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# the team

# WHAT IS YOUR FAVORITE THING TO GOOK?

"Shrimp and grits, a recipe I got from a Nathalie Dupree cookbook.'

"Slow-cooker chili, topped with shredded cheese and oyster crackers.

"Tacos. Nothing fancy — ground beef, cheese, lettuce and a bottle of hot sauce.'

"Breakfast." - CHARLES

"Stir fry. Easy and a variety of options."

"Pizza! My fave is honey goat cheese and pears with a balsamic glaze on top."

"I love to cook, but cooking Thanksgiving with my whole family has to be my favorite."

"Coconut curry." - REBECCA

"I'm more of a baker. I make a decadent chocolate cake called The Clogger (for obvious reasons), with all of the ingredients that go into it."-LISA

"Chef's salad with all the fixings."

"Anything for a holiday meal — our family favorites or the special requests."



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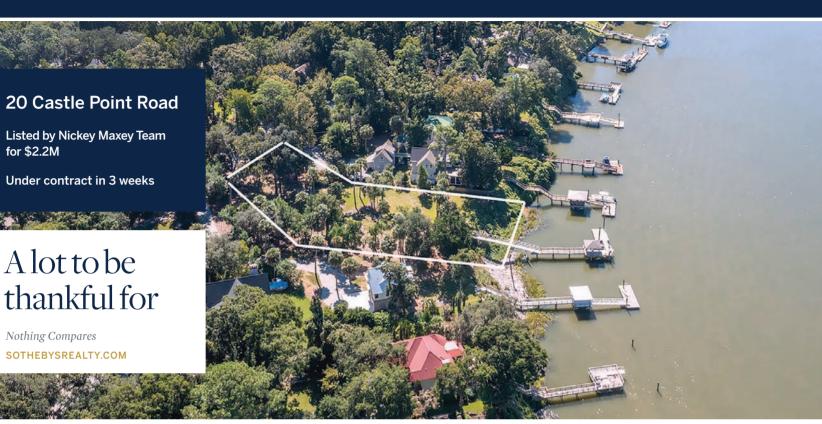
\$101.9M Total Sales Jan 2020 - Nov 2021

\$1.44M **Average Sales Price** 

71 Total **Transactions** 

25% Represented **Buyer and Seller** 

Daniel Ravenel Sotheby's International Realty 2020





The Nickey Maxey Team is thankful for the Sotheby's International Realty's global network because it helps bring their premiere Lowcountry listings the right buyers.

This exclusive riverfront lot has an interesting story and is indicative of the current real estate market. Exactly a year ago to this month, The Nickey Maxey Team sold this stunning lot to a couple who had the vision of building their dream home. Fast forward 12 months later - the new owners decided to take advantage of the hot market and re-list with The Nickey Maxey Team. In just three weeks, the lot was put under contract, thanks to the Sotheby's International Realty network.

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THE **NICKEY MAXEY TEAM** 









SIZZLE & DRIZZLE Charles Pejeau, the executive chef for Palmetto Dunes Oceanfront Resort, cooks a 16-ounce prime Kansas City strip steak during a LOCAL Life photo shoot at Alexander's Restaurant & Wine Bar. Learn more about Pejau's cooking classes on page 24, then turn to page 112 to learn a few of his best cooking tips.

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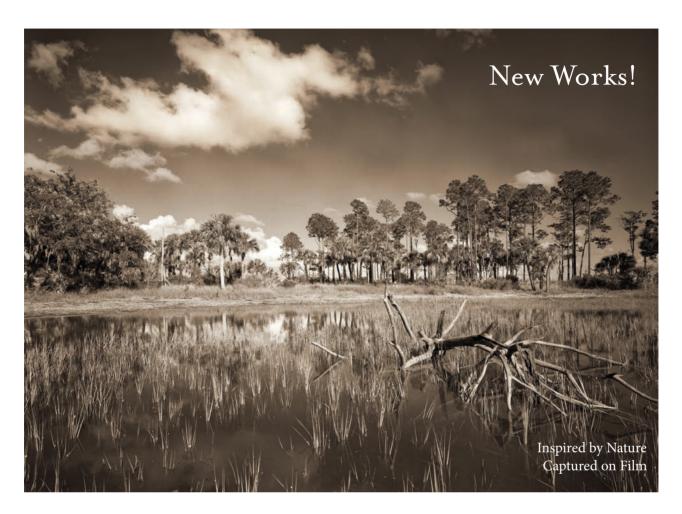
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Make flavorful herb stuffing in six easy steps







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With the holiday season upon us, now is the perfect time to sharpen our knives, assess our appliances and pregame for the cooking marathon that lies ahead.

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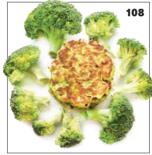


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A stunning image from Hilton Head's David Howard

# MILT KOBAYASHI





Relaxed  $10" \times 10" \text{ Oil}$  Golden  $10" \times 10" \text{ Oil}$ 





Monique In Gold  $10" \times 10"$  Oil  $\mathcal{J}utta$   $10" \times 10"$  Oil

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Now we're cooking!

Sharpen your knives, assess your appliances and pregame for the cooking marathon that lies ahead.



**COOK THE BOOKS** Publisher Lori Goodridge-Cribb flips through a cookbook at the J. Banks Deisgn Group Showroom. If you're looking to purchase or gift a unique cookbook, browse the impressive selections. Find recipes from a few of the books on page 132.

"Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors — it's how you combine them that sets you apart." - WOLFGANG PUCK



## **SCAN TO SUBSCRIBE**

Don't miss an issue of LOCAL Life. Scan this QR code to subscribe to the upscale lifestyle magazine of Hilton Head Island, Bluffton, Beaufort and beyond.

Cooking is my favorite pastime. As a person who loves to eat and create, it's the perfect hobby, one I plan on continuing for the rest of my life. While I enjoy following a good recipe, I really love creating a wonderful meal on the fly with random items I find in my refrigerator and pantry. Through years of trial and error, I've gotten pretty good at recipe roulette.

Grab the healthy box of guinoa and a can of lima beans from the pantry. Get last night's roasted chicken, a bag of salad and lemon juice from the fridge. With a bit of olive oil, salt and pepper, I can have dinner ready in 20 minutes.

A recent survey found many of our readers share this same passion. With the holiday season upon us, now is the perfect time to sharpen our knives, assess our appliances and pregame for the cooking marathon that lies ahead.

With this issue, you will master new cooking techniques, discover the best cooking classes, find new kitchen gadgets and learn secrets for cooking seafood, poultry, meat — even chocolate — from top local chefs and cooks.

Find fresh produce and ingredients at the area's best farms and markets. Save money by growing your

favorite herbs at home. Turn your kitchen into a chef's kitchen with the right tools and appliances.

Be prepared to make a healthy meal any time with a checklist of items to keep in your fridge and pantry. Feeling saucy? Recreate copycat recipes of the most famous restaurant sauces. Learn to cook smarter by downloading the best apps to your phone or tablet.

Obviously food is the highlight of any good holiday gathering. We share practical advice for hosting the ultimate dinner party, from place settings to party favors. Great cookbooks, local foodies, food festivals ... you'll find all of that and more inside this appetizing and entertaining issue of LOCAL Life. We hope it whets your appetite and inspires you to make your best-ever meals this holiday season. May your heart be as full as your belly!





# Be an iron chef

Ever wonder why fish prepared by your favorite restaurant is so much better than what you make at home?

A chef once clued me in on a little secret - an oven-friendly cast-iron skillet. Use one to sear or sauté the fish on the stovetop, then finish the process in the oven. This simple technique works with all types of foods and results in perfectly cooked dishes. The even temperature of a cast-iron skillet also makes it perfect for braising, baking breads and small pies and frying, with about an inch of oil.

### **HOW TO SEASON**

Wash skillet with soap and warm water. Rinse and dry. Coat with a thin layer of vegetable oil and bake at 325 degrees for 1 hour. Let the skillet cool completely before using or storing.

After cooking, clean your skillet without soap — just warm water and a sponae. The more seasoned your skillet is, the better flavor your food will have. Only use soap if you are planning to restart the seasoning process.



**DESIGNING WOMAN** Have you seen the LOCAL Life Jeep around town? This month we got a photo of **Meg James**, executive officer of the Hilton Head Area Home Builders Association, at LOCAL Life headquarters. Be sure to follow @LocalLifeSC on Instagram to see all of the #LocalswithaJeep photos.



# CRAFT JEWELRY ART FRAMING TOYS

Kitchen

Ceramic Chip & Dip

Donna Toohey





Polychromatic Segmented Woodturning - Al Davis



Porcelain Bowl by Loren Lukens with Cherry Wood Salad Set Julia Simons



Hardwood Lazy-Susans *Jamie Day* 

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# MEET LOCAL CREATIVES BEHIND THE SCENES

OTHER CREDS: Graduated from the University of Rhode



## Carly Schultz Designer

Island with a Kinesiology major and Business minor. FOR THIS ISSUE: Local Love, Great Cookbook Recipes. November Beach Day, Healthy Pantry Makeover **HOMETOWN:** Northborough, Massachusetts **CURRENT HOME: Bluffton LOCAL SINCE: January 2020** HOBBIES: Playing any sport on the beach, talking about dogs, talking about my dog, **Brody**, and organizing anything and everything in my path. WHAT DO YOU LIKE TO COOK? This is pretty typical, but pasta continues to be my favorite. Needless to say, carbs and I share a very special and meaningful relationship. FAVORITE COOKING SHOW: Guy Fieri has always been my favorite celebrity chef, but his show, Diners, Drive-ins and Dives will forever be my number one choice. It is a great show to bond over with my Dad as we share the same love for food and Fieri's crazy energy. FAVORITE COOKING APPLIANCE OR TOOL: Definitely my Instapot because it's basically a self-driving cooking machine that is perfect for when I'm preoccupied with cooking the other parts of my meal. **FAVORITE THANKSGIVING MEMORY OR TRADITION:** Not your typical turkey story, but my favorite part of Thanksgiving was that I thought I had found the door to Narnia in my cousin's kitchen, because they had a secret staircase that led up to the second floor. WHAT DO YOU LOVE MOST ABOUT NOVEMBER? I have to stay true to my Northeastern roots and say apple picking, hayrides and sweater weather. Just a typical fall lover over here.



### Denise K. Spencer Writer/poet

OTHER CREDS: Nonprofit coach/consultant; former Community Foundation CEO, former academic advisor, proud mother/grandmother FOR THIS ISSUE: Poem "Humble Pie" HOMETOWN: Born in Paw Paw, Michigan CURRENT HOME: Bluffton LOCAL SINCE: 2006 HOBBIES: Writing, reading, cooking/baking, crochet, armchair politics, setting/reaching goals, time with friends and family WHAT DO YOU LIKE TO COOK? Plant-based dishes (healthy lifestyle change in April 2021) and pies (the poem will tell the story). FAVORITE COOKING SHOW: @enemyofplants (TikTok)/plant-predator (Instagram).

Hysterical, makes plant-based eating easy. FAVORITE COOKING APPLIANCE OR TOOL: Pampered Chef mandolin for slicing veggies without losing a finger; my rolling pin collection (36 of them). BEST MEAL YOU'VE EVER EATEN? One of two: Either a cobia special I had at Pour Richards, or fresh Morel Mushroom Soup and a charcuterie board with cheese and fruit at a Michigan hotel. FAVORITE THANKSGIVING MEMORY OR TRADITION: Annually, my father made the turkey on a Weber Charcoal Kettle — best turkey ever. And of course, always pies. WHAT DO YOU LOVE MOST ABOUT NOVEMBER? Crisp air, bonfires and a focus on gratitude.

# Other cooks in the kitchen ...

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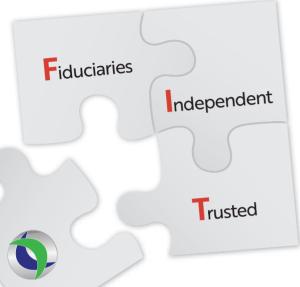
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The Nest Home trends and tips

# About the Cover

The simple and elegant country table setting on the cover was captured by photographer and vector artist **Elena Kor**. Plain white is a great dishware choice for holiday settings, allowing the food and drinks to take center stage. Complete the look with linen napkins, natural placemats, succulent arrangements and vintage décor. Learn more about holiday table settings on page 78. Find more of Kor's work online at gerbera1.livejournal.com.



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# local blend

WORD ON THE STREET + COMMUNITY TIDBITS + FAST FACTS + LOCAL LANDMARKS



# A taste of Italy MICHAEL ANTHONY'S CUCINA ITALIANA

Ever dream of whipping up an Italian feast in your own cucina with Osso Buco Milanese, hand-made ravioli with butternut squash and mouth-watering tiramisu? Learn how at Michael Anthony's Tuscan-inspired Cooking School located upstairs at the premier Hilton Head restaurant that serves up fresh ingredients and artistic preparation. Chef Trey Place presides over weekly demonstration classes (includes a welcome glass of Prosecco, tastings of all that's prepared, a glass of wine and a recipe booklet, \$60) hands-on classes (prepare three recipes with the chef and enjoy a family-style lunch with wine, \$100) and private hands-on classes where you select your own menu (for six to 10 people on Tuesdays or Saturdays, \$100). You'll also learn basic knife skills and insider tips to make your dishes taste magnifico! All classes begin at 11:30 a.m., and reservations are required.

# Turn up the heat

LEARN TO COOK LIKE A PRO WITH THESE 5 HOT GULINARY GLASSES

BY LESLIE T. SNADOWSKY

If you're simmering to become a consummate culinarian, you don't have to enroll in Le Cordon Bleu.

Learn how to prepare a steaming bowl of handmade pasta, spice up your stuffing, pepper your fish, sauté some shrimp, boil your grits and fire up a zesty margarita at an incendiary cooking class. Whether it's hands-on, demonstration, private or virtual, enjoy fivestar instruction from celebrated chefs who are baked into the Lowcountry and willing to share a dash of gastronomic gusto we can all season to taste.



# Home cooking CHEF LYNN MICHELLE, THE EAST COAST CHEF

Chef Lynn will chop, dice, mince and slice the freshest ingredients in your kitchen and transform it into your favorite restaurant. Formally trained in culinary arts at Johnson & Wales University, Chef Lynn was a private chef in Belgium and an



executive chef at two bed & breakfasts in Beaufort County. Her personalized cooking classes for individuals, couples and small groups will teach you to prepare a perfectly crafted multi-course gourmet meal for any occasion. From fall harvest salads with pumpkin goddess dressing to baked lemon pepper fish with blueberry ginger sauce to cranberry apple crisps, Chef Lynn excels at producing East Coast flavors with fervent flair, plus she does all the shopping and cleans up all the hot mess. Custom costs vary.



# The right stuff ALEXANDER'S RESTAURANT & WINE BAR

This month at Alexander's Restaurant & Wine Bar, be thankful for the 2-3 p.m. cooking demonstration on Sunday, November 7. Learn how to make spicy sausage cornbread stuffing just in time for Thanksgiving. Palmetto Dunes Oceanfront Resort Executive Chef Charles Pejeau conducts the monthly classes and will herald his handiwork again on Sunday, December 5, to showcase herb-crusted prime rib, a Christmas favorite. Demonstrations are \$25 per person. All money collected is donated to the Deep Well Project.



# Cook between the lines

This month at Chef Darin's Kitchen Table in Savannah, hands-on cooking classes for ages 12 and up will focus on French comfort food, the delicacies of Northern Italy and Lowcountry cuisine including how to perfect your shrimp and grits. Classes range from \$80-\$110, and Chef Darin Sehnert says you'll learn to "cook between the lines" when he demystifies cooking techniques and talks about the historical, cultural and culinary influences that have helped shape our regional cuisine. Private lessons are offered for groups of up to 50, and don't miss the seasonal gingerbread house workshop on November 28 for \$10.

# Learn more online

If you don't want to leave the house, or even get into the kitchen, cozy up in front of your computer and enjoy virtual webinars and cooking classes with Lowcountry Nutrition, a concierge nutrition counseling business that provides culinary education.



Caitlin Lewis, MS, RD, a registered dietitian and culinary nutritionist, opened Lowcountry Nutrition in 2019 and invites groups from all over to get together on Zoom to interact with her and learn how to make healthy dishes. Prices start at \$250 for up to 10 participants.





# Scoopin' crazy **BREVILLE SMART SCOOP**

The only time you can get away with ice cream in the fall is when you're living in the South. Experiment and begin to make your own ice cream and mixtures this fall, but this time, in the comfort of your own home. \$429. breville.com



# The commuting stove **CASSETTE FEU ECOPREMIUM PORTABLE BUTANE STOVE**

Temperature-sensitive appetizers to even parts of the main course can always be a little frustrating to keep just right. This ecofriendly portable butane stove will serve just that purpose while becoming an essential tool for entertaining. \$90. iwatani.com



# Juicin'& cruisin' **CUISINART COMPACT JUICE EXTRACTOR**

Making sure you get in your daily servings of fruits and vegetables can be a little tedious for everyone. With health being on everyone's mind, make it easier for yourself by trying out Cuisinart's Compact Juice Extractor, Between its 16-ounce capacity and its mesh design that separates any pulp from the juice itself, get ready to enjoy drinking your vegetables. \$185. cuisinart.com



embody culinary convenience.



# Good ol' cup o' Joe **SMEG DRIP FILTER COFFEE MACHINE**

Get retro in your kitchen with your very own vintage style SMEG Drip Filter Coffee Machine. With a digital panel and display, cater your kitchen around a '50s aesthetic without compromising the efficiency that comes with modernity. \$209.99. smeg.com



# Sharpen your barbecue skills

No matter the season, Southern barbecue remains a staple for locals. But with every great Southern barbecue comes the great responsibility for a pristine knife set. Introduce the Work Sharp Culinary E5 Premium Electric Knife Sharpener into your kitchen and be prepared for any rack of ribs or brisket that

comes your way. \$199.95. worksharptools.com



In Chef Law 132, subsection 4, paragraph C, every great kitchen requires a scale for the finer ingredients. Make even Gordon Ramsey proud of your perfectionism with the Escali Arti Black Digital Scale. \$35. escali.com





# An eggcellent day for an omelet **CUISINART EGG CENTRAL**

Whether you're an omelet lover or you have an intense fascination with creating your own artsy salads with hard-boiled eggs in them, Cuisinart has you covered with its very own egg cooker. With a capacity of up to ten eggs to be cooked at once at your preference for consistency, all of your egg needs are sure to be fulfilled. \$39.99. cuisinart.com



# Be a rice guy **ZOJIRUSHI 5.5 CUP NEURO FUZZY RICE COOKER**

One may think minute rice was the pinnacle of rice cooking ease. But with this authentically Japanese high-tech rice cooker, prepare to broaden your rice horizons with menu settings that stretch from sushi, to porridge, and even quick cooking. \$239. zojirushi.com













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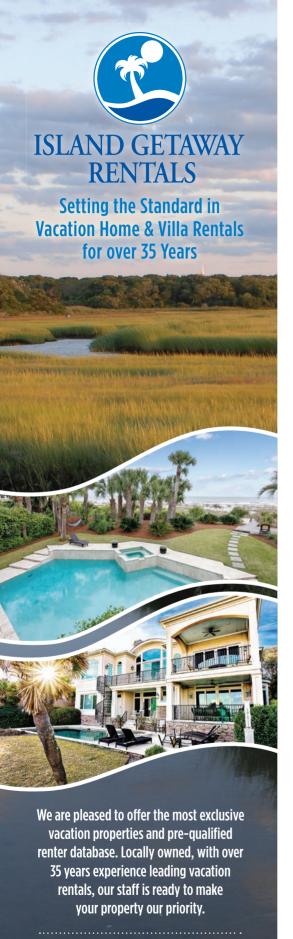
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# 2021 books not to be missed

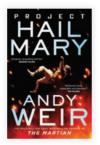
No matter what you like to read, there's a good title to curl up with this winter.

### SELECTIONS BY DENISE FRIDAY



### THE INVISIBLE HUSBAND OF FRICK ISLAND BY COLLEEN OAKLEY

When young reporter Anders Caldwell was assigned to cover a Cake Walk on nearby Frick Island in the Chesapeake Bay, a place he never heard of, he discovers an Island of 94 inhabitants that seem frozen in time, or at least no cell service or internet. Nice people, fishermen mostly, but not a place he envisions returning to again. That is, until he stumbles upon a 3-month old story of a fisherman, Tom, who was lost at sea. But didn't he meet the young widow on his visit while she was out to dinner with her husband, Tom? What, exactly, is happening on Frick Island? And why will this tiny island change his life in more ways than he can imagine? A heart-warming story of love and acceptance.



# **PROJECT HAIL MARY**

BY ANDY WEIR

Ryland Grace is a school teacher who wakes from a long sleep to find himself on a vessel in space, alone, with two very dead crew mates for company. He is having a hard time remembering why he is

where he is, or even his own name, but he slowly realizes he has an enormous and important task to accomplish, so important, in fact, that all of humanity depends on his success. How can he do this alone? Is he alone? Told with just enough scientific explanation, humor and urgency that even non sci-fi fans will cheer on the race for survival in this spectacular outer-space thriller.



### **GREAT CIRCLE**

BY MAGGIE SHIPSTEAD

Marian and Jamie Graves were infants in 1914 when they were rescued from a sinking ocean liner by their father.

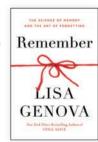
Being the captain, he was immediately sent to prison for abandoning ship, and

the twins were raised by his

brother in Montana. Marian grows into a teen with a burning desire to learn to fly and circumnavigate the world. In current times actress Hadley Baxter is cast to play Marian Graves in a movie after a Hollywood scandal has upended her world. Their stories are told side by side along with some history of Native American lore, bootlegging, art history, WWII and aviation. A grand and beautifully written story.

# REMEMBER: THE SCIENCE OF MEMORY AND THE ART OF FORGETTING BY LISA GENOVA

Neuroscientist and author of Still Alice, Lisa Genova has come out with her first non-fiction book on the brain. In plain-spoken English, Genova explains the fascinating way the brain works in order to create memories, whether they are for a few seconds (the light is red), or a lifetime (the birth of your twins). She demonstrates the process of forgetting, and why it should not be feared but celebrated in its brilliance. You will learn the difference between normal forgetting and the memory loss associated with Alzheimer's. and, most importantly, the many factors in our life that can contribute to, or hinder, a healthy memory-producing brain. A big one on the list? Sleep. So remember to get your zzzzzzz's.





### THE LAST HOUSE ON NEEDLESS STREET BY CATRIONA WARD

This is one of those books that cannot be described too much or it will spoil it. You learn that Ted, a sensitive man who keeps to himself, lives in a boarded up house on the end of Needless Street. He lives with his cat, who is one of the narrators, and his tween daughter, Lauren, who visits him there. Twelve years earlier Ted was a person of interest in the disappearance of a little girl, but he had a solid alibi. The little girl was never found. A new neighbor arrives who upsets and confuses Ted. Dee is the older sister of the lost girl, and she is determined to find her or prove Ted's guilt. Ward builds a slow and layered feeling of dread that succumbs to an ending that will completely shock you.



66

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Adopt this Pet: Minnie MEET MINNIE, THE NOT-SO-MINI TERRIER MIX.

Minnie is a 76-pound, 7 1/2-year old terrier mix who arrived at Hilton Head Humane Association as her owners could no longer care for her. Minnie is essentially a canine Olympian athlete that is perfect for the active household. With Minnie's proficiency for catching things mid-air, a typical play day at the park would have to include a Frisbee. When the family needs a little downtime, you can count on her to be the best cuddler in the Lowcountry. If you're keen on a new member to the family, Minnie is sure to make your house feel full as you will her heart.

# MORE ABOUT MINNIE

Colors: Tan Age: 7 1/2

Weight: 76 pounds Likes: "I am a big cuddler and a goofball. But for all my goofiness, I also happen to be the best canine catcher in the Lowcountry. I am also a huge advocate for the formation of a Major League Canine Catching sport broadcast on major networks like PPN (Puppy Paw

News)." - Minnie

Dislikes: Cats. "I'm not for animal conflict, but cats and I have just never seen paw-topaw." - Minnie

Adopt her: Due to COVID, all Hilton Head Humane Association adoptions are by appointment

hhhumane.org.



# Official Mensa® Challenge Answers are available on LocalLifeSC.com/Mensa

- 1. Decode the pun hidden in the simple substitution cryptogram below. 7-19-22 11-12-12-9 15-18-7-7-15-22 23-9-2 9-12-26-8-7-22-23 11-22-26-13-6-7 4-26-8 26-8-8-26-6-15-7-22-23 18-13 7-19-22 8-7-9-22-22-7.
- 2. Sometimes it is hard to relax, but can you go from WORK to PLAY in nine steps, changing one letter at a time and making a common English word each time?
- 3. James has two more brothers than he has sisters. His sister Jessica has three times as many brothers as she has sisters.
- How many siblings in the family? (Hint: There are no more than 10.) 368 XXX **4.** One way to reach the sum of 495, using the numbers 1 through 9 only once, is shown
- on the right. There are three other ways (not reversing top and bottom) to make 495. What are they?
- 5. Following the same logic as in the pattern on the right, fill in the missing number in the third group.



495



XXX



Feast vour brain on this Mensa quiz!

### [LAST MONTH'S ANSWERS]

1. 2) Listen (Each word in the sequence contains a silent consonant.) 2. It can't be done. If one portrait takes ten hours, no number of painters can be done in five hours. 3. wrote, rote; fair, fare 4. Sam is 3; Gloria is 9. 5. 60 miles (At 40 mile per hour, he'll arrive in an hour and a half. At 60 miles per hour, he'll arrive in one hour.)



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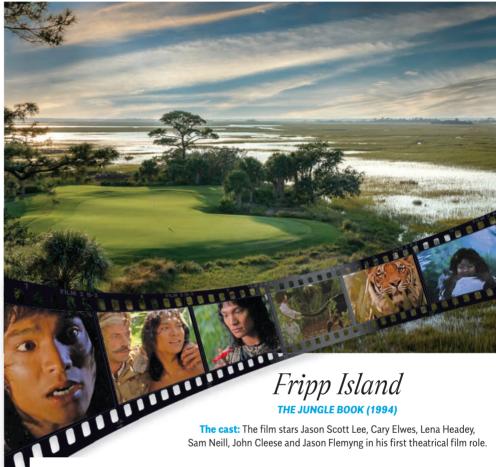
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# On location

A LOOK AT THE LOWGOUNTRY'S STARRING ROLE IN THE MOVIES.



# FILM FACTS

- Unlike most adaptations of Rudyard Kipling's stories, the animal characters in this film do not speak.
- The film received generally positive reviews and grossed \$43.2 million in theaters against a \$30 million budget.
- In 2016 Disney released another live-action adaptation, The Jungle Book, which was more similar and faithful to both the 1967 animated film and Kipling's book.

### **Pivotal scenes shot on Fripp Island:**

- Young Mowgli is carried off in a horse-drawn wagon that catches fire and explodes in the distance, leaving everyone to believe he has died.
- A tiger attacks a soldier and runs amok through the camp at night. The soldier was played by one of the tiger's handlers.

# **REVIEWS**

"Jungle Book entertains in a way both contemporary and traditional."

— Los Angeles Times

"A full-throttled, technically superb adventure — with more bite than most Disney live-action fare — that offers some winning moments but, ultimately, isn't as involving as it needs to be."

— Variety

"A chaste teenage love story with an ecological sensibility and some terrific scenery."

- New York Times

# DETAILS

Even though the storyline of "The Jungle Book" takes place 8,500 miles away in the animal-filled jungles of the central Indian state of Madhya Pradesh, many of the scenes you see in this liveaction adventure film were filmed on Fripp Island, which acted as the main location's stand-in. The wardrobe, makeup and catering headquarters for the movie were stationed near the Fripp Island Marina. Part of the land used in the film was later developed into the Ocean Creek golf course designed by PGA Tour player Davis Love III.

"They chose to shoot on Fripp Island because we had permission to burn and blow up just about anything, as it was all scheduled to be bulldozed anyway to build the golf course," said William S. Murray III, who worked on the film.

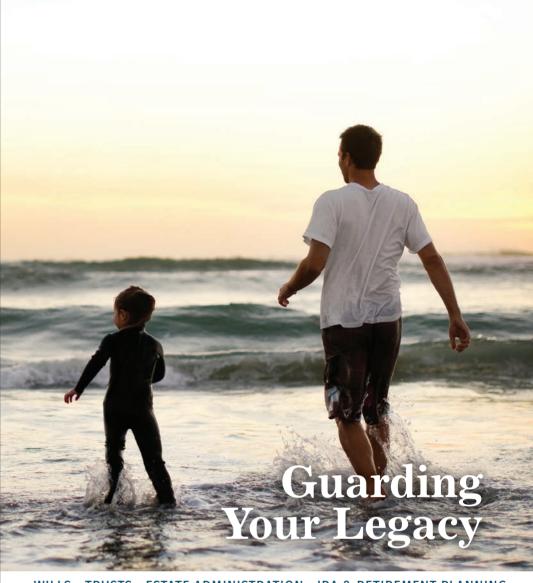
Many locals remember all of the exotic animals that were brought in for the film, including elephants and tigers.



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# South Carolina Environmental Law Project

MISSION

The South Carolina Environmental Law Project is a nonprofit public interest law firm dedicated to the protection of our state's natural environment. The firm uses its legal expertise to protect land, water and communities across South Carolina.



MEET THE TEAM Front row, from left: Lorraine Chow, Amy Armstrong and Ben Cunningham. Back row: Michael Corley, Lauren Megill Milton, Alison Geer, Debbie Weiner, Leslie Lenhardt and Filippo Ravalico.

# WHO IT HELPS

# SCELP has been a key force for environmental protection and justice in South Carolina.

It provides free or low-cost legal assistance to individuals, groups and organizations, including representation in state and federal courts and before state and federal administrative agencies.

# HOW TO HELP

As a nonprofit organization, the generous contributions of individuals are critical to SCELP's operations. Other ways to help include attending or volunteering at its Wild Side fundraiser each fall, following it on social media and subscribing to the monthly emailed newsletter. Citizens also are encouraged to notify SCELP of any emerging or ongoing threats to our natural resources and communities.

# **HISTORY**

Since its establishment in 1987, the nonprofit public interest law firm has won high-impact, precedent-setting cases to protect our state's natural assets and citizens' rights.

This includes a 12-year-long successful effort to stop development on Kiawah's fragile Captain Sams Spit, keeping polluting landfills out of Laurens, Marlboro and Pickens counties, and fending off seismic testing and offshore drilling on behalf of 16 coastal municipalities, including Hilton Head Island, Bluffton and Beaufort. The team has an active docket across South Carolina and along the coast, from challenging a structure in Hilton Head that is attempting to skirt the state's long-standing prohibition on seawalls to fighting an ill-conceived attempt to build a luxury resort on Bay Point Island. SCELP is headed by executive director and general counsel Amy Armstrong and has offices in Georgetown, Greenville and Mount Pleasant.



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#### **LETTER TO THE EDITOR**

LOCAL Life asked longtime Hilton Head Island resident Nancy Williams to share her thoughts about what it means to be local. Williams is president of the League of Women Voters of South Carolina. She also has served as executive director of Literacy Volunteers of the Lowcountry and as co-president of the League of Women Voters of Hilton Head Island-Bluffton Area LOCAL Life welcomes letters to the editor and comments to our website. Write to info@wearelocallife.com



#### adiective. lo·cal | lō-kəl

1: characterized by or relating to position in space: having a definite spatial form or location 2: of, relating to, or characteristic of a particular place: not general or widespread: of, relating to, or applicable to part of a whole 3: primarily serving the needs of a particular limited district of a public conveyance: making all the stops on a route

# It was love at first sight

BY NANCY WILLIAMS

I met my husband while vacationing on Hilton Head Island in 1986. He was a newly hired golf professional at Dolphin Head Golf Club, and I decided to take a lesson. A year later we were married, and I exchanged New England winters for Hilton Head's sub-tropical climate. Thirty-four years later, my love affair with this beautiful island continues.

I remember Hilton Head when Winn Dixie - one of the few grocery stores on the Island only carried three flavors of ice cream, when many hotels and restaurants closed in January, and when you had to drive to Savannah for most shopping and entertainment. My late father, who'd retired here in 1980, thought

Hilton Head was "paradise" with "four seasons — December, January, February and summer."

All these many years later — even with more visitors and traffic — Hilton Head Island is still a very special place. We are blessed to be able to take walks, play golf and ride our bicycles shaded by live oaks, palmettos and pine trees. We can enjoy a swim in the ocean or nearby pool and can see deer, egrets and alligators in our backyard. The only downsides have been our evacuation from Hurricane Hugo when I



LOCAL SINCE 1987 Nancy Williams, now retired, is president of the League of Women Voters of South Carolina. She is shown with her husband, Burrell, whom she met while vacationing on Hilton Head Island in 1986.

was nine months pregnant in 1989 and six inches of snow on December 23 that same year.

Aside from its natural beauty, Hilton Head Island is also special for its high level of community engagement and volunteerism. Early on I volunteered as a walking scorer for the PGA golf tournament. During "Heritage Week" banks closed at noon, schools closed for the week, and throngs of volunteers and visitors supported this charitable event. Besides the Heritage, Hilton Head Islanders also have supported some of its oldest nonprofits — Deep Well, The Bargain Box, The Children's Center and The Literacy Center — as well as a myriad of other organizations

"doing good" on Hilton Head Island.

My life has been made all the richer for my involvement in my community. My volunteer and professional work has centered on women's rights, adult literacy and voters' rights and education. In the process, I've broadened my horizons by getting to know locals, as well as transplants, and immigrants who have come here seeking a better life.

Despite all the changes I've seen over the years, I still love living on Hilton Head Island. It is still a small town and a wonderful place to work, raise a family and retire. I can't imagine living anywhere else. LL



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# Faces of food

Curious about your epicurean neighbors?
Come meet a few locals who are making life delicious in the Lowcountry.

## STORY BY BARRY KAUFMAN PHOTOGRAPHY BY LISA STAFF

Of all life's necessities, none invites inspired experimentation quite like food. Yes, there's something to be said for water, but only for the important role it plays in making beer. But you'll never hear of anyone preparing gourmet air, for example. Food, on the other hand, is the ultimate expression of necessity and invention. Take a simple cut of meat or a juicy ripe vegetable, and in the right hands it can become a masterpiece.

Here in the Lowcountry we take food very seriously. More than nourishment, it is a way of life and a point of regional pride. Bring mustard-based sauce to the wrong barbecue, or pop a can of oysters at a roast if you want to find out first-hand. As our culinary profile rises, we'd like to introduce three locals leading the way.



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# Miles Huff

THIS 'SOUTHERN BOY' BRINGS LEADERSHIP AND EXPERIENCE TO TCL'S NEW CULINARY SCHOOL.

As a chef, Miles Huff is skilled in any number of techniques, preparations, and culinary avenues. In fact, the only thing he's really bad at is retiring.

The first time he retired, exiting the Air Force Reserves in 2002 as a Master Sergeant after 25 years of service, was just the beginning. From there he continued on as he had been, on the staff at Johnson and Wales University, blissfully unretired. Two years later he was tasked with expanding the culinary program at Trident Technical College, and over the course of a decade he did just that and more. More than an expansion, he oversaw its transformation into the Culinary Institute of Charleston as the student body grew from 240 to 1,100.

He tried retiring again in 2014, moving into a consultancy capacity. It was as close to retirement as he's come, and it didn't last long.

"The dean (at CIC) told me, 'Hey, I hear they're trying to build a culinary school down at Technical College of the Lowcountry," said Huff. "So I went to check on it, and they wanted me to be the dean. I said, 'Nah, I'm good.' But I thought being the dean and building a school would be an exciting end to my career. As a Southern boy, I found the Foodseum very intriguing. The Foodseum, an interactive museum which will tell the story of Southern food, is set to open on the campus in 2022."

Once again, retirement proved elusive. Drawn by the chance to cook up an entire culinary program from scratch, Huff dove into the creation



of the Culinary Institute of the South with gusto and is helping to put the lower 843 on the map. "In Charleston we drew a lot of students from here," he said. "And statistics show 74 percent of students stay where they are trained... Bluffton is the second fastest growing place in South Carolina behind Fort Mill. So Bluffton is up and coming."

And as any restaurant owner can tell you, it's been a little difficult to find chefs, as Chef Huff quickly learned.

"You have SERG Group, you have Sea Pines, you have Montage all screaming for people," he said. "So they were all on board before I even got here to give support."

Huff aims to give them all the people they need, trained not just in the fine art of food preparation but in every aspect of the restaurant industry from food costs to managing personnel. "It's not just putting food on a plate," he said. "Managing a business is almost the most important part of the job."



**LOCAL SINCE 2018** Chef Miles Huff is the dean of culinary arts and hospitality for the Technical College of the Lowcountry's Culinary Institute of the South. Hobbies are fishing, gardening, and, of course, cooking.

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THIS BLUFFTON WOMAN SELLS HOME ESSENTIALS UTILIZED BY INA GARTEN, THE BAREFOOT CONTESSA.

Among foodies, Ina Garten is something of royalty. Popularly known as The Barefoot Contessa, she rocketed to fame after the publication of her cookbook following years of success as a private caterer and retail operator in East Hampton, Long Island.

And Cassandra Schultz was there from the beginning.

"When I worked at the store, Ina was known just for being a caterer and business owner in the area. The store had celebrity status. She had many patrons who adored Barefoot Contessa, including many celebrities — Steven Spielberg, Lauren Bacall, Chevy Chase."

But when Ina Garten published her first book, it was off to the races. Garten hired Schultz's mother, Barbara Libath, part-time to grocery shop, which grew into a full-time job as a recipe tester and personal assistant. After her first book, "Ina really became somebody."

And with that fame came national interest in the many dishes, cooking utensils and kitchen tools that Garten used on her show. Schultz saw a business opportunity. She founded Cassandra's Kitchen as an online emporium for all things Ina Garten, sourcing out any equipment that she could find that the Barefoot Contessa used on her show. She also offers many simple and classic products for everyday use—not necessarily used by Garten.

"Ina was very supportive from the beginning." said Schultz. "We're not directly affiliated with her, but since Ina doesn't have her own line, we designed a website and just went with it... when Ina does something, she focuses on that and does it really well. There are so many great companies putting out these products, so rather than have her own, she acknowledges that this is good, this is what she uses."

Schultz started out small, running her business out of her house for 10 years. As the business grew, linen closets began overflowing with products ready to ship. A dedicated room within her house was quickly outgrown as well. "My husband is a golf pro, so we





LOCAL SINCE 2020 Cassandra Schultz is the coowner of Cassandra's Kitchen, a kitchen supply store in Bluffton. She loves to play beach volleyball and enjoys watching her children play sports.

moved a lot. And every time we'd move. I'd have to put everything into my car."

The in-home stockroom eventually became a garage filled with boxes and products ready to ship around the world. When Schultz realized she no longer had a place for her children's bikes, she decided it was time to move into a full warehouse. For Cassandra's Kitchen it was a coming-of-age moment and a chance for Schultz to separate work life and home life.

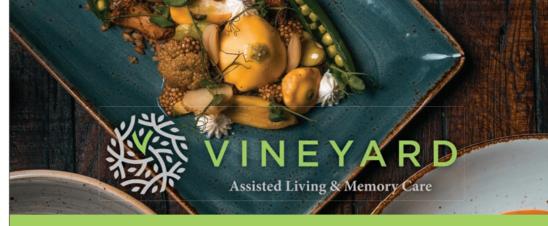
"I'd be taking deliveries at 7:30 a.m. as I was in my PJs making my kids breakfast," she said.

Her latest move saw her coming from Philadelphia down to Bluffton as her husband, Eric Schultz, became the director of golf at Colleton River in January of 2020. With that came a new opportunity for Cassandra's Kitchen, something that had never surfaced before: a retail space. Schultz had originally been looking for warehouse space and found it in the light industrial park off of Red Cedar Street in a space which enjoyed a full storefront.

"I'm learning a lot," said Schulz. "I've never worked retail, so it's a learning process. I like to take baby steps."

Tucked away in a destination that is quickly becoming a haven for foodies, Cassandra's Kitchen shares a parking lot with Heritage Peanut Company, Lowcountry Kitchen, Lot 9 Brewing Company and Russo's Seafood. It's a natural fit for a place that beautifully showcases the gourmet kitchen supplies that helped turn Garten into a global sensation.

"All these years, everything's been in boxes." she said. "So when I got everything out for display, it was so beautiful to me. It really sells itself."



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Pascal Vignau

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# Angela Rummans

THIS FORMER REALITY TV STAR PROMOTES THE BENEFITS OF A PLANT-BASED DIET.

Before she was a professional track and field athlete, before she was a contestant on Big Brother 20, but while she was just a kid growing up on Hilton Head, Angela Rummans was just, in her own words, "One of the weird kids watching Emeril on TV instead of Nickelodeon."

A dedicated foodie from a young age, she began to take a different look at what she ate while training for the Olympics in 2013. As part of a deep-dive research spree into nutrition and athletic performance, she stumbled across a book about veganism that had an enormous impact on her. "I honestly wouldn't ever have read it because I was one of those people who associated low protein with less performance," she said. "I read this book, and I deeply wanted it to not be true."

It was enough to convince her, and she went vegan for 30 days right before the biggest track and field meet of the year. "People told me, 'You are crazy. You're going to mess up your performance," she said. "It was the complete opposite — I had so much energy, and a nagging knee injury that just went away. Instead of feeling like I needed a nap after every meal, I felt a burst of energy."

After appearing on Big Brother and meeting fiancé Tyler Crispen, the two of them moved to Hilton Head Island. Two years ago they made yet another commitment, as Crispen and Rummans are now avowed vegans. "It started out as a thing we did for health reasons, but then once we dove into the ethical reasons and the environmental reasons behind it, it kind of snowballed into activism," she said.

When quarantine hit, that activism made its way into Rummans' kitchen. The



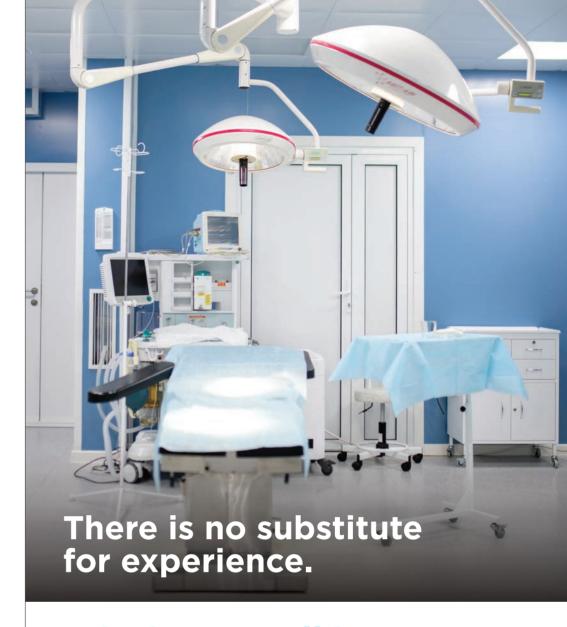


**LOCAL SINCE 1992** Angela Rummans was born and raised on Hilton Head and moved back to the island in 2019 with her fiancé, Tyler Crispen. She is the author of Angela's Plant-Based Kitchen. Pre-order Volume 2 of the book at tangelainc.com.

kid who grew up watching Food Network was now a young lady with a mission in her heart to spread delicious, approachable plant-based recipes. "I'm really trying to veganize non-vegan foods, all those comfort foods you don't get to enjoy as a vegan," she said. "When you transition to a plant-centric diet, you don't have to give everything up. It can be just as fulfilling and delicious."

Within three months she created and photographed 100 different recipes, from stews and meat-free meat loaves to the popular Bang Bang cauliflower. Originally intending to publish it as an eBook, she began fielding requests for a hardcover copy. The first volume of "Angela's Plant-Based Kitchen" proved so popular, a second volume is now on its way.

"It's hard to express all the reasons why we should focus on a plant-based diet," she said. "Once people realize they don't have to give up anything, they're more open to seeing other reasons." LL



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# Five tips from a successful businessman

EXECUTIVE MALGOLM BINKS SHARES HIS SECRETS FOR SUCCESS.

STORY BY EDDY HOYLE



**Malcolm Binks** hails from London, England, where he qualified as a barrister-atlaw at Gray's Inn. His career took off as an executive specializing in international law and corporate finance with British Petroleum (BP) in London and New York. He was special assistant to the president of BP North America and was closely involved in financing BP's share of the \$10 billion Trans Alaska Pipeline. He then worked as an advisor at Canadian Arctic Gas in Toronto to finance a \$10 billion project to bring natural gas from Alaska to the lower 48 states.

Binks later joined Merrill Lynch, New York, and over the next 20 years held several positions, including managing director of the investment banking division working principally on Canadian, Australian and Asia Pacific business. He then served as head of investment banking for the Asia Pacific region and lived in Tokyo and Hong Kong from 1991-1995.

When China began to open its economy to the outside world, Binks spearheaded some of the first international financing for the Chinese government and Chinese companies. He also participated in establishing an emerging market venture capital fund for Merrill Lynch and was a director of one of its portfolio investment companies in China.

After retiring from Merrill Lynch in 1999, he established Malcolm Binks Associates to provide investment-banking advisory services in the Asia-Pacific region.

He was Chairman of the American Australian Association in New York and Australia for 15 years and founded the United States Studies Centre in Sydney and served as its Chairman, as well as founding Chairman of the Perth USAsia Studies Centre in Perth, Australia. He also received the Order of Australia (AO).

Binks and his wife, Jillian, moved to Hilton Head in 2008 and have three children (two are twins) and seven grandchildren. They enjoy golf, opera, classical music and travel. Binks served as a member of the Board of Long Cove Club from 2016-2019 and serves on the Board of Memory Matters. Here are his tips for success.









LOCAL SINCE 2008 Malcolm Binks is shown spending time with his wife, Jillian, and members of their family. He is also shown with Greg Norman at the annual dinner for the American Australian Association.

### Keys to Success

- 1. Work with gusto. Bink advises one to have great enthusiasm for whatever one works on – big or small. "You have to like what you're doing, and you must be a willing participant. To be successful, do everything with enthusiasm to achieve your outcomes," he said.
- 2. Have an open mind. "Open-mindedness is important. You must be willing to look at new ideas. Be willing to test new ways of looking at things and then go forward with new thinking," Binks said. He believes that much of his success in the Asian markets was a result of revolutionary thinking, timing and the ability to see opportunity.
- 3. Solidify commitment. One must have a commitment to what one is doing. For real success you can't look at your position as a 9 to 5 job, Binks explained. "Be prepared to work any time - nights, weekends, during travel. You must like it and be committed. Regular vacations may be out of the question," he said.
- 4. Delegate. "A successful leader must have the ability to delegate," Binks stated. "Hire capable colleagues in whom you have confidence. You can't do it all yourself. It's important to delegate."
- 5. Hone interpersonal skills. Binks said it's vital to have good interpersonal skills. "One must have good ideas, the ability to persuade and get along well with others. 'My way or the highway' doesn't

work well," he advised. "With customers or clients, to get deals done, get people you know you can rely on, and trust that they give you good advice." LL



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- Pap test and pelvic exam
- Mammogram
- Colonoscopy
- Hormone Replacement Therapy (HRT)

#### 60+

- Pap test and pelvic exam
- Routine blood tests and lipid screening
- Mammogram
- Bone Density Test
- Menopause

# Hop music

#### HOW AN A/V POWERHOUSE AND AN AWARD-WINNING BLUFFTON BREWERY CAME TOGETHER IN PURSUIT OF A SWEET-SOUNDING BREW.

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY IAN SANTIAGO



**HEAD TO HEAD** Lot 9 brewmaster Walt Trifari (left) and AIC owner Curtis Hubner combined their skills to create Subsonic Ale. brewed to the tunes of Dire Straits.



We all know how we like our beer to taste. Some like it hoppy, with a stiff pine note running right down the middle. Some like it malty, with the flavor of rich grains emboldening a smooth, mellow brew. But rarely do we ever think about how we want our beer to sound.

With SubSonic Ale your beer can sound like the iconic opening notes to Dire Straits' "Money for Nothing." OK, so it will still sound like a beer. But Mark Knopfler's famous riff will reverberate through every bubble of this unique new collaboration between award-winning brewery Lot 9 and area audio and video firm Advanced Integrated Controls.

"The fact that this is actually reality is beyond me," said AIC owner **Curtis Hubner**. Beer-sound technology is a new venture for the company, but it is hardly its first new venture.

Originating from a background in security and alarm

systems, Hubner decided to branch out and use his expertise in technology to potentially kickstart a career in the audio/video field. Shortly after accepting a position at a local company, he decided to take the risk and open his own company. From running a business with nothing but himself and a van, to being a highly regarded company in the area, AIC has definitely grown exponentially since its establishment in 2006.

"When automation really kicked in, it was a really easy progression for me. Of course we offer security cameras and things like that at AIC, but today we're all in on automation," he said. "Cameras,

HVAC, energy monitoring — we're able to really let all those things work together since they're all on one platform. We pride ourselves on doing custom jobs and making the things we already use work better."

With clients ranging from celebrity homeowners to Gulfstream Aviation, AIC has built a reputation for its ingenious turnkey automation. For Hubner, it means doing something a little more exciting than hanging up cameras. "We're having a lot of fun with it," he said.

But the fun really began when a few AIC employees decided to try out a new spot in Bluffton, Lot 9 Brewing. Opened just over a year ago, the brewery already has made a name for itself, winning best of the Southeast for its Mai



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performance subwoofers. Featuring dual 12" force-canceling active drivers, each powered by a dedicated high-output 1000W amplifier, with on board DSP (Digital Signal Processing) that offers wireless setup and control via a mobile app. The XTEQi-12 accurately reproduces low frequencies down to 17Hz, delivering an experience that can be both felt and heard, ideal for playback of music in listening rooms and motion picture content in home cinemas. The piano black, high-gloss lacquer finished 1" MDF Cabinet is crafted to compliment other high-end, A/V components, bringing unprecedented sound performance and beauty to every environment.

The intuitively designed Sub Station app eliminates the complexity of subwoofer setup, saving time for installers and homeowners alike. Tuning control is seamlessly managed from the app. An auto-EQ function to correct for room anomalies, allows for optimal performance and flexible subwoofer placement regardless of room size or shape.

Lord Mailbock beer in the United States Beer Tasting Championship and taking home the bronze at the U.S. Beer Open for its Blonde Ale.

"Lot 9 didn't start out as a project. My guys were just over there drinking beer," he said. While the brewery's offerings on tap were the best of the best, the music definitely left something to be desired. Piped from a single speaker in the middle of the tap room, the setup left just a handful of seats where the music could be properly heard.

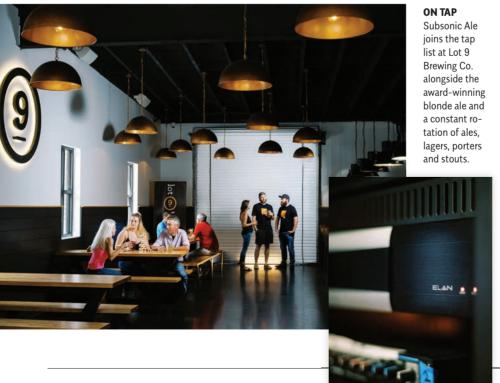
"They didn't have a lot of capital for a proper sound system, so my guys reached out to me, knowing we had a plethora of A/V gear we wouldn't sell," said Huber.

AIC not only upgraded and streamlined the sound system with speakers inside and outside, all controlled by a single customtailored app, they decided to set it up for Lot 9 on the house. Said Hubner, "And since we decided we'd do it pro bono, Walt (Trifari, brewmaster) was like, 'Why don't you make your own beer?""

Once AIC's dealers over at Nortek got wind of what they were doing at Lot 9, they decided to go even further by offering up even more high-end technology to include in the system at the brewery. They even helped set up a photo shoot for the release and had their designers create an eye-catching logo for the beer.



BREAKFAST BEER The idea to infuse Subsonic Ale with the flavors of Golden Grahams and bananas may seem unorthodox, but the flavor speaks for itself with a light sweetness informing a richly delicious classic ale.



"I was happy to brew it for them, but my one stipulation was that we were going to play music for the beer," said Trifari. Inspired by a beer he'd sampled in Italy that was fermented to music, Trifari suggested hooking up a large subwoofer to one of the fermenting tanks. "My thought was that the vibrations in the liquid would affect the living organisms. It did ferment faster than normal. But I wanted to make sure we infused some music into a product for these guys who are all about sound and music."

"We cranked that thing up, and you could see in the tank things were moving a little faster," added Hubner. "The beer ended up being more of a stout than we thought it would be. We decided to do a Hefeweizen beer with Golden Grahams and bananas. It doesn't taste like that, but it does have some of that character."

Of course, the big decision was what music would usher in this new beer. "We played Dire Straits because the guys wanted some rock," said Hubner. "Plus, it has a lot of bass."

The resulting beer, SubSonic Ale, now is on tap at Lot 9 Brewing. LL

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# Healthy pantry makeover

MAKE BETTER MEALS BY KEEPING THESE 10 INGREDIENTS IN STOCK.

STORY BY CARLY SCHULTZ

The simplest way to make healthy cooking a breeze is to have the right and fresh items on hand. Jump-start your healthy pantry journey with these 10 nutritional cuisine staples. Learn how to store them for peak freshness, and discover new ways to incorporate them into the meals you already know and love. With just a little effort, nothing is im-pasta-ble!



#### Dried heans

Store them: In order to keep the freshness of dried beans, make sure to store them in an airtight container somewhere in a cool, dry and dark place such as a pantry or cupboard. Dried beans include black-eyed, garbanzo, kidney, lima, navy, pinto and many others.

Use them: Never eat dried beans raw as they are toxic. Soak your beans overnight, drain the water, and boil them according to the specified recipe to rid the beans of lectin. Once cooked, these legumes can be used to add body in soups, salads or even prepared into creamy dips.



#### Canned beans

Store them: Unopened canned beans can last up to a year in the panty. However, once canned beans are opened and rinsed, the leftovers should be transferred into a glass or plastic airtight container and stored in the refrigerator to preserve taste for up to 3-4 days.

Use them: Beans are one of the most versatile ingredients in the kitchen as they are inexpensive, high in protein and are a filling treat. Spruce up your sides by adding beans to make a tasty pesto, mild salsa or zesty collard greens. Focus on the main course by including canned beans to a spicy chili, a tangy curry or a loaded chicken taco.



#### Steel-cut oats

Store them: Moisture is the enemy of oats, which leads to the growth of mold, so make sure to store these high-nutrient grains in a cool, dry place. Uncooked oats will last up to six months if stored properly. Save leftover cooked oats in a seal-tight container in the fridge for 5-7 days for a week of balanced breakfasts.

Use them: Depending on how much time you have, these fiber-filled oats are great for preparing overnight. Pour 2 cups of boiling water over a cup of steel cut oats with a pinch of salt. Cover and let it soak overnight. In the morning, cook the oats over medium heat until all the water is absorbed (5-6 minutes). Looking for more flavor? Pour in a little milk for a finished creamy texture combined with the oats' nutty taste.

#### Whole grains

**Store them:** Keep all heat, light and moisture away when storing whole grains to maintain quality. If stored in airtight containers, intact grains such as brown rice, oats, barley or quinoa, can last up to six months in the pantry. Whole-grain flours and meals only last up to three months in proper food-safe containers.

Use them: The easiest way to incorporate whole grains is through substitutions of your favorite recipes. Switch to whole-wheat flour in your pastries, bread or pastas. Replace one-third of regular flour with old-fashioned oats. Replace noodles with a cup of barley or brown rice to your homemade soups or stews. Instead of croutons, sprinkle quinoa on top of your salads. The possibilities are endless!



#### Whole-grain pasta

Store it: It is safe to keep whole-grain pasta in its original container on the pantry shelf, but keep it out of the fridge, as it easily retains moisture. Aesthetically speaking, transferring it to a clear glass airtight container will show off its playful shapes and sizes. Lasting up to a year, this grain will stand the test of time until you're ready to use it in the kitchen.

Use it: Enhance the taste of this healthy grain by tossing it with herbs, pesto or a splash of olive oil. Play the savory card by blending in your most treasured mozzarella, cheddar or parmesan cheeses. Add in some cooked veggies such as broccoli, peas or spinach to get more nutrients. And of course, pour over pasta's classic sidekick of freshly prepared tomato sauce.



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#### Apple cider vinegar

Store it: Apple cider vinegar can sit on the shelf for 2 years unopened and maintain its peak taste. It does not need to be refrigerated even after opening since its high acidity creates a self-preserving climate made for the pantry life. Just make sure to keep it out of direct sunlight.

Use it: Filled with numerous health benefits, apple cider vinegar needs to be diluted by pouring 2 tablespoons in a glass of water when consumed by itself. However, chefs have found ways to incorporate it into their meals. Consider using it to sear salmon, prepare a sharp vegan queso dip, braise cabbage or mix it in with any slow-cooker pulled meat.



#### Raw nuts & seeds

Store them: Nuts and seeds (almond, cashew, peanut, hazelnut, walnut, pumpkin, sunflower) need to be stored in airtight containers and will last in the pantry for up to 3 months, in the refrigerator for 6 months and in the freezer for a year. Whole, shelled and raw nuts preserve longer than ground-up or roasted nuts. Keep nuts and seeds out of sunlight and in a dark cool place.

Use them: These are great for an on-the-go snack as you can eat them by the handful without having to cook them. However, nuts and seeds can be used for surprising enhancement to recipes. Try crushing seeds or nuts to prepare a gluten-free flour, breading for chicken or fish or the crust to any warm pastry.

#### Dried fruits

Store them: There are several ways to store these fruity treats (apricots, dates and raisins), either in home canning jars, plastic freezer bags/ containers or vacuum packaging. Keeping dried fruit at room temperature and completely sealed off from moisture is essential for maintaining its freshness. These factors can determine whether the fruit expires in 4 months or up to a year.

Use them: Fruit's natural sweetness lends itself nicely to include in pastries and other baked goods. Explore your hand at date nut pinwheels, date bread or no-bake raisin oatmeal cookies. Try combining a handful of different dried fruits, nuts, seeds and rolled oats together in the oven to make a delicious to-go snack or hearty cereal.





#### **NEED MORE PANTRY SPACE?**

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#### Canned diced tomatoes

Store them: Keep the tomatoes in the original can. Use within 18 months to sustain taste. Like the majority of foods, transfer to a sealed container in the refrigerator after opening.

**Use them:** Tomatoes are very adaptable to the majority of savory recipes. Use them in casual dishes such as pasta sauce, pico de gallo and in the sauce surrounding a braised rotisserie chicken. Dress them up for more complex dishes, such as a tomatobased rasam with mussels, the stuffing in a manicotti noodle lasagna or as the spicy simmering sauce for baked eggs.





#### Nutritional yeast

Store it: In order to preserve its vitamins and health benefits, nutritional yeast needs to be stored in a cool dark area. Keep it in an airtight container, whether a glass jar, sealed plastic container or freezer bag. Stored correctly, this item will last up to a year.

Use it: With its grated cheese-like consistency and color, vegans tend to include this secret ingredient to recipes that normally call for regular cheese. Delicious substitutions can be made for vegan mac and cheese or any other savory meal. Sprinkle over freshly made popcorn along with a little pour of virgin olive oil and a dash of salt for an addictive and healthy snack.

#### FOODS YOU SHOULD NEVER KEEP IN YOUR PANTRY AFTER OPENING.

- · Chocolate syrup
- · Coconut oil
- · Cold-pressed oils
- · Cured meats
- · Infused olive oil
- · Jam or jelly
- Nuts · Wine
- Ketchup
- · Pasta sauce · Lime/lemon juice
- · Maple syrup
- · Tortillas
- Mustard
- · Mayonnaise · Whole-grain flour









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# Healthy fridge staples

EIGHT MUST-HAVE FOODS FOR A DIET-FRIENDLY REFRIGERATOR

#### STORY BY CHRISTOPHER KRUPL

During cooler climes, the only exercise you may get is walking back and forth from your kitchen to your warm and comfy couch. If so, don't stock up on Funyuns, Ding Dongs and frozen sausage, pepperoni and bacon pizza. Instead, fill your refrigerator with healthy fare. It may be your best defense against those inevitable pleasure pounds you're going to gain during the holidays and a way to maintain that beach bod you were so proud to show off last summer. LOCAL Life offers these salubrious snack suggestions that are sure to make you salivate.



#### **LEAFY GREENS**

(arugula, baby spinach, chard, kale, dense superfoods are steeped in vitamins and minerals and can help lower the risk of many chronic diseases and disorders. Plus, each has its own unique flavor profile to explore

#### **ROASTED CHICKEN**

When marinated with a low-calorie dressing, remains the gold standard protein for any sandwich, wrap or quesadilla. It contains high amounts of niacin, riboflavin and selenium, which may reduce your risk for certain cancers. Skip the skin if you want to avoid any storebought salt additives



#### **HUMMUS**

This popular Middle Eastern dip or spread is often made from chickpeas, tahini, olive oil, lemon juice and garlic, and its plant-based protein is an ideal source of nutrition for vegans and vegetarians. Whether you're rocking raw carrots hummus is an appetizing accompaniment



Milk (almond, cashew, coconut, hemp, oat, rice, soy) Searching for a low-calorie milk alternative for smoothies and cereal, especially if you're lactose intolerant? These creamy varieties offer calcium, high protein, omega-3 fatty acids, unsaturated fats and vitamins B-12 and D.



(blackberries, blueberries, raspberries, strawberries. etc.) These fleshy fruits are fun to pop in your mouth, sprinkle on your cereal, stir in your vogurt and add to your salad. Low in calories and high in antioxidants and manganese, which can slow the effects of aging, sweet and juicy berries can also help fight inflammation.



#### **EGGS**

If in need of a quick protein fix, reach for this ovoid piece of perfection. Also a solid source of vitamin D and choline (which helps maintain vour metabolism). eggs are good for your eyes and can reduce the risk of cataracts. Just go easy on the salt and keep your cholesterol in check.



#### **CRUDITÉS**

(raw asparagus, baby corn, bell pepper, broccoli, carrots, cauliflower, celery, cucumber, fennel and radishes) They're as fun to eat as they are to say, especially when you dip your mini veggie morsels in a healthy and tasty dipping sauce or vinaigrette. Try dressing up this hors d'oeuvres staple with dried or fresh fruits, nuts, seeds and even dark chocolates.



#### **GREEK YOGURT**

Lower in sugar and devoid of whey, Greek yogurt is a low-calorie, filling snack that contains B-12, calcium, iodine, probiotics and protein. It can improve your bone health, reduce your appetite and boost your metabolism.

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- Vandit Sardana, M.D.
- · Leland C. Stoddard, M.D.





**Beaufort Memorial** 



**WARM FRONT** The majestic scenery of the home's façade points to the inspired design within.





# Elevated luxury

THIS SOARING PORT ROYAL PLANTATION STUNNER WAS BUILT TO OFFER IT ALL.

#### STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY ANNE

Luxury homebuilder Ben Kennedy of Brighton Builders has seen it all and done it all. He's built homes that were created to capture deep sea views and golf course vistas alike, homes for families, homes for dog lovers, homes for the snowbirds and homes for every need you can imagine.

With this home in Port Royal Plantation, he was entrusted to build something that offered it all.

"They wanted a beautiful 4,000-square-foot house that could accommodate the entire family, so we designed everything to their needs, down to the mother-in-law suite to the in-home office to the outdoor spaces because they love to entertain," he said. "They wanted to have a home that suits their whole lifestyle."

Loaded with quiet indoor spots, blissfully airy gathering spaces and one of the most eye-catching pools on the island, it's safe to say that the punch list was long, but Brighton Builders managed to check off every item on it.

#### Exterior front

To take full advantage of the lagoon views, the entire home was built so the living space begins on the main floor. On the ground floor a pair of garage doors at either end of the home's façade guides the eye up the natural textured steps to the dramatic entryway.

"We elevated it enough that you can have this symmetry from the front," said Kennedy. "It's all very proportionate, and that center entryway really attracts your eye."



#### Kitchen

If there was one space that demanded the most attention in fulfilling both the need for comfort and entertaining, it was the kitchen. "Trying to find the right design was important," said Kennedy.

To hold all the pots, pans and gadgets that the homeowners use as avid foodies meant storage was a must, with ample cabinetry ringing the wide center island. "We kept the center island large because we needed places to gather around and prepare for gatherings," said Kennedy, "but we also wanted a kitchen island where you could share life with friends."

As a statement piece, the custombuilt range hood from Forsythe Metals adds dramatic flair to the crisp yet detailed kitchen cabinet design.

#### Great room

The oak wood flooring and wood accent ceiling add just a touch of earthy rusticism to a place that otherwise exists in service of those mesmerizing views. And those views get even more entrancing thanks to the double set of nine-foot-tall sliders.

"The pool was raised nine feet off the ground, so you can walk right out into the pool," said Kennedy. "You see through to the outdoors as soon as you walk in, and there's the option to open the doors and walk right into the pool."

#### PERFECT BALANCE

An overall neutral aesthetic of creams and smoky grays is broken up beautifully with wood and metal accents.



#### THANKS A LOT

There are a million decisions that go into building a home - trim, finishes, layout, where to put the hot tub... but before you make any of those calls, the first and perhaps most important decision is where your home is going to go.

"You really have to find one that fits your needs," Kennedy said.

The size obviously has an impact, as does the orientation: marshside, beachfront, wooded, golf oriented. Is it near a main street or close to amenities? And as if that isn't enough, you need to look at the condition of the lot itself. Trees on site as well as existing infrastructure can both cause delays in construction and headaches down the road.

"Ultimately, we want to make sure our clients are happy there in the long-term," said Kennedy. LL



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# Taking it to the edge

#### SOAK IN THE OUTDOOR OASIS OF THIS PORT ROYAL PLANTATION HOME.

#### STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY ANNE

For a family that loves to entertain in the Lowcountry, outdoor spaces are of the utmost importance. With this Port Royal home, Ben Kennedy of **Brighton Builders** pulled out all the stops. Cleverly elevated to meet the heightened profile of the main living spaces, this expansive pool deck incorporates not only large spaces for crowds but smaller areas for intimate get-togethers, "It's very tempting to always be outdoors here," said Kennedy. "And the cool thing about this location is that the pool looks like it's cascading down toward that lagoon."





#### **EDGE OF POOL**

Whether you call it zero edge, negative edge, infinity edge or vanishing edge, this uniquely stunning pool design feature never fails to impress. Especially in a space like this, where the outdoor space backs up to a natural body of water, creating a sense of unity between the home and the lot. "It definitely makes a statement," said Kennedy.

#### **DECK**

"(Homeowners) don't just entrust you to build a house, they entrust you to bring a life-long vision to life," Kennedy said. That level of trust was crucial in creating this outdoor living area. "After we started construction, we wanted to push the pool another 8 feet away from the house, because there wasn't going to be enough space to use the deck the way they wanted. They were all for it."

Just within the screened-in enclosure lies another focal point of the outdoor space: the kitchen. Whereas outdoor kitchens tend to either skew toward utility or a more informal look, this gorgeous space reflects the elevated design of the interior. "They wanted an outdoor kitchen, but they wanted materials that spoke to them," said Kennedy. "That countertop from Coastal Countertops and Tile is like a work of art."



# More Than Architecture.



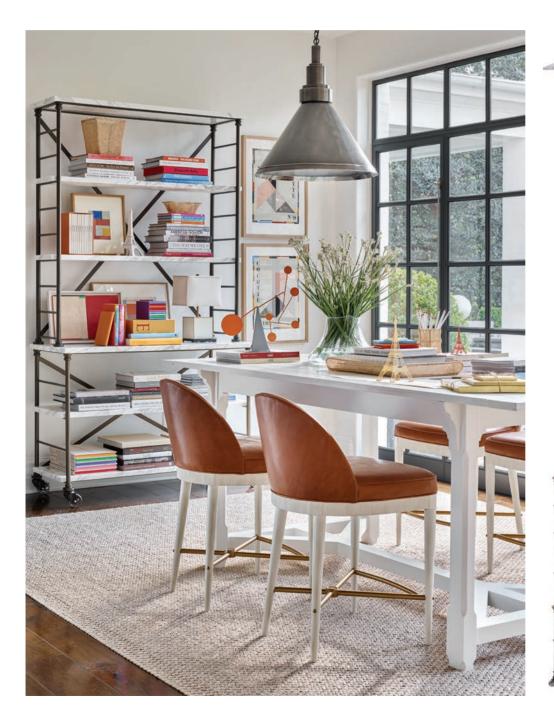
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Come see why we are more than just architecture with interior design & renovation projects! You will see why Group 3 is the Lowcountry's luxury all-in-one home design firm.

# The home office re-defined

#### TRANSFORM YOUR WORKING SPACE FROM ORDINARY TO EXTRAORDINARY

In this new work-from-home world, the aesthetics of home offices have dramatically changed. Rooms that may have sufficed as a working area with a simple desk and chair are now transforming into very cool spaces that allow productivity and creativity to flow effortlessly. **John Kilmer Fine Interiors** shares some inspiration of what pieces can be used to create the refreshing and stylish look of the present-day home office. All furniture pictured is from the Suzanne Kasler Collection by Hickory Chair Co.





# The Piedmont Table is available in a variety of finishes and comes in both a dining and counter height. With several options, it's easy to create a piece that will fit both your needs and style. The table

shown is 90" long and appears in the color ash wood.

# Take a seat CHAIR Also available in a

dining height, the
Laurent Counter
stool is offered in
a wide array of
fabrics and leathers,
along with a wide
selection of painted
and stained finishes.





## Put on display BOOKCASE

The Prado Bookcase, shown in ash wood and bronze metal with casters standard, sits 50" wide and 94" tall, providing plenty of space to store and organize your essential office supplies. The bookcase is available in a wide assortment of wood finishes.

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**ROOM OF THE MONTH** 

# A historic view

THIS CLASSIC AND UNCOMPLICATED LIVING ROOM IS STEPS AWAY FROM THE 18TH GREEN OF OLD TABBY LINKS.

PHOTOS BY TOM JENKINS

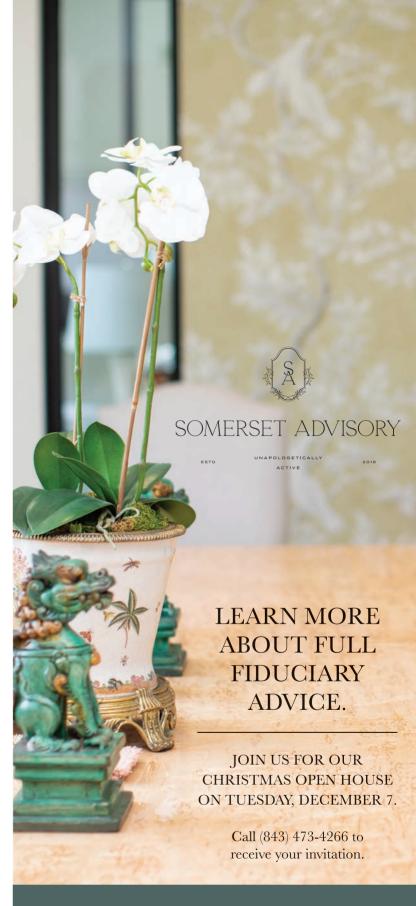


**COURSE OF NATURE** Glass doors open to a paver porch and a stunning view of Old Tabby Links and Port Royal Sound.

In the late 1700s, the owner of **Spring Island** chose a site (today's Old Tabby Ruins) for his home. The same Port Royal Sound panorama enjoyed back then remains one of the Lowcountry's most beautiful landscapes. Add the view of the Old Tabby Link's 18th green to 16 Tabby Links Lane's convenient proximity to the golf house, and you have one of the most desirable locations on Spring Island.

Originally designed as a residence, the home served initially as Spring Island Club's Golf House until the present facility was constructed. Those who recall the early days at Spring Island have fond memories of sitting on the porch, recounting the day's events and enjoying the stunning views.

Of all of the home's magnificent areas, the living room best captures its classic and uncomplicated architecture.  $\protect\ensuremath{\text{LL}}$ 



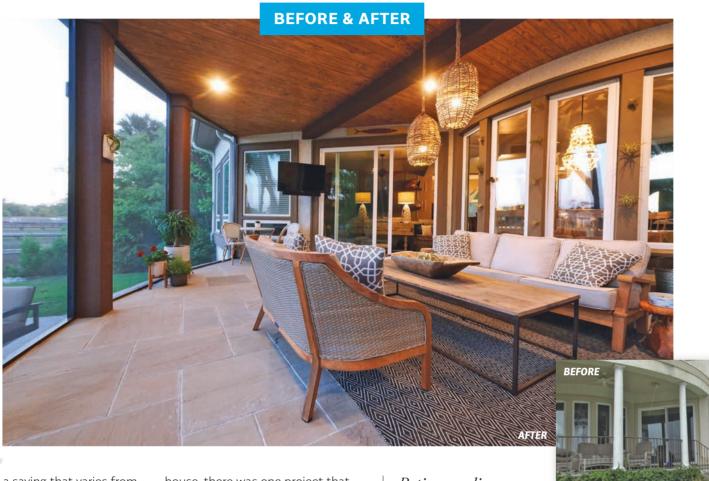
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# Worth the wait

Witness a stunning transformation of a backyard paradise 20 years in the making.

STORY BY BARRY KAUFMAN + AFTER PHOTOS BY BLAKE CROSBY



There's a saying that varies from telling to telling, but most know it as "the cobbler's children go barefoot." Essentially it means that those who provide the best services to others often have to wait in line like everyone else when it comes to providing that service for themselves.

Teresa Kunich of Group 5 Design is no exception. A sought-after interior designer, she has made her mark not just as a talented staging artist but also as an inspired remodeling expert. Inside and outside, she has guided countless projects to stunning fruition. Likewise, husband Don is an experienced contractor. But when it came to their own

house, there was one project that hovered on the couple's to-do list for decades.

"We had been in this house for 20 years before we actually started to finish the back patio," said Teresa. "My daughter got married, and we were planning on having a party back there, so we just said, 'We should do this now or it would have to be another 20 years."

Kunich reached out to the team at Savannah Surfaces to help complete the project. The back yard was beautifully transformed in the nick of time for the nuptials, and as you can see from the photos here, it was worth the wait.

Patio paradise

The five feet of elevated deck on the back mirrors the design of the front of the house. "It's a butterfly-shaped house, as my husband likes to call it," joked Teresa.

To add visual interest and bring it more in line with the new darker trim, a classic Lowcountry-style tin roof was added above, the wrought-iron railing was replaced with floor-to-ceiling screens, and arched recesses were added with decorative pea gravel. As they have on so many projects, the Kuniches worked side-by-side with Melvin Fields of Fields and Company, with Don working on finishes.

On the floor 3/4-inch Indian sandstone in seagrass, installed by Floors & Stones, LLC, transitions to the pavers around the pool deck. "We are importers from India, so it's an affordable natural stone," said Lottie Anne Munday of Savannah Surfaces. "And we pre-palletize it in a four-piece patterns, so it is very easy to install."



(843) 784-6060 savannahsurfaces.com info@savannahsurfaces.com



#### Pool deck do-over

That same sandstone was laid around the pool deck, expanding it from the previous utilitarian concrete decking.

"It has a natural cleft, so it is a great non-slip exterior surface," said Munday. The addition of a penetrating nonstick sealer allows the stone to retain its texture while making it more resistant to humidity and the occasional spilled wine (either of which, as we all know, are a part of life in the Lowcountry). "But being a natural stone, the elements don't really break it down."

And it's not just rugged, it's gorgeous. "The material is just stunning. It absolutely made the whole project," said Teresa. "After we finished the back, we bought some more material and finished the front."



natural stones. It is durable, easy to cut and install and can be used inside and outside.



BEFORE

AFTER

BEFORE

#### Outdoor kitchen creation

The pavers continue into the outdoor kitchen where they mingle with materials ranging from stucco and stacked stone to tabby on the outer wall (not pictured). "Our whole house is done in that," said Teresa. "It's literally a tabby shell, very unique and different."

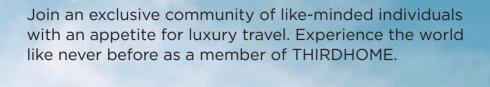
At the center of the outdoor kitchen, a tile mosaic shows just how long the Kuniches had been dreaming up their outdoor living space. "We entered a drawing and won that at the Beaufort Water Festival 15 years ago," said Teresa. "It sat under my bed until we could find a home for it... When you're the builder, things happen slowly."

The circular design of the mosaic will soon be complemented by the final piece of the outdoor kitchen - a full pizza oven designed

> by Don. It goes to show - the cobbler's children may have to go barefoot for a while, but when they finally do get shoes, they are the nicest in town. "This was our third outdoor kitchen." added Teresa. "If we had to, we'd do all the same things over again.".

Except, hopefully, wait another 20 years. LL

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### Rental to Resale

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What do people look for in a top-notch vacation rental? It's a question Beverley Serral is often asked. And it's a quick response from the real estate broker and founder of the boutique vacation rental company **BESTNEST by Beverly Serral**.

- 1. GREAT LIGHT Natural and man-made. Keep windows clean and let the sun shine in. Use some imagination and make a statement with chandeliers and sconces, and you can (almost) never have too many recessed lights. Make sure switches are easy to find, and use lots of dimmers. Your guests will be enjoying the home in the evenings; blinding lights spoil the ambiance.
- 2. OPEN WALLS The last time someone searched for a closed-off kitchen for a rental or purchase? Not in our lifetime. A home doesn't have to be one big open room to mean "open plan." In fact, we like a few twists and turns/character in our houses. A kitchen that opens on at least one wall or has lots of room for people to congregate makes for great gathering, conversation and fun.
- 3. ROOM FOR EVERYONE This rule is very often overlooked, but oh so important. Does the house have 5 or 6 bedrooms but only enough parking for three vehicles? Does it "sleep" 12 but the dining room seats eight? If the main living room seats 6-8 and advertises sleeping space for 12-14 with no additional space for gathering for TV or puzzling, then we call this house "off kilter." It just doesn't function as it should and will never feel fabulous for guests or owners.
- 4. THINK ART Even more than lighting or furniture, great art grabs people's attention online — whether they are browsing rentals or sales. Great art might be colorful, thoughtprovoking or whimsical, but is most effective when it is memorable. Skip the canned, fake lighthouses from discount stores, and buy real art and photography or at least very special production art. Even if you are selling and the art doesn't convey with the property, you can still make a splash and set the bar.
- 5. KEEP IT CLEAN Nothing says "welcome" or "buy me" quite like a home or villa that very nearly screams well kept and scrubbed clean. This includes landscaping, entry, interiors and also patios, pools and docks. Squeaky clean properties rent for higher rates and more often than those that either look tired or are reviewed as less than fresh. Same for selling: Cleaner = quicker sale, higher price and better terms.















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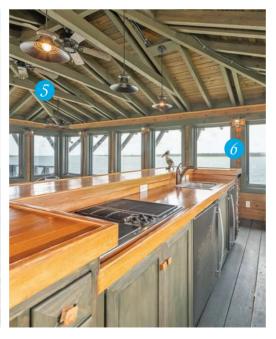
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# Buy it or try it

THIS LOWCOUNTRY RETREAT IS \$4.9 MILLION, BUT ITS INSPIRATION IS FREE.





This glorious estate in Okatie is listed by the Nickey Maxey Team of Daniel Ravenel Sotheby's International Realty for \$4,900,000. The designer and architect, Jim Strickland of Historic Concepts, spared no detail in his thoughtful design of the main and guest houses. However, it is the kitchen that made us green with envy. We hope it inspires your next refresh, remodel or, heck, a move on it because, at the time of writing, this property is still for sale.

### What we love

Situated on over 22 acres and boasting 8,500 square feet, this home is a mansion, yet it is warm, comfortable and inviting. The open concept is welcoming, and large rooms are made cozy with the use of wood, brick and soothing colors.

### Ideas to steal

- **1. Untraditional color.** Who said islands need to be gray, black or blue? The green is surprising and works so well in the natural setting of the home.
- **2. Untraditional pendants.** Forget glass, chrome and open bulbs. These simple metal fixtures are elegant yet casual with just a hint of 'farmhouse style'.
- **3. Untraditional flooring.** Stone and tile could have worked, but we think the wood works best with the beams and fireplace.
- **4. Entertain new ideas.** A dock can be for more than a boat. This space is designed for a sunset cocktail while enjoying the fresh-caught fish.
- **5. Flip your thinking.** The painted beams are a nice twist and tie in the green theme.
- **6. Less is more.** The view is the artwork so there is no need for window treatments or décor. Let nature's beauty be the hero.

### Just the facts

- · 8,500 square feet
- · 5 bedrooms, 7 bathrooms
- · 3 outdoor fireplaces, 4 wet bars, 6-car garage
- · 22 wooded acres
- · Panoramic views of Chechessee/Broad Rivers and Port Royal Sound
- · Deep water 24/7, 11 feet at low tide
- $\cdot$  Long dock that can accommodate a 60' boat
- · 2 boat lifts

### Constructing Elements of Inspiration.







HOME TECH

### Curb your 'App'etite

USE THESE 10 APPS, AND YOU'LL BE GOOKING WITH GAS

You have an advantage over **Julia Child** in the kitchen – you have apps to help. Yes, there are recipe apps, but we found some others that can save you time and make your life easier. Most of these apps are free or have a free version and are available in the Google Play or Apple's App store.

Shoutout to *cookstr.com* which helped us narrow this down to a topten list; but these are not in ranking order, as each serves a different purpose. We hope you have fun trying new apps and new techniques.





#### 1. ORGANIZEAT

This is a great way to organize your recipes. All you have to do is take a photo of your recipes, and it will transcribe them into a neatly organized digital recipe box.



#### 2. TASTY

Tasty is like having your own cooking coach with over 4000 Tasty recipes. We love the Step-By-Step instruction mode, the My Recipes' page which serves as your very own mobile cookbook, and a search tool that allows you to filter by any ingredient, cuisine, and social occasion you're in the mood for! You may have seen their fun videos on Facebook – mmmmm.



### 3. HANDPICK RECIPES AND INGREDIENTS

What do you do when you have an ingredient in your refrigerator that you need to use before it goes bad? The Handpick app lets you sort recipes by the ingredient, search topics in the food world, and explore all the best dishes.



### 4. ALLRECIPES DINNER SPINNER

With the AllRecipes Dinner Spinner, there's no hassle when trying to decide what to make for dinner. This app will help you find exactly what you need. The recipes range from casual to fancy, so you can always find something to make.



#### **5. YUMMLY**

Yummly is not only a recipe organization app, it's a community of home chefs too! Find the perfect recipe from their database of recipes, and upload photos of your finished product to show off your delicious creations.



#### 6. SIDECHEF

If you're a beginner chef, SideChef is a great app. Between the beautiful photos and easy-tofollow instructions, you'll be creating delicious meals in no time, and you can store your favorites in your OrganizEatapp!



#### 7. EPICURIOUS

This is a great app that helps you decide if you'll like the recipe based on input from others. The Epicurious app "dishes" on the recipes with reviews from users who have made the dish before.



#### **8. KITCHEN STORIES**

This is another great app for learning the basics. Kitchen Stories has an endless supply of simple how-to videos for everything from baking to knife skills. It's like a free Master Chef class.



### 9. KITCHENUNITS

How many tablespoons are in a cup? What if the recipe is in milliliters? Whether you need to cut a recipe in half or adjust the amounts of certain ingredients to get your dish just right, the KitchenUnits app will be your new sous chef. Get reliable conversions for time, volume, weight and temperature.



### **10. SUBSTITUTIONS**

Are you out of that one ingredient? Does someone have allergies to an ingredient? Looking for a healthier alternative to butter? The Substitutions app will help with over 1,500 swaps including alcohol, baking and gluten free.

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### Eat, drink and be merry

FROM PLACE SETTINGS TO PARTY FAVORS, HERE'S HOW TO HOST A DINNER PARTY EVERYONE WILL BE BUZZING ABOUT.

STORY BY MICHAELA SATTERFIELD

A good dinner party is like the backdrop of a play. You may not consciously think about it, but it creates the setting for all the magic of the play to take place. At dinner parties the people around the table, the stories shared and the new memories made are what everyone remembers afterwards. The décor, and even the food, is simply there to make it all happen. We've rounded up some tips to create a memorable dinner party, so all you'll have to worry about is creating the magic (and planning the menu).

### Gourse one: Set the scene

#### A sweet ambiance

Nothing is more inviting than a house filled with a comforting scent. If your candles are starting to feel cliché, try stovetop potpourri. All you need is a saucepan filled with water and a few ingredients. Some ideas include orange peels, cranberries, flower petals, pine needles, lemon slices, rosemary or cinnamon sticks. Put your favorites in the saucepan and simmer on low heat as long as you wish.





#### Center of attention

Set the tone of your chosen décor theme with a centerpiece. Select a few pieces like cake stands, candles, lanterns or trays. Gold and clear glass are two trending materials. Accent with greenery, branches, seashells or flowers. If your style is modern, consider choosing something more minimalist, such as a sculpture, for the centerpiece. Once your design is complete, matching other décor or dishware to the centerpiece is an easy way to make sure the rest of the design is complementary.

#### **Dropping names**

To make your guests feel special, arrange a seating chart based on who you think will enjoy talking and add a name card to mark each spot. Including this small detail in your place settings shows extra thought and care that your guests will be sure to recognize. Name cards can be as simple as a small, folded piece of cardstock or as elaborate as a full menu with a wax seal. Choose stationery that matches your décor. Print names on the stationery, or try your hand at calligraphy for a handmade feel.





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### Gourse two: Dinner time

### Dish It out

The tableware everyone is raving about at the moment is simple plain white dishware. If stark white isn't your style, consider cream dishware to warm things up. Place it alongside gold or bronze utensils to complete the look. Simple tableware allows your other décor - or the food and drinks - to do the talking.

### Pretty place settings

While we've already discussed name cards and tableware, it's the accents that will take your table to the next level. Linen napkins create the opening act of the meal once

guests are seated, so choose wisely. Napkins are a chance to add a pop of color without overdoing it. Greenery is also in style, so look for subtle ways to incorporate the trend such as placing a sprig of greenery in a napkin ring. Play with texture using placemats. Handwoven options will give your table an approachable, natural feel.



The way you pass out or arrange food is often a last-minute decision. Get ahead of the game with a plan. If you want to formally serve the food, designate servers ahead of time and make sure they know where everything will be for smooth transitions. Remind them to serve on the left. If you go with a buffet style, map out where everything should go to keep traffic flowing smoothly between the kitchen and dining room.



### SAY MY NAME

Personalize wine glasses with names, monograms, photos and more. Customized glasses are a great take-home item for guests. For entertainment, team Jenga is always a hit.



### Course three: Making memories

### Strike up a conversation

A good meal isn't complete without good conversation to go with it. Your carefully planned name cards should help get the good times rolling, but some pre-planned conversation starters couldn't hurt either. Browse the internet for ideas and write them on slips of paper. Place them in jars - one for each end of the table. Take turns drawing conversation starters to take the party beyond small talk.

### Be on your game

In case the conversation starts to go stale, be prepared with some game ideas to liven things up again. Have some cards on hand for classic card games, or keep a stack of board games nearby. Games like charades can be played on the fly, with no planning required. Be sure to read the room before introducing a game to see if it's a good time.

#### Return the favor

Thank your guests for coming with a souvenir they can take with them. You can't go wrong with the classics - candy, mints or customized glasses. Or, take the opportunity to get creative. For outdoor parties send guests home with a small flower bouquet or a blanket they can use while they're there if it's a little chilly. Hand out drink mixes, coffee or tea bags to give your guests something to sip when they get home. Leave out a Polaroid camera guests can use to take a snapshot of the night that will preserve it forever. LL



### HOME APPLIANCES

# The right tools for the job

MAKE MEALS MORE INTERESTING (AND LIFE EASIER) WITH THESE STATE-OF-THE-ART COOKING AND GLEANING APPLIANCES.

Make the most of your time in the kitchen with these appliance suggestions from **Brantley** King, president of Billy Wood Appliance. Whether you're a beginner or pro, these tools will help you tackle everything from appetizers to cleanup.



### **BOSCH 800 SERIES DISHWASHER**

Intelligent sensors continually scan and check the progress of dishes throughout the cycle, and powerful, precision spray arms go to work targeting every item of every load.

### **What Brantley loves:**

- · 42 decibals
- · Ultimate dry with Crystal Dry, including plastics
- · Flexible third rack





#### **MONOGRAM STATEMENT COLLECTION OVEN**

Inspired by commercial kitchen designs, the precision engineered chain-drive mechanism allows for onehand opening of both doors at the same time.

### **What Brantley loves:**

- · WiFi connect
- · Scan-to-cook technology
- · Hot air fry mode



#### **SMEG COOKWARE**

This induction-compatible cookware from Italy is made with cold-forged aluminum with a steel base. A set includes frying pan, casserole dish, wok, deep pan and lids.

#### **What Brantley loves:**

- · Compatible with electric, gas and induction ranges and cooktops
- · Ideal for oven up to 480 degrees
- · Dishwasher safe



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out glass shelf with adjustable gates in this state-of-the-art

· Stainless steel, inside and out

· Dual refrigeration technology

refrigerator/freezer.

**What Brantley loves:** 

· Air purification system, developed by NASA

### MIELE COFFEE SYSTEM

Make gourmet coffee with this built-in machine (CVA 6805) that is fully automated and easy to clean.

#### **What Brantley loves:**

- · Bean-to-cup system for intense coffee flavor
- · Innovative and convenient milk system



### **SCOTSMAN BRILLIANCE NUGGET ICE MACHINE**

This ice machine will fit neatly under any standard kitchen counter, and is capable of producing up to 85 pounds of soft, chewable nugget ice per day.

### **What Brantley loves:**

- · Soft, compacted ice in classic nugget form
- · Perfect for soft drinks, smoothies, food displays and everyday uses



### **LA CORNUE CORNUFÉ 90 RANGE**

Designed especially for the US market, this single oven range offers one large multi-function convection oven, and seven unique cooking

#### **What Brantley loves:**

- · Available in 12 colors
- · Five powerful brass burners or induction top



### **WOLF GOURMET HIGH-PERFORMANCE BLENDER**

Be it a velvety chocolate milkshake, refreshing fruit smoothie or a creamy butternut squash soup, this blender will craft what you crave.

#### **What Brantley loves:**

- · 2.4 HP motor with blade speeds over 210 mph
- · LCD control panel
- · Ideal size



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\*Package subject to availability

# How to start your own herb garden

SAVE MONEY AND IMPROVE MEALS BY GROWING YOUR FAVORITE PLANTS ALL YEAR LONG

### BY REESE KIMMONS

Growing herbs isn't difficult, even for those who have never tried it. Herb gardens take up very little space. In fact, herbs can be grown in containers or scattered amongst other plants in your flower or vegetable garden. Choosing the right herbs to grow can be as simple as taking a look at your spice rack. Just grow the ones you've been buying; save some money, and enjoy them freshly picked rather than settling for the dried alternