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Don Varney
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Premier Issue

BAM!: Interview & Recipes from Emeril

Heirloom Gardening at Sturbridge Village

Astro-Foodology 101 ~ Hiking Mt. Rainier

Postcards from the Caribbean: ARUBA!

Great RECIPIES

KITCHEN Tips

COOL STUFF

DINING~A Taste of Boston

YARD & GARDEN Projects

VACATION

in this issue



38



64

8 HIKING MT. RAINIER

12 HEIRLOOM GARDENING at Sturbridge Village

16 SOOTHE AND REJUVENATE: Indulge yourself with a Spa-style treatment at Home!

22 MUSEUMS10 GoDUTCH! It's About Time...

28 A SWEET GOODBYE TO WINTER

38 BAM! Kickin' it up a Notch with Emeril

46 TAMMY MILANI Serves up an Ancient Recipe With Modern Flair

48 POSTCARDS FROM THE CARIBBEAN: Aruba makes it a breeze to have fun in the sun

54 UNION OYSTER HOUSE: A Taste of History

64 ASTRO-FOODOLOGY 101 - A Culinary Adventure Through the Zodiac Signs



8



22



46



20



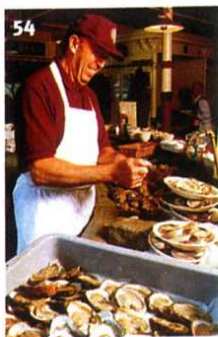
48



12



28



54



59



6



37



16

A Culinary Adventure Through the Zodiac Signs

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as one who studies, practices and counsels in the field of astrology, a lot of very interesting questions come my way. A recent favorite was “what should I cook for a Gemini who’s coming to dinner.” I found this query particularly captivating since I am not only an astrologer, but also an avid cook who loves to explore food and the world of culinary arts from a wide variety of angles, astrology being a uniquely fascinating vantage point for me. And yes, when it comes to the different signs of the zodiac there are indeed optimal ways to dine in, dine out, entertain, prepare, serve or present food or even choose a culinary gift for that special one in mind. Gemini or other.

With 12 signs of the zodiac—three in **Fire: Aries, Leo, Sagittarius, three in **Earth**: Taurus, Virgo, Capricorn, three in **Air**: Gemini, Libra, Aquarius and three in **Water**: Cancer, Scorpio, Pisces—we have the four elements of fire, earth, air and water that can tell us quite a bit about constitutional predisposition.**

Fire likes it hot and spicy. Earth signs?—just as one might expect—earthy and substantive. The air signs are happiest navigating on the mental plane and enjoy an interactive and social element in their culinary dealings. The realm of feelings and emotional connections dominate the world of the water signs so how they feel will affect what they eat and what they eat will affect how they feel.

Within each of the four elements, we can look more closely at the individual characteristics of each sign and discover even more specific preferences and tendencies. Further along is a list of each of the 12 zodiac signs and a suggestion on what you might want to serve for dinner should you be hosting a Gemini, or any other member of the zodiac for a special meal:

