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editor's note



IN MY LIFE, FALL HAS ALWAYS BEEN the season of new beginnings. As a student, it marked a fresh start to a new year of learning. When I worked in television production, it marked the launch of a new programming season. Twenty years ago, the season marked a particularly significant beginning for me, the start of married life with my amazing husband.

As we prepared this issue of OUR HOMES, we focussed on the beauty of the fall season; its vibrant colours and invigorating potential. In our People Feature on page 52 you'll meet some of our local farmers and food producers, whose passion and continued hard work result in fresh, delicious food choices for our tables.

In our Style Picks section, we focus on items for the kitchen and show you some colourful, useful selections to help you get cooking!

On the topic of cooking, in our Home and Builder feature you will meet Sharmila and Manish Mistry, who recently built a stylish, contemporary home for their family in Ottawa's McKellar Heights. Sharmila loves to cook and the kitchen in her new home certainly reflects this passion (see page 38).

In this issue, you will also meet the Roberts of Rockcliffe (page 22). Donna and Robert have been in their century-old home for the past eight years and have been lovingly restoring it, bit by bit. Filled with traditional character and warmth and surrounded by some of the city's tallest leafy trees, their home is beautiful inside and out. Speaking of trees, did you know fall is a great time to plant them? Read Melanie's top tree planting picks on page 46.

There is lots to read about in this issue and certainly lots to appreciate this season.

Enjoy!

Lise Larocque, Managing Editor
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Traditional Warmth
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Photography by
Suzanne Bird.

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“Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns.”

– George Eliot

FALL HOLDS SPECIAL MEANING TO ME, ESPECIALLY this fall. Not only does it mark the third year of production of OUR HOMES Ottawa, it also marks my 25th wedding anniversary.

My husband Brock and I celebrated by taking a trip to Italy in July. From our Tuscan villa, as far as the eye could see, farms and vineyards dominated the countryside. We enjoyed lots of local delicacies from area markets and even took a pizza and gelato making class using these fresh ingredients.

Our time in Tuscany was wonderful and the experience also got me thinking about how lucky we are to have access to delicious, locally grown and prepared foods in Ottawa. To get a taste of what the nation's capital has to offer, you needn't look any further than our local farmers' markets. These markets showcase nature's bounty from around the region and have a surprising variety of foods beyond traditional finds like pumpkins and apples. Creamy goat cheese, garlic and even cranberries are all tasty delights that are grown or made right here in the Ottawa region. Our area food producers inspired what I like to call our "foodie" issue. Meet some of these dedicated folks in our People Feature (page 52).

I love sharing the best this city has to offer and as we embark on our third year, I would like to acknowledge everyone I have met along the way; readers, homeowners, designers, trades people, artisans, business owners and the list goes on. I would also like to take this opportunity to thank and acknowledge Janine Kivell for her contributions to this magazine and wish her the very best in her future endeavours.

It is this magazine's goal to continue to promote and feature the very best in home design and enjoyment all within the Ottawa region. Like our local farmers know, some of the best things can be found in our own backyard.

Until next issue,

Sharon Davies, Publisher
sharon@ourhomesmagazine.com

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WHAT DO YOU THINK?

OUR HOMES loves to hear your comments. Drop us a line and let us know your thoughts about what you've read or about any ideas you would like to see in OUR HOMES Ottawa. Send your comments to OUR HOMES Ottawa, 11-300 Earl Grey Dr., Suite 118, Kanata, ON K2T 1C1 or email to sharon@ourhomesmagazine.com

Dear OUR HOMES...

Just wanted to send a quick note to congratulate you on your latest edition of OUR HOMES. I have been picking them up at the grocery store for some time, and have noticed that every issue gets better and better. The homes you feature are lovely and provide lots of inspiration. The fact that all the content is local is really exciting. Great articles, great ads, great info. I have been a long-time subscriber to *House and Home* and wanted you to know that this month I enjoyed reading your magazine more than theirs! Keep up the great work. I look forward to future editions.

– Michelle Skene

Congratulations on your second anniversary. I so enjoy reading OUR HOMES magazine! It's such a wonderful source of information and ideas. It's nice to see things in a magazine that I can actually buy in my own city! I love this the best. I also love the ideas for decorating and related items and the timely information on local businesses and suppliers. I would love to see more new developments as we are planning a move in the next year. Keep up the good work!

– K Kelly

Just picked up the summer issue of OUR HOMES. I love the ideas the magazine provides for new homes, renovations and outdoor landscaping. Also, the Style Picks are a wonderful resource for new ideas and items. I look forward to many more issues.

– Christine Cyr

I have enjoyed receiving OUR HOMES magazine and look forward to each issue. I find it very inspirational and I always get great ideas for decorating my own home. My husband and I have used several of the local companies that have advertised in your magazine for our renovations. Your magazine is very useful for sourcing local items. Thank you!

– Donna W

Congratulations on your second year anniversary. We enjoy reading OUR HOMES. The magazine does an excellent job showcasing the work of local designers, builders and renovators. Many of the featured homes and design tips have helped inspire us in our own home renovations. We have used the magazine as a primary source when selecting the contractor for our recent bathroom renovations and to find local suppliers for more unique items not offered in the traditional big box stores. Thanks for a great magazine!

– Michelle & Michael

As recent homeowners in the Ottawa area, we are always awaiting our issue of the OUR HOMES magazine with enthusiasm: it gives us incredible ideas for our renovation plans, and helps us find great local contractors and suppliers. Kudos to the writers for showcasing the gems of this region!

– Gaëlle Napert and Fréd Bellemare



Designer Stephanie Redmond answers your questions.

I would like to renovate my bathroom and make it more contemporary in feel, but I would prefer not to waste my existing vanity. Is it worth keeping and will I be married to its look if I do?
— Helen



HINT: Don't forget about accessories to complete your look:



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BATHROOM renovation

A bathroom renovation can be one of the most satisfying changes you'll make in your home and well worth the effort for both enjoyment and value. The key to this project (as always): Planning, planning, planning!

You can certainly give your vanity a facelift, changing the look and feel entirely, but it's only worth it if the piece is good quality to begin with. Also consider the amount you would truly be saving. In order to update that vanity, you need to send it to a refinisher, incurring a delivery charge plus the cost of refinishing. If you decide to purchase new, look into donating it for a tax receipt to offset some of the cost.

WHILE THE WALLS ARE DOWN...

There are lots of small cavities within your walls that can be made into storage spaces. With 16 inches between the studs, that leaves at least 10 inches (a safe measure) for the interior of a tall and skinny storage cabinet. Q-tips, soap, lotions – all of these smaller items can be tucked into a convenient cabinet.

The same rules apply within the shower. Measure the largest bottle of shampoo that you would typically have on hand and design around that. Make sure the shampoo recess within your shower is large enough and has an extra shelf for soap and razors too. These can be tiled or made out of stone as a single unit and slipped into place. Glass shelves also work well, but I recommend thicker than standard to give a weightier look.

If you can squeeze a linen closet into your room, this will be a huge asset. Towels, toilet paper, plunger (measure the height and make sure it tucks discreetly under the bottom shelf) – all items remain hidden but still within the room for easy access.

UNDER THE GLOSSY FINISHES

The finishing touches are always the most fun, but don't forget about what goes on underneath them. If your floor was cold, consider radiant heat. This can be done with an electric pad that's set on

a thermostat. It's a minor upgrade but feels like complete luxury.

If you didn't have good air circulation, now is the time to rectify that problem. Add a fan or re-route your current venting while the walls are exposed. Have an unwanted bulkhead? Maybe now is the time to see if that can be eliminated. Think while it's open. You won't fix it once you've finished.

THE FUN PART

Whether you've kept magazine clippings or have a Houzz.com account, study your images to assemble the look and feel. Choose finishes for longevity, even if it means spending a little more than anticipated on one or two things. Spend on countertops and quality trades; save on items like mirrors, lighting and hardware. The best way to make these decisions? Go shopping and see what's out there! Suppliers are happy lending samples to take home and look at in the space.

