WITH
GARLIC & SHALLOTS**

**IT'S NOT A
MIRACLE, BUT
IT'S CLOSE**



chi ku
 Chinese, literally
 "to eat bitterness":
 ability to go
 through hard times,
 overcome challenges,
 and persevere

nam jai
 Thai, literally
 "water" and "heart":
 willingness to
 make sacrifices
 for others and
 extend hospitality
 to strangers

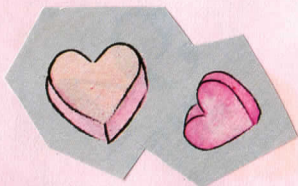
cwtch
 Welsh (rhymes
 with butch),
 literally "a cupboard
 or cubbyhole":
 a heartwarming hug
 from a loved one



BEAUTIFUL

IS

BLAH



EMOTIONAL



ARE YOU



SAVVY?

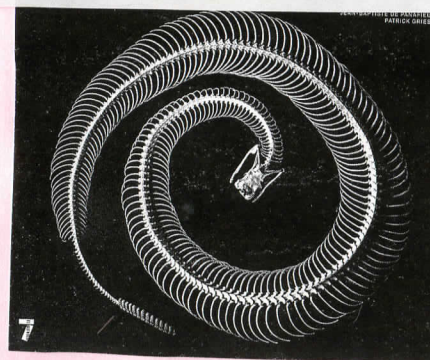
SALT YOUR BLOOD

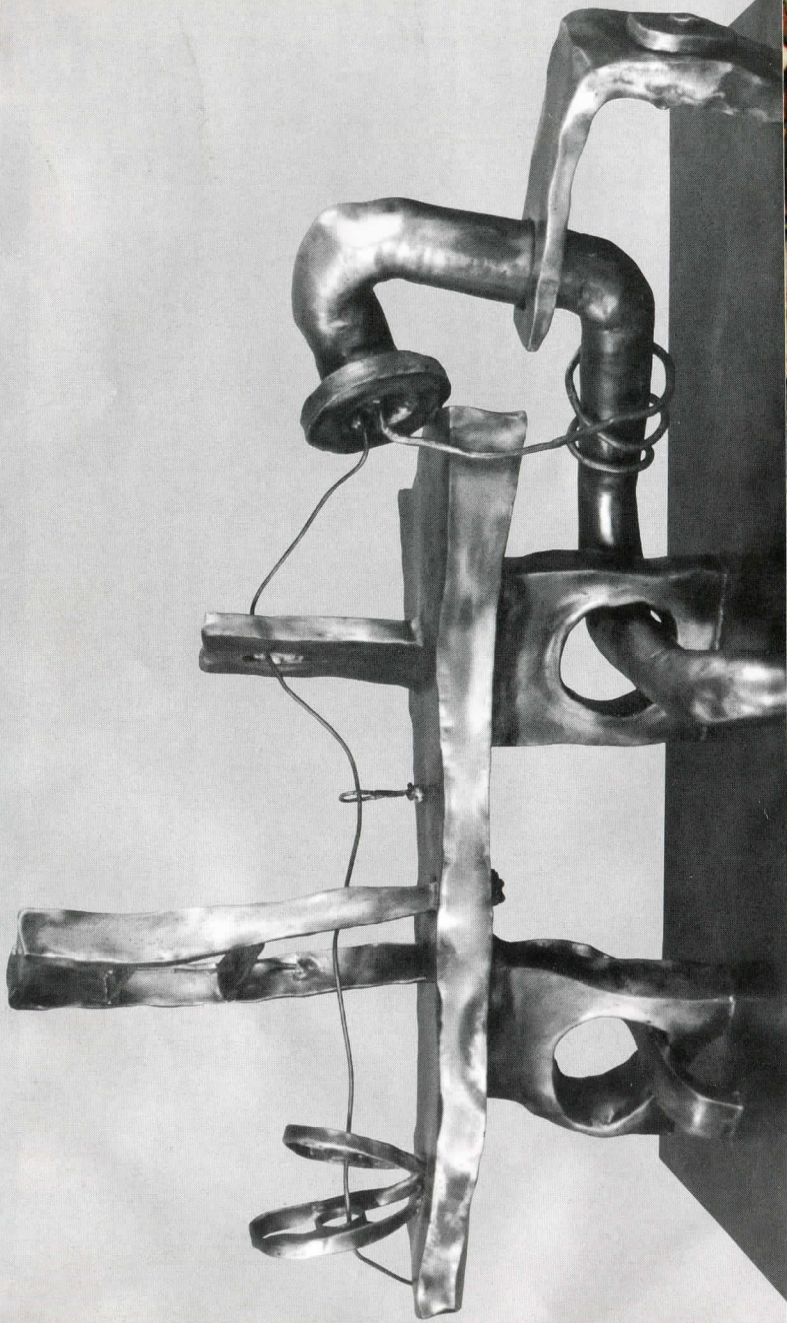


SUPERSCOPE



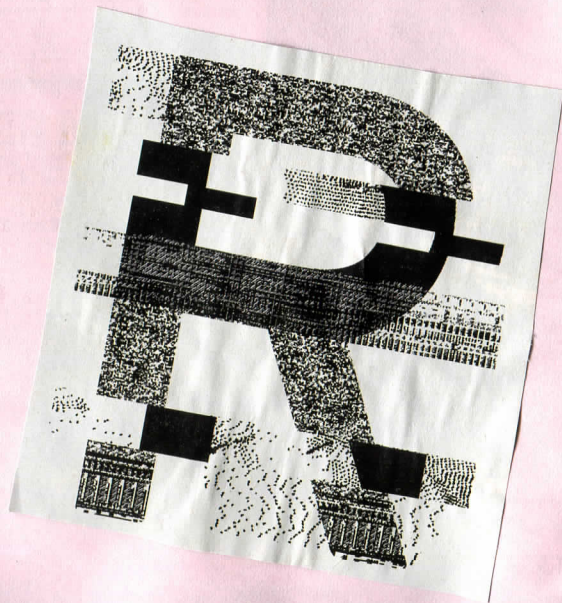
LANDSCAPES



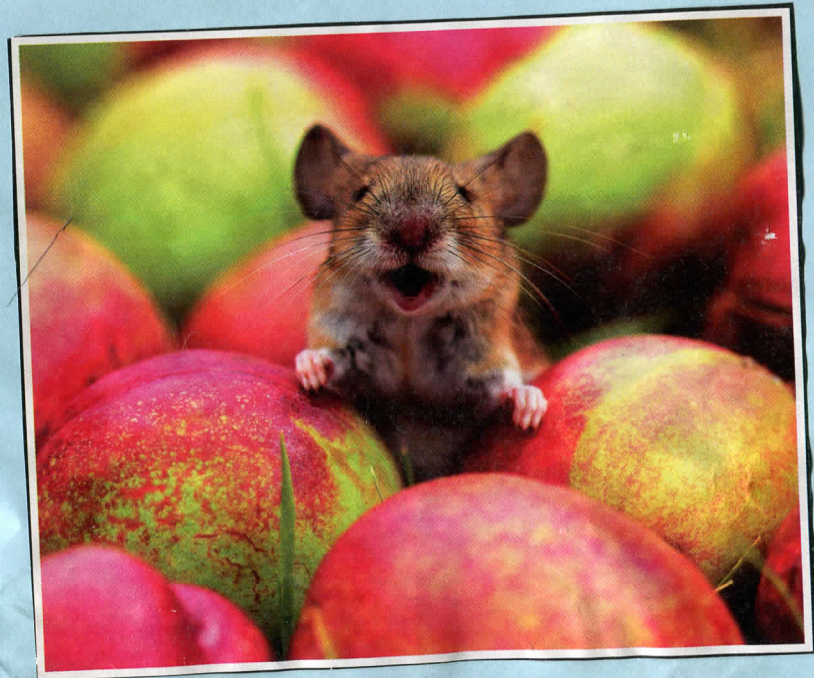




Brad. The way it ought to be.



Win It!



L.G.B.T.



NONBINARY STARS



Three Ways to Emulsify Your

Coconut-Crusted Tofu

&

Potatoes

&

Chive Goat-
Cheese Soufflés

