

Summer~ 2006
Special Issue

Don Varney
Creative

L I V I N G

Producer Lawrence
Bender on Al Gore and
"An Inconvenient Truth"

Boston's Union
Oyster House

Ribs... Ribs... Ribs...
Grill Master
Steven Raichlen

Garden In The
Woods... ROCK ON!

Farmers markets,
Fun, Fresh and Local

Great RECIPES
KITCHEN Tips
COOL STUFF
Fun Projects
ASTRO-Foodology

in this issue

40



66



28



62



46



18



8



34



40



20



48

6



39



16



8 A CELEBRATION OF FLOWER & STONE: Presented by the New England Wild Flower Society

16 THIS IS WHAT NEW ENGLAND TASTES LIKE: Farmers Markets

20 UNION OYSTER HOUSE: A Taste of History

28 SPIRITUAL EMPOWERMENT: Happiness from the Inside Out

34 AN INCONVENIENT TRUTH: A Conversation with Producer Lawrence Bender

40 RIBS, RIBS, RIBS! Grillin' with Chef and Author Steven Raichlen

46 TAMMY MILANI: A Favorite Comfort Food is a Stunning Summer Salad

48 A POSTCARD FROM SHELburn FALLS

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

A Culinary Adventure Through the Zodiac Signs

© Liz Howell



In response to the Astro-Foodology column in the May/June issue, I heard from a number of readers with food astrology questions. One asked, “Is there a way to know what NOT to eat depending on one’s astrological sign?”

In fact, from the standpoint of each astrological sign, there are plenty of red flags, forbidden fruits and Pandora’s boxes that merit consideration when it comes to navigating the grocery isles and restaurant menu offerings. With a little bit of applied astrological knowledge, all culinary experiences can be enjoyed, even if we need to curb our enthusiasm a little more at certain stations on the buffet line of life.

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.

Please note: In addition to one’s Sun sign (the astrological month in which you were born), personal planets beyond the Sun—including the Moon, Mercury, Venus, Mars and Jupiter—will reflect these traits listed below. So, if you’re an Aries who likes to dawdle instead of rush or perhaps an Aquarius who prefers routine to constant change, then the rest of your astrological chart has a much more interesting story to tell!