Here are some tips to achieving a modern look

1. Run your floor tile into the shower and eliminate the 'curb' (the step up into the shower).
2. Use a linear drain at the edge of the shower (these can be pricey, check your budget).
3. Consider a "floating" vanity (no legs) that is mounted to the wall.
4. Fill the space above the vanity with mirror rather than using a decorative piece.
5. Investigate wall-mounted toilets and freestanding tubs.
6. Choose small, simple sconces.
7. Use wall-mounted faucets set into your backsplash.

Creating a more contemporary look comes down to simplifying the aesthetic but the key is to do it well. Good quality finishing and well thought-out details make or break a project. So, can you re-use that existing vanity to create your modern look? Likely yes, but you better start planning! **OH**

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Continued on page 20



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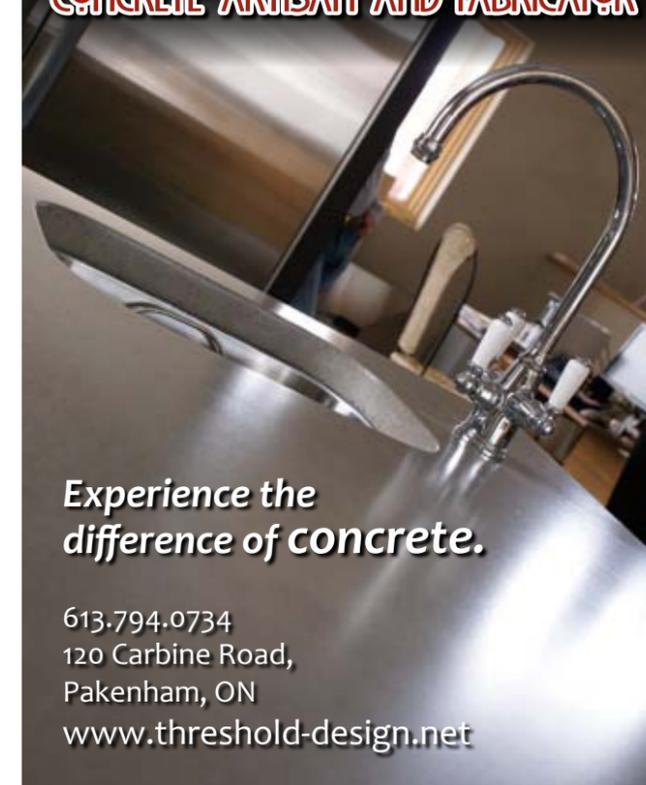
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CLOCKWISE FROM RIGHT: (1) When updating their early 20th century home, Donna and Robert Roberts made every effort to maintain its original character. (2) A winding laneway extends a heartfelt welcome. John Szczepaniak was the Landscape Architect. (3) The Roberts love the backyard for entertaining. After many years of living in the U.S. they enjoy the Ottawa weather immensely and often sit outside until November. (4) A collection of walking canes hints at some of the other interesting touches within. (5) The home's main floor is grand yet warm. (6) A beautiful vista at the front of the home. Gardener Murray Gauthier takes care of the home's exterior. (7) One of the Roberts' two cats enjoying the crisp autumn air.

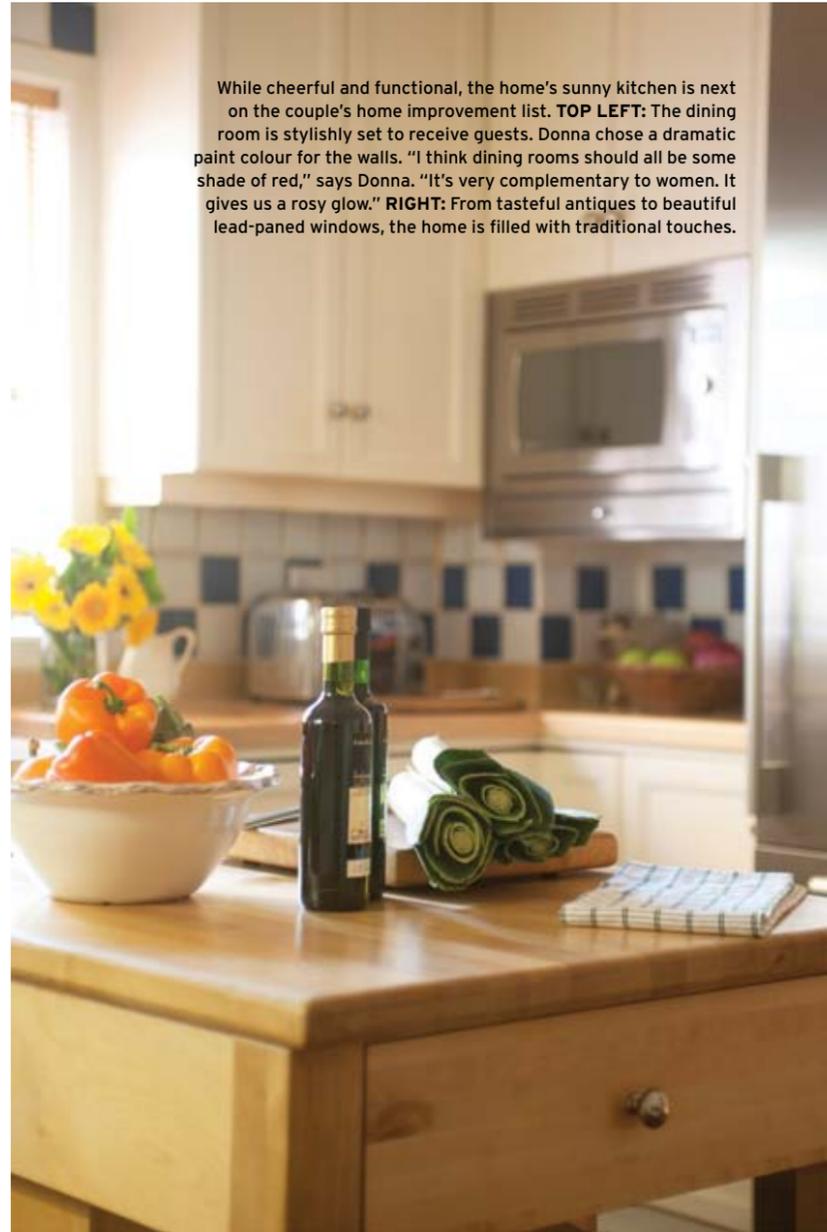


Traditional warmth

BY ANDREA TOMKINS
PHOTOGRAPHY BY SUZANNE BIRD

The winsome Rockcliffe home of Donna and Dr. Robert Roberts may be antique, but it's certainly not stuffy. It's airy and soft, bright and polished. It is warm and welcoming. It is abundantly clear that living here is a comfort and a joy. *Continued on page 24*





While cheerful and functional, the home's sunny kitchen is next on the couple's home improvement list. **TOP LEFT:** The dining room is stylishly set to receive guests. Donna chose a dramatic paint colour for the walls. "I think dining rooms should all be some shade of red," says Donna. "It's very complementary to women. It gives us a rosy glow." **RIGHT:** From tasteful antiques to beautiful lead-paned windows, the home is filled with traditional touches.



Donna defines her style as "traditional English," but a lot of homes of this vintage can be quite dark, which can sometimes feel oppressive. "I do like antiques, but I don't want to be Victorian and heavy," she says. There are darker pieces here and there but they are offset by areas of light and bright, whether it's a cream-coloured fireplace mantel or a cheery bouquet.

It's the Roberts' eighth year living in this quiet corner of Rockcliffe. The house required a lot of work when they first moved in. Keeping the character of the home has always been Donna's goal. "It was built in the early 1900s and I wanted to keep the feel of the house but bring it up to modern day," she says.

Plaster mouldings had to be redone and the ceiling itself was in bad shape. Walls were opened up and substantial changes were made to

improve the function of the space. The front foyer, for example, had doors that took up too much floor space. The whole area felt off balance. "The door to my husband's study opened on one wall and it wasn't very usable," says Donna. "I had someone make a split door using the door that was there." It looks like it's always been there, which was her goal all along – to make changes seem like they never happened.

Another invisible update: wainscoting up the staircase. Donna says the original bare wall seemed so massive from the foyer. It needed something to break it up. Now it's a seamless addition that looks original. What's more, the top of the panels flare out and become a bit of a railing on which you can lightly rest your hand as you walk up or down the stairs. It's a small detail, which makes the space that much more comfortable and welcoming. *Continued on page 28*



CLOCKWISE FROM FAR LEFT:
 (1) One of the Roberts' favourite spaces. The living room's fireplace mantel was a great local find (Yardley's Antiques) and was brought back to life by stripping away several layers of old paint and giving it a fresh coat of creamy vanilla. (2) "Creative people can come in and see this room in many different ways," says Donna in reference to the living room. "I can't - I can only see it in one way, and this is it." (3) The door to the study was cut in half to create balance and flow to the space. (4) The study houses many books as well as a large piano. (5) One of many beautiful details in the home.



feature



LEFT: One of the cosy bedrooms tucked away on the home's third level.
BELOW: A welcome addition to the top floor was this stylish bathroom.



The mantel on the living room fireplace was a great find, a result of some astute buyer's intuition. The original mantel looked out of proportion to Donna's eyes. "It was very low and didn't feel right for the house. I found this one in two pieces at **Yardley's Antiques**," she says. "It was so dirty and shoddy," she recalls. "They took a whole bucket of paint off of it. You couldn't see the detail." It was stripped down to the wood and repainted in a warm French vanilla shade, Donna's favourite neutral.

Another big change involved the flooring. It was the wrong colour – a light blonde parquet that didn't suit the age and character of the house – so the Roberts had the floors stained a light chestnut; a brunette with sunny highlights.

One of the Roberts' favourite places is the living room. "It's one of the rooms you can really use," says Donna. "You just come in and fall right into it."

The other is the family room. It's estimated that this addition off the back of the house was built in the 1980s. Today, it's full of antiques and books. "I have always collected," says Donna. "And we came with a lot of this furniture. I had to make it work."

The third floor is another part of the home that has been transformed.

Growing up in Nova Scotia, Donna remembers how important it was to receive the minister, or the town doctor and teacher in a formal front parlour. But the third floor is different. It's an opportunity to be less formal than the rest of the house yet still remain true to the home's character.

Original pine floors welcome guests as they walk up the stairs, interrupted only by handsome landings. Sloped ceilings in the bedrooms, covered with traditionally patterned wallpaper that extends to the ceiling, add to the comfort factor and conjure up fond memories of grandma's house. A generous bathroom with cabinetry by **KSL Construction Services Ltd.** makes the third floor into a sweet retreat that's in perfect harmony with everything else. "I love smaller rooms, I don't like walking across a lot of empty space. It feels cold to me, and I just don't need it," says Donna.

Although the décor of the Roberts' residence crosses different periods, there is harmony to be found here. Perhaps it's because their collection is unified by good taste, clean lines and a handsome beauty that isn't frilly or fussy. It's also personal. Donna likes to be surrounded by things she has collected over the years. "I like things that show craftsmanship. I can see what went into each piece and in my mind, I honour the past." **OH**

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SET IN STONE

BY LISE LAROCQUE
PHOTOGRAPHY BY JESSICA DEEKS

THE PLACE: For more than 50 years, **Merkley Supply Ltd.** has been a cornerstone in Ottawa's building industry. Supplying a wide range of brick, stone and landscaping products, it is known as a go-to destination for interior and exterior finishes. The store features two large showrooms and an outdoor product display. "Our large displays let visitors visualize the look and texture of a particular stone and determine how well it will match their specific décor," explains Ken Merkley, Marketing Manager. "People often bring paint swatches or pieces of hardwood into our displays to get a sense of what will work in their home."

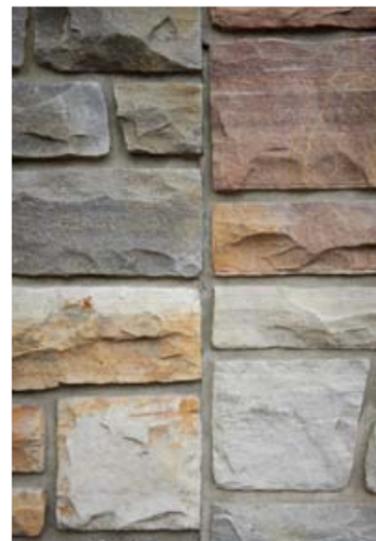
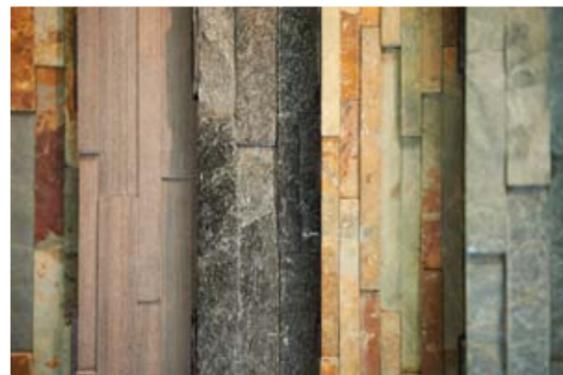
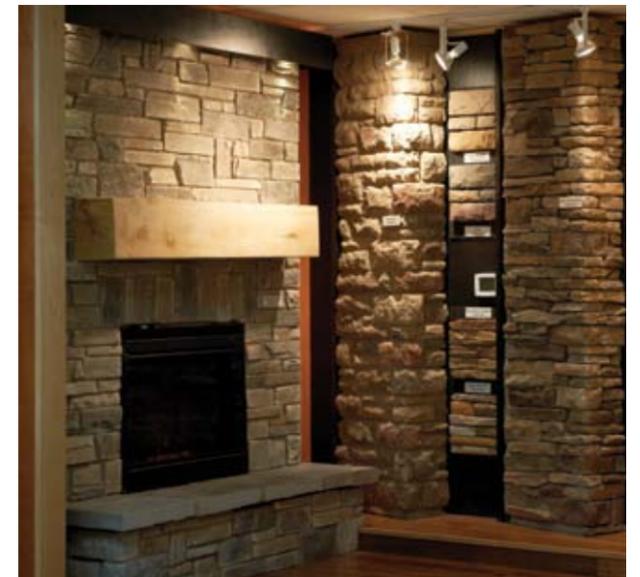
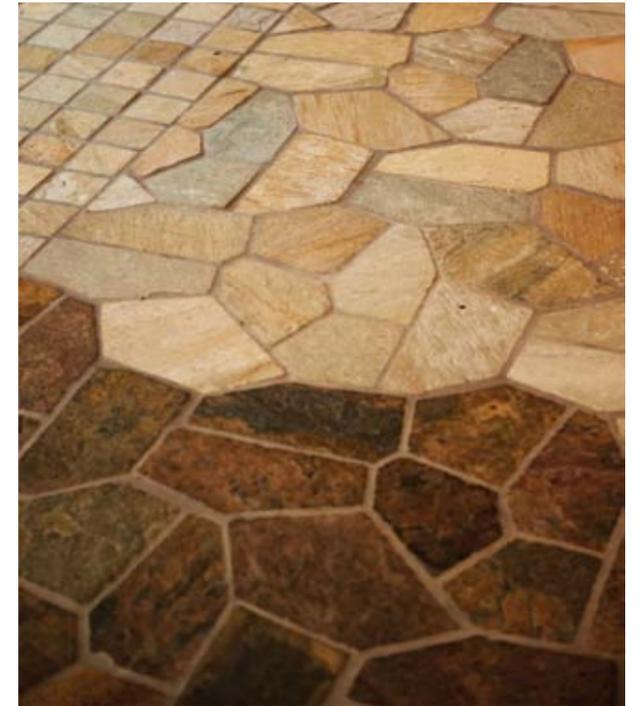
THE PRODUCTS: Merkley offers an assortment of indoor and outdoor building and renovation supplies and every tool imaginable for the installation process. "If you want to do it yourself, we are happy to help you find what you need and offer advice," says Ken. "If you'd rather leave your renovation or building project to a professional, we're happy to recommend local experts that can help with the installation."



WHAT'S HOT: Thin stone veneers have become a popular choice for use both inside and outside the home. They offer the beauty of natural stone but are lighter and easier to install – perfect for modernizing outdated, aesthetically-challenged fireplaces. "In older homes, people sometimes want to update their fireplaces with a new look but don't know where to start," explains Ken. "Thin veneers allow them to redo a fireplace without having to remove the existing brick. They can be applied over the existing structure to modernize the fireplace without tearing it apart."

TIP: Plan your outdoor landscaping project now. As the autumn winds breeze into town, outdoor landscaping might be far from your mind, but it's often the best time to set the planning wheels in motion in order to maximize enjoyment of your outdoor living space next summer.

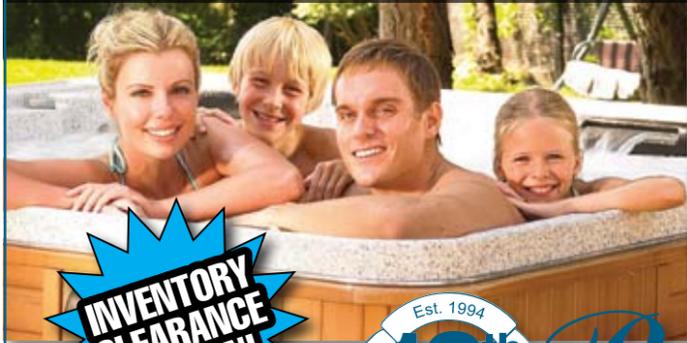
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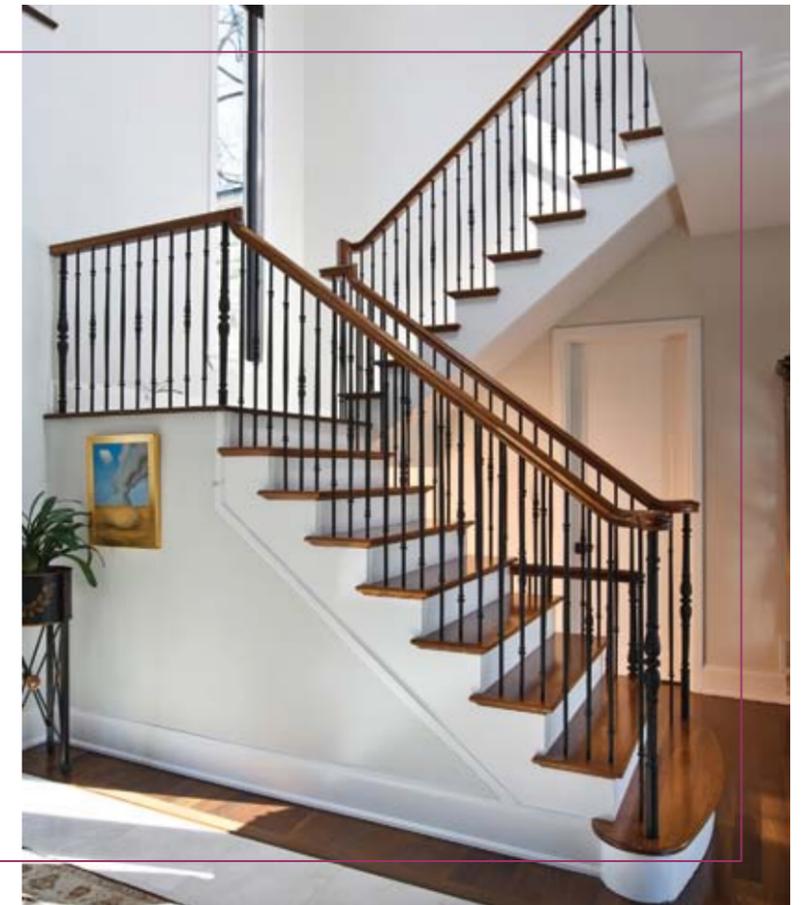
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KEEPING *reno costs* BELOW THE ROOF

BY YANIC SIMARD // PHOTOS BY TED YARWOOD



Nothing beats the feeling of walking into a freshly renovated home – especially when you didn't do the work or pay the bill! If you're thinking of taking on a reno project yourself, I've got some smart tips on how to keep your sanity and avoid driving into debt!



The Importance of Planning

The time you spend planning will be the most valuable time you spend in the renovation process – so don't look at it as a waste of time because good planning will make for a good renovation. Going into something like this “blind” is never a good idea. Make sure you have a clear plan and have carefully thought about what you want and what you're trying to achieve at the end of all this. If you think that handling a renovation on your own might be too overwhelming, then hiring an interior design company will be the best money you ever spend, because everything is taken care of for you. A professional and experienced design firm can help you from start to finish, including space planning, finish selection, bringing trades, project management and execution.

Realistic Budgeting

You can never determine what you'll find when you begin opening up walls and tearing out flooring. You might find water damage or mould – just prepare for the unexpected and know that you should always have a “cushion” of money set aside for what you never saw coming. For example, if you plan on spending \$30,000 on your bathroom renovation, in actuality you'll probably end up spending at least \$40,000. Costs are almost always about 30 per cent higher than what you expected (or more – sometimes doubling).

Allocating Your Money

A renovation is much more than the materials needed (such as paint, tile, hardware, faucets, etc.). Keep in mind that on top of material, you have to pay for the trades people (like an electrician, plumber and painter) who will perform the work, and labour always costs around the same amount as the material. If you're hiring an interior designer, you will need to budget for design services as part of your renovation, however keep in mind that designers will save you money in many situations by using their resources wisely, increasing creative thinking but most importantly by avoiding costly design mistakes.

Avoid Risking Your Home

You should have a separate savings account at the bank exclusively for your renovation. Don't bite off more than you can chew and risk losing your house if you can't afford the payments. The safest bet would be to take out a home equity loan or a home equity line of credit, just be sure that you're willing to have the added debt. If the renovation goes as planned, you'll meet the goal of paying for the renovation and end up with some extra bucks in the bank.

The Right Trades

How do you know if the person you're hiring is going to perform quality work? It's hard to judge based on a website or a conversation had on the phone. Another one of the added benefits of hiring a reputable design firm is that they work with trades people on a regular basis that they know and trust. This way you can be sure that the people working for you are reliable and provide good service.



Smart Renovation Suggestions

- Find inspiration from homes you love before you plan – look at magazines for ideas on architectural detail, space planning, finishes, etc. If you really like something specific from what you sourced, ask yourself if it will work well in your own home. Just because it looks good in the style image doesn't mean it will fit with the overall look of your house.
- I always say, “Work with what the space and the architecture of your house has to offer you, don't fight it.” Be sure to give your layout/floor plan careful consideration (how will you use the space, how much room do you need, traffic flow).
- Consider installing heated flooring as this needs to be done before your floor is laid. It is a luxurious feature to have, surprisingly without the price tag you'd think would be associated. (My personal favourite manufacturer being Nuheat.)

Yanic Simard – Toronto Interior Design Group, Principal Designer

Be patient and take your time – renovations should never be rushed because when they are, more problems seem to occur. **OH**

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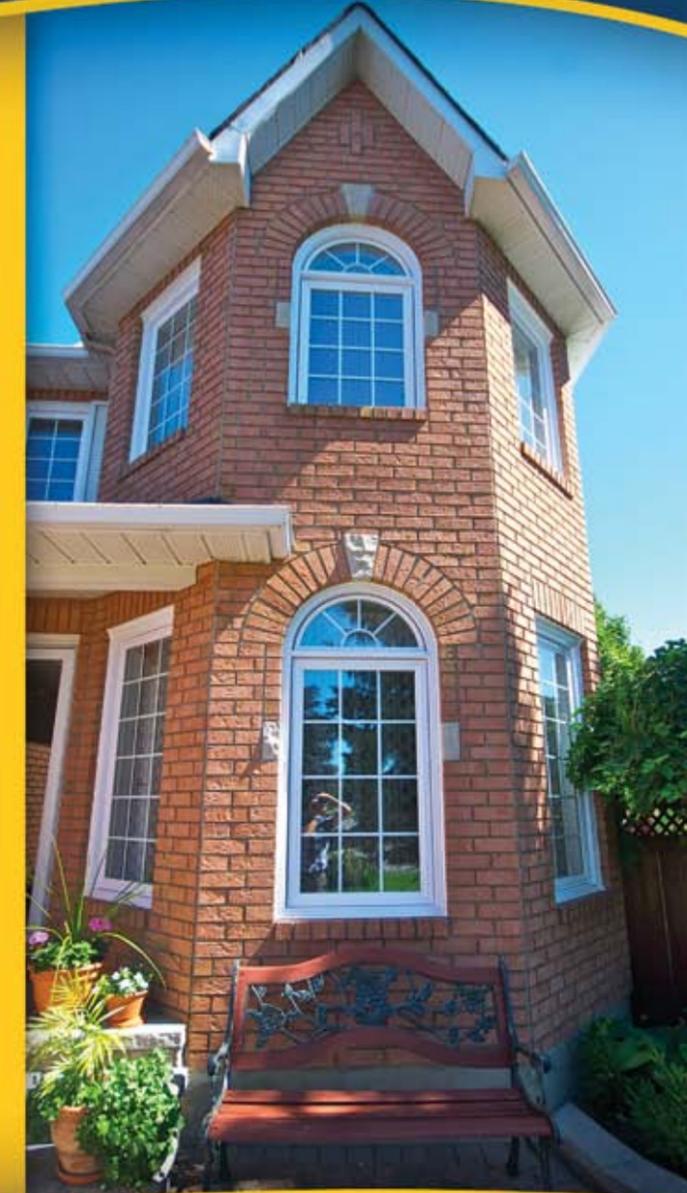
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BY LISE LAROCQUE // PHOTOGRAPHY BY SUZANNE BIRD
STYLED BY SARAH STUCHBURY

When Manish and Sharmila Mistry set out to build a new home for their young family, they had but one guiding factor in mind: functionality. They wanted a home that was tailored to their lifestyle; a home that was comfortable and stylish but above all practical. “It wasn’t about how most people would use the space, but how we would use the space,” says Sharmila.

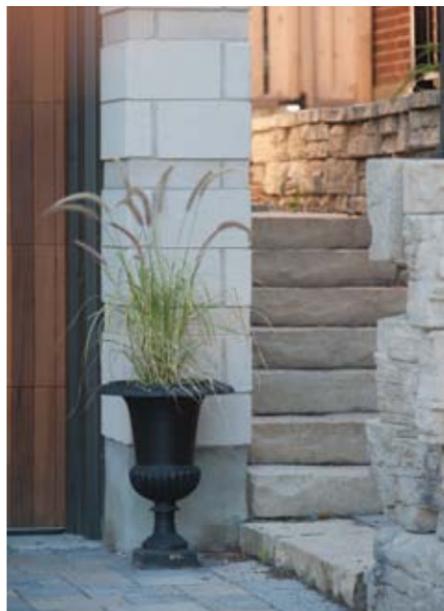
Thinking through what “functionality” meant to them was indeed a process. The couple spent countless hours visiting model homes and perusing the pages of home design magazines, noting the bits and pieces that would best suit them. When it came time to finally set the building wheels in motion, they turned to Roberto Campagna of **Roca Homes** and residential designer Arnaldo Adamantino. The result – a spacious custom-built home filled with light and style.

Set on a picturesque tree-lined street in McKellar Heights, the home’s exterior offers a beautiful blend of contrasting textures. Creamy coloured brick, stone and stucco with rich stained hardwood accents add an overall sense of sophistication and character to the structure.

Manish and Sharmila say the building process really made them think honestly about how they use their living space and what choices were truly important to them in a layout. One such choice was the omission of a formal dining room. “We consciously decided not to have a dining room because we never really used a dining room,” says Sharmila. “An eat-in kitchen was more functional for us, so we stuck to that.”

Sharmila is a passionate cook, so of course, the kitchen design was at the top of her priority list. “From the smallest detail, my personality is in every nook and cranny of that kitchen,” she says laughing. When thinking through the design and finishing touches for the space, Sharmila would imagine how she cooks and what she likes to have nearby when cooking.

Continued on page 41



Large windows in the back of the home make for a bright, airy eating area. **OPPOSITE LEFT:** The home’s contemporary exterior offers a beautiful blend of contrasting textures. **OPPOSITE MIDDLE:** Stone steps lead to the backyard. **OPPOSITE RIGHT:** A smart addition to the interior design was a sleek, glass panelled staircase.



Ensuring there was comfortable seating at the island for people to keep Sharmila company when she cooked was key. The beautiful hardwood floor from Continental Flooring adds to the overall warmth of the room. **LEFT:** The butler's pantry is ideal when entertaining and allows for easy access to the living room from the kitchen. **OPPOSITE TOP:** Sharmila, Manish and their two children enjoy their new living space. **OPPOSITE BOTTOM:** The living room's focal point is a sleek concrete fireplace built into an impressive custom wood wall.



She took into consideration the usual appliances and kitchen tools that she would want close at hand but also considered things like comfort. "Having a really big island with seating was important because that's where people generally congregate, enjoy a glass of wine and keep me company while I'm fiddling around in the kitchen," she says.

The butler's pantry is another clever addition to the kitchen, a personal touch that among other things helps keep the kitchen countertops clear of small appliances. It also allows for easy access to the living room, which is ideal for entertaining. "Manish and I had seen a couple of model homes with this detail in it and it was kind of love at first sight," says Sharmila.

Keeping the home's layout open and airy was key. **Southam Design** helped tie together the elements for the home's interior design.

Large windows at the front and back of the home help accomplish this, as does a contemporary staircase with large, sleek glass panels that visually extend the space. "Roberto came by one day with a magazine article that showed a staircase very similar to this and suggested it as an option for us," says Manish. "The first things that sprung to mind were: Is it safe? Is it something that we will be able to maintain well and is it something that has a good track history?" Manish says they were comforted by the affirmative answers they received and decided to proceed. "It had seemed so outlandish to me at the time when I first saw the magazine article," he says. "Now that it's in place, it feels like it's a very integral part of the home." *Continued on page 42*



RIGHT: The den offers a cosy spot for reading and working. **BELOW:** The powder room is conveniently tucked away to allow for optimal privacy. **BOTTOM:** Custom wood touches can be found throughout the home, including the family room.



Wood is another integral part of the home's styling. Used throughout the interior, it helps ground the eye and adds character and warmth to the space. In the living room, a sleek concrete fireplace by **Threshold Design** is surrounded by an impressive custom wood wall, a feature created by Gregor Bruhn of **Handwerk**.

Up on the home's second level, an initial plan called for an expansive master suite, one that would have incorporated a sitting area and large balcony that overlooked the backyard. Instead, the couple opted for a smaller master bedroom and had the space redesigned to allow for

common access to the sitting area and terrace; something the whole family can now enjoy. "I find the back terrace feels like an adult treehouse because the tree does cover it nicely," says Manish.

For the exterior landscaping, Sharmila and Manish took a more hands-off approach. "We essentially said that we were happy with whatever they would do with the front and we completely left it to them," says Manish. "It was quite interesting to see these humongous boulders being put in place like LEGO® pieces. It was unbelievable." **Falsetto Landscaping** took care of the hard landscaping elements while **Turf's Up Landscaping Inc.** took care of

Continued on page 44

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The upper level features four large bedrooms. **LEFT:** The stylish master suite. **BELOW:** The back terrace is reminiscent of a tree-house, something the whole family can enjoy. **BOTTOM:** Pretty in pink.

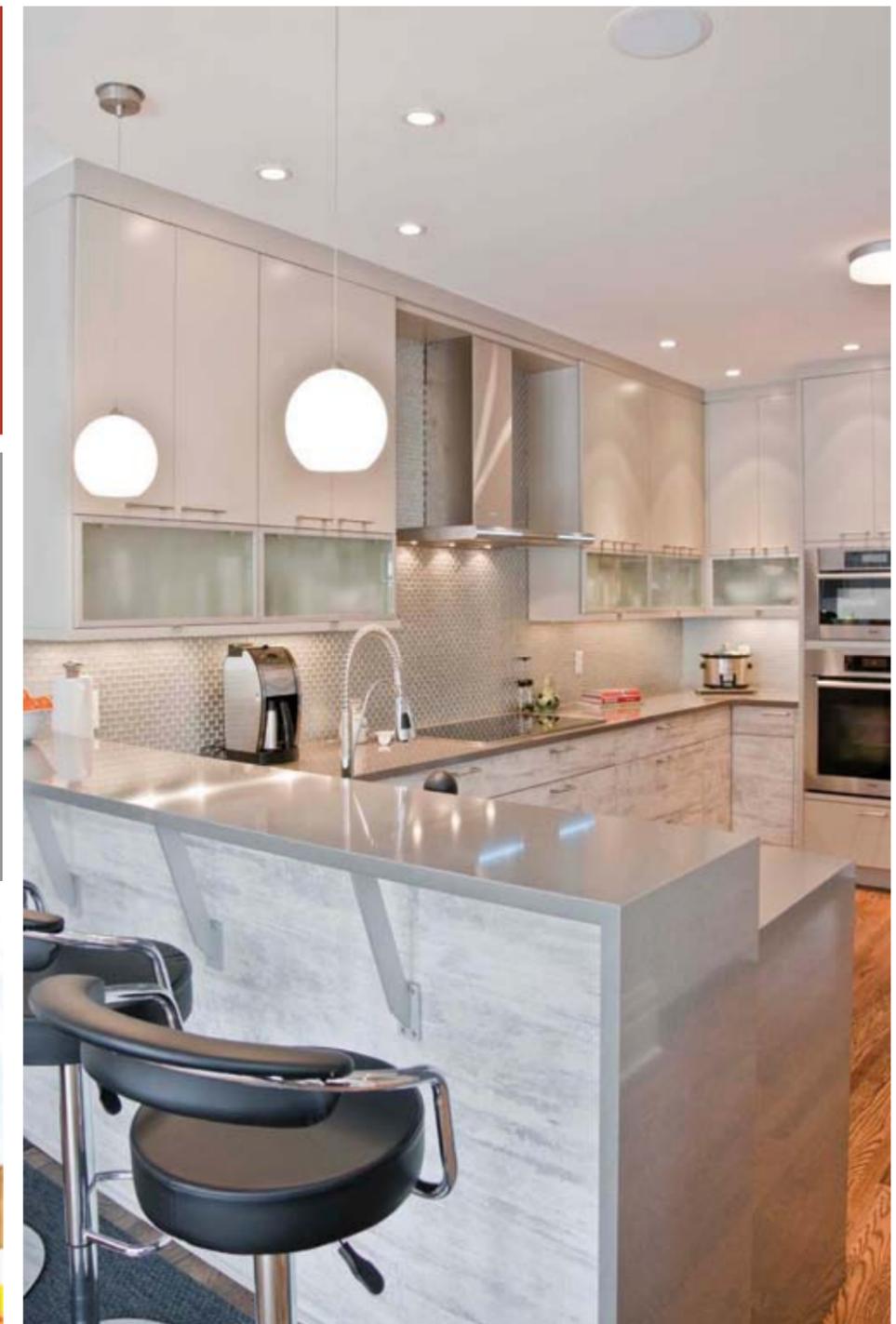


the soft landscaping, including a deck in the backyard, which sometimes serves as a stage for the kids' impromptu theatrical performances. "Now that the landscaping has been completed, we're finding that being out in the back and sharing the space with friends and neighbours is a lot of fun," says Manish.

Sharmila agrees. "One of the biggest enjoyments for me is being part of the neighbourhood and community," she says. "It's just really nice and welcoming. We've been here for a few years and we feel like we have lifelong friends now. It's been a really good move for us."

Indeed, it's a tailored fit. **OH**

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In the urban environment, trees are drastically underused. Many people are concerned with growth of trees 50 to 100 years after they are planted.

Conversely, if everyone was concerned about this, no one would plant any trees at all. Considering the growth of the human populous, we should be more concerned about having enough oxygen to sustain us in the long term; as well as the many other benefits trees give us.

When placed properly, trees reduce our heating and air conditioning costs, reduce overflow into sewers, can provide food and shelter from wind, provide food and homes for local wildlife and contribute to a multitude of ecosystems we are likely not even aware of.

Unbeknownst to many, fall is an ideal time for planting. Whether it be those heavily discounted potted trees, shrubs or perennials on sale at your local garden centre or “A” stock wire basket trees from a local grower, the time to plant is now.

When choosing a tree, consider the size required. A wire basket tree is always preferred as it is healthier for the tree, plus larger caliper and heights are available. The survival rate of wire basket trees is also much greater but most homeowners won't be able to plant this weight of tree on their own. If access is an issue, a potted variety may be the only suitable option.

Consider this: trees in a pot tend to have less branching, smaller caliper and usually a poorer form. Nonetheless, with proper pruning almost anything is fixable as far as form and branching, and you can plant it yourself without machinery and little manpower.

There are so many gorgeous trees available. Here are a few of my favourites.

MELANIE'S PLANT PICKS:

Glenleven Linden: I love Lindens! The heart shape of the leaf mimics the tree's form. It is very sculptural and can even be used in a more formal garden setting. They even make good street trees as they can tolerate road salt and pollution.

Serviceberry: I mention this tree often and always say “every property has room for at least one Serviceberry.” Its small stature makes it very easy to place. It begins the growing season with delicate white flowers, followed by blue berries in the late summer, and then finally in fall, the leaves turn scarlet. It is really a three-season stunner.

Princeton Gold Maple: This maple has beautiful chartreuse leaves that really show up in the distance. In a sea of mid-green that is most plant materials it is important to vary your greens for interest. For all maples, the flowers are somewhat inconspicuous in early spring, but of course I still notice them. Take note this coming spring when the Maples are in flower. These flowers are very small, but perfect and delicate. For another alternate maple try **Paperbark Maple**. As the name suggests the bark is peeling, providing good winter interest.

Horse Chestnut: This slow grower grows BIG in time. Its leaves are unique and divided, resembling a hand. I love the shape and the thick trunks. It has very large, white panicle blooms in later spring. But beware the “chestnuts” that follow, as they are interesting looking but poisonous in their raw form.

Dawn Redwood: This rare “deciduous conifer” looks like an evergreen in summer, but loses its leaves in winter. Its needles are softer and thicker than a true evergreen. It grows very large and is “bottom heavy” as most evergreens but has an interesting symmetry of branching habit for winter interest.

Eastern Redbud: This tree grows wide rather than tall with beautiful pink flowers that arrive before the leaves in early spring. The huge heart-shaped leaves that follow are almost tropical looking, very dense and provide good shade below.

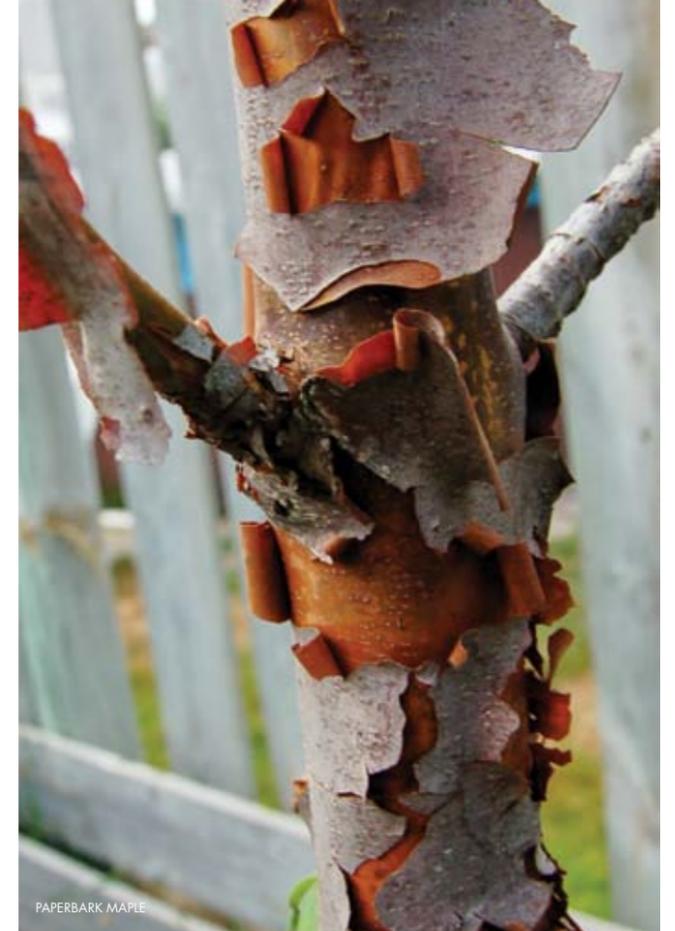
River Birch: This birch is resistant to the bronze birch borer, which is wreaking havoc on our beloved Paperbark Birch. River Birch has the same airy structure and leaf as the Paperbark, but has lovely pink peeling bark instead of white.

London Planetree: This large specimen I rarely see. Its claim to fame is its very decorative camouflage-patterned bark! The leaves resemble a maple's and its lovely round but spiky fruit adds another layer to its interest.

Profusion Crabapple: I love the “aged beauty” that is the habit of all Crabapples' bark and branching. This beauty's leaves are purplish and the flower buds start out red and then open pink. It is my favourite of the whole Crabapple family.

Magnolia: From white flowering “Royal Star” to the many varieties of saucer Magnolias, I love numerous things about these shrubby trees. They have beautiful smooth bark, substantial trunks and branching, thick bright leaves and huge flowers that open in spring before the leaves unfurl.

To me there is nothing as beautiful as a mature tree. It offers what I refer to as old beauty. Canada being a new country comparative to the rest of the world, we tend to glamourize youth and seemingly don't appreciate the beauty in maturity as older cultures do. Let us open our minds to celebrate and appreciate “old beauty” and the majestic splendour of established trees. **OH**



PAPERBARK MAPLE



Saucer Magnolia



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cooking at home

great GRANOLA

BY MARIA DASILVA // PHOTOGRAPHY BY SCOTT HUNTER



A heaping bowl of granola is a virtuous way to start the day. But not all granolas are created equal. In fact, many store-bought versions have so much added sugar you might as well eat a chocolate bar for breakfast. On the other hand, some store-bought versions are too virtuous, bordering on earnest. Like eating hamster bedding.

Making your own granola is a simple and easy pleasure that allows you to control the ingredients and the overall sweetness. Here applesauce and maple syrup stand in for the more common honey, sugar and oil combination. And this recipe is very flexible. Don't be afraid to try variations and substitutions, using the following amounts as guidelines. Head to the local bulk store for inspiration. If you don't like dried berries, substitute dried apricots or raisins. Mix and match nuts to suit your preference. I have even omitted the brown sugar completely (and by accident!) with good results.

Whether you stick to the following recipe or make it your own, this granola is sure to become a standard. Ideal for breakfast, a healthy midday snack and even a midnight indulgence when sprinkled on ice cream or frozen yogurt. The large batch stores well in an airtight container for up to one month. Enjoy!

FRUIT AND NUT GRANOLA

¾ cup unsweetened applesauce

½ cup packed brown sugar

⅓ cup maple syrup

¼ cup honey

2 Tbsp vegetable oil

3 cups large flake rolled oats

1 cup spelt flakes

1 cup rye flakes

1 ½ cups coarsely chopped almonds

1 cup hazelnuts, skinned (see below) and coarsely chopped

1 cup sunflower seeds

½ cup pecan pieces

½ cup dried cherries

½ cup dried blueberries

½ cup dried cranberries

3 Tbsp each flax seeds and sesame seeds

2 tsp ground cinnamon

1 tsp salt

TO PREPARE

- In small saucepan, heat applesauce, brown sugar, maple syrup, honey and oil together over medium heat until smooth.
- Meanwhile, in large bowl, stir together oats, spelt flakes, rye flakes, almonds, hazelnuts, sunflower seeds, pecans, cherries, blueberries, cranberries, flax seeds, sesame seeds, cinnamon and salt. Stir in applesauce mixture until coated.
- Arrange mixture on two rimmed baking sheets. Bake in 300°F oven, stirring every 10 minutes, until deep golden colour, about 45 minutes. Let cool completely. Break up large chunks. Store in airtight container for up to one month.

TO SKIN HAZELNUTS

Skinning a raw hazelnut is a near impossible task. Toasting them loosens the skins, making the job less painful and the skins almost easy to remove. To do this, spread hazelnuts on rimmed baking sheet. Bake in 375°F oven until the skins loosen and you can smell the nuts toasting, 10 to 12 minutes. Let cool for about five minutes. Then rub hazelnuts briskly in a clean tea towel, the movement between the towel and the nuts themselves will release most of the skins. Don't worry if some skins remain impossible to remove, you are just looking to get rid of most of them. **OH**



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IT'S HARVEST TIME!

OUR HOMES went out to meet some of the region's food producers who work tirelessly to bring fresh, delicious food to our tables. Whether looking to take part in the creation of a tantalizing dish or simply sit back and enjoy one, you'll be able to do so with a little help from our friends.

Paul and Grace Mussell and their children Ben (not pictured), Kristine and Ryan Clarmell Farms, Manotick

SPECIALTY: Farmstead cheese - we have our own chèvre, feta and gouda cheeses that are available for purchase throughout the region and used by some of the city's top restaurants. The farm has been in our family for five generations. We made the move from dairy cattle to dairy goat farming back in 2008 and the response has been great. **FAVOURITE RECIPES:** The chèvre with red pepper jelly is really nice on crackers and is great with a glass of wine. Feta on bruschetta or crumbled on steaks is delicious. The gouda is nice on its own and is also wonderful with a nice wine. **FIND US:** At the farm, the Byward Market, Kanata Farmers' Market and at select stores throughout the region.

Continued on page 54

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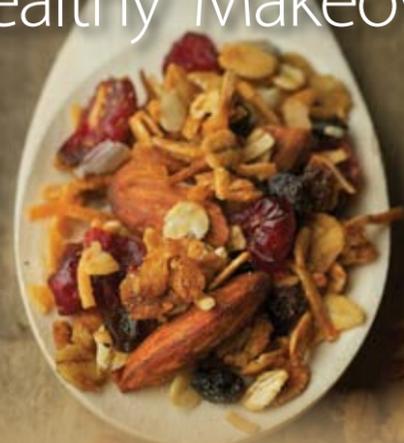
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◀ Sheila Whyte

Thyme & Again Creative Catering and Take Home Food Shop, Ottawa

SPECIALTY: Comfort food with a modern twist. Locally inspired and seasonal foods to enjoy at home, in our café or as part of our catering service.

FAVOURITE MEAL: At this time of year, organic roast chicken with lemon and thyme, corn on the cob with pesto butter, local green beans cooked with bacon, and fresh raspberries for dessert with Pascale's local ice cream.

WHY BUY LOCAL? It's sustainable! Supporting our local farmers is a win-win scenario as we are able to cook with the freshest, most flavourful and healthy foods available all while supporting our very own farming community.



◀ Lyle Slater

Upper Canada Cranberries, Greely

SPECIALTY: We grow fresh cranberries and also make our own line of jams, juices and sauces. We use select spices and natural sweeteners like honey and maple syrup in our products and of course, being the grower means we use the freshest cranberries.

FAVOURITE RECIPE: Cranberry caramel squares. My daughter makes them every now and then and they're delicious!

WHY BUY LOCAL? We are the only commercial cranberry grower in Eastern Ontario. Buying local means your food hasn't travelled as far before reaching your plate. This means a better, fresher product for you.

FIND US: At the farm, the Carp Farmers' Market, the Byward Market and at select stores throughout the region.

Françoise & Paul Henrie ▶

Orléans Fruit Farm/La Ferme d'Orléans, Orleans

SPECIALTY: Producers of fresh berries, fruit and vegetables. On weekends during the fall, people can pick their own fresh apples.

FAVOURITE SEASONAL DISH: Homemade apple pie.

WHY BUY LOCAL? We're fortunate to have family-run farms in the Greenbelt and it's important to support them. Too often people have a disconnect with their food, how it's grown and where it's from. It's important for them to connect with this and especially to teach their children about how food is grown. Education makes for a lifetime of better food choices.

FIND US: At our fresh produce stand on the farm.



Thom van Eeghen, Fay Armitage and their children Claire, Ava, Petra and Willem ▶

The Elk Ranch, Carp

SPECIALTY: We raise grass-fed elk for a leaner, healthier protein. I would describe the taste of elk meat as rich and robust with a slightly sweet flavour. It's milder than wild game and has a texture that's melt-in-your-mouth tender. We are a family run farm and have been in operation since 1999.

FAVOURITE DISH: Elk burgers for their fresh taste and ease of cooking. The secret is in the special spice blend. Cook them like regular burgers on the grill and then let those patties rest for five minutes before serving.

FIND US: At the Elk Ranch and at the Carp Farmers' Market. OH



CHEESE & WINE 101

WITH TONIA WILSON

Creating a concise and interesting cheese platter, along with well chosen wine pairings, can be effortless and fun.



The variety of wines and cheeses available to us is utterly astonishing, (no pun intended, no wait, that's udder). There are cheeses made from the milks of different animals – cow, sheep and goat, mainly. There are wines made from hundreds of different grape varieties, and then there are the varied influences and styles of the regions they come from and the people who produce them.

With a few basic guidelines you can create a simple or extravagant cheese platter that will entice your friends and family.

Cheese makes for a very easy starter. If I have a big cheese board put together before people arrive I know that they'll have something to nibble on while I tend to last minute details. Don't add too much yeasty bread, otherwise everyone will be full before they reach the table. Thin crackers and bread sticks suffice perfectly. Round out the platter with two or three sliced meats, such as prosciutto or dried sausage, some dried fruit and olives and your work is done. The platter is visually appealing and is a great place for your friends to gather and chat with each other.

You can create your cheese platter on pretty much anything you choose, including a scattering of vintage floral plates, cake platters or old wooden cutting boards. For a more formal and elegant effect you can place your cheeses and accompaniments on a large mirror. The platter I use most is a "leftover" piece of wooden countertop trimmed to size.

SUGGESTED CHEESE PLATES

Plate #1

La Sauvagine (Canada) cow
Aged Manchego (Spain) sheep
Roaring Forties (Australia) cow

Plate #2

Saint André (France) cow
Chèvre Noir (Canada) goat
Gruyère (Switzerland) cow
Stilton (England) cow

Plate #3

Crottin de Chavignol (France) goat
Taleggio (Italy) cow
Oka (Canada) cow
Pecorino Toscano (Italy) sheep
St. Agur (France) cow

CHEESE:

Now, picking wine and cheese. We'll start with the cheese. You want a variety of "milks" on the platter, so try to have at least two of the three main milk groups – cow, sheep or goat. For a smaller group, serve three or four cheeses; a larger platter can be comprised of five or more. Make sure you've covered a variety of cheese styles. Try to offer something soft, such as a triple cream or a Brie-style cheese, something harder and aged, such as a Manchego or English cheddar. Lastly, you can either serve a blue cheese as your third option, or perhaps an interesting goat's milk cheese, such as a Crottin de Chavignol or a Canadian goat's milk cheddar. The main thing is to keep flavours, styles and shapes varied to give your platter visual appeal and interest.

WINE:

Different cheeses go with different wines. This can get overwhelming and costly if you are trying to offer wine matches for all the different cheeses. There are, however, some wines that innately work well with cheese. For white wines, look toward bigger bodied style wines such as oaked Chardonnays or Chenin Blancs – both of these grape varieties tend to work well with cheese, perhaps because of their French roots! For reds it is always useful to have a fruit-forward Cabernet Sauvignon or Merlot and perhaps something a little bit different like a new world Syrah or even a Malbec – both work well with cheese.

It's always more effective to choose your cheeses first. Once you've decided what you're serving take your list to the local wine store and utilize the wine vendor's knowledge.

Blue cheeses partner best with off-dry wines (meaning wines that have some sweetness), unlike other cheeses, which taste better with dry wines (meaning no sweetness). This can get expensive if you are opening a bottle solely for the blue cheese. A way to get around this is to serve a fortified wine that can be recorked and still be enjoyed up to two months later. Ones to try are Tawny Ports (Portugal), Madeira (Portugal) and sweet Sherries (Spain), all of which are terrific value and taste sensational.

For any cheese or wine related questions please feel free to contact me at tonia@savourflavour.com. Enjoy! OH

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>> SOURCE IT

LEE HAZELL - COLDWELL BANKER RHODES & COMPANY BROKERAGE



Lee Hazell has a diverse and extensive background in sales, marketing, contract negotiation, and international consulting. Whether buying or selling a home in today's competitive real estate market, Lee's clients utilize his negotiation and sales skills in order to maximize the price they receive or minimize the price they pay for their home. In addition, Lee has significant experience in interior design that he uses to position his clients for success by maximizing their home's value with the appropriate "re-sale decorating."

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JAY KINGSBURY - MORTGAGE BROKERS OTTAWA

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Visit the showroom and warehouse at Unit 1-850 Industrial Avenue or www.houseoffinecarpentry.com or call 613.736.9930 (Please see ad on page 11)

finishing touch

CREATING A HOMEWORK Station

BY ANDREA RAMACIERI // PHOTOGRAPHY BY TARA CHATELL

Motivate your kids to do well in school this year with a structured, tailor-made homework station.

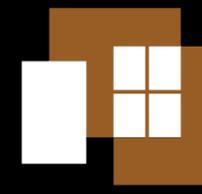


A desktop light or a floor lamp is important when your child needs to study the night before a big test or exam.

Purchase a large piece of pegboard at the hardware store, paint it and secure it to the wall above a desk.

Pick a sturdy, well-built desk with storage. Files are important for deadlines and on-the-go projects.

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What dreams does your home have?



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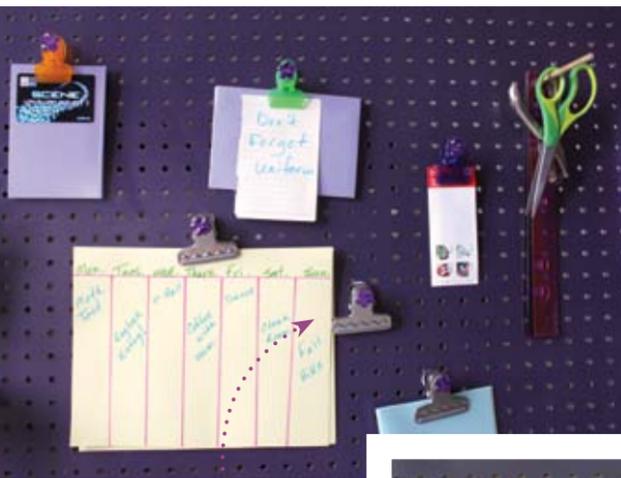


finishing touch

The workspace could be in a child's bedroom or in a common area where it can also be used for crafts or a home office. Be creative, make it age appropriate and get your child's input. We chose a 15-year-old girl as our inspiration.



Hide and organize your cords. This box contains a small powerbar plugged into the wall through the back. Feed your computer and printer cords through the front.

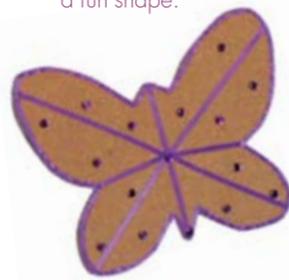


Use paper clips and long wooden pegs to hold and organize your supplies.

We saved various sizes of tin cans, painted them and attached them to the pegboard to store homework essentials, like pencils and markers. **OH**



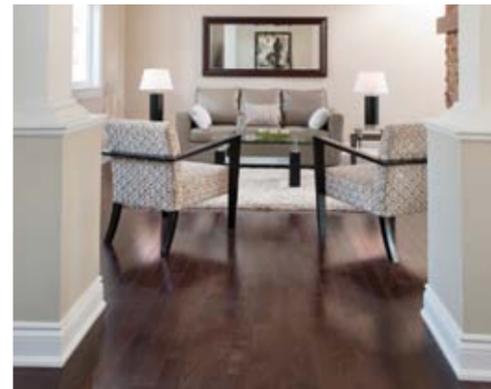
Get creative and design your own corkboard in a fun shape.



A DIY chalkboard is a fun project and super inexpensive. You can purchase the chalkboard paint at any hardware store. We cut a piece of plywood to fit an inexpensive frame.



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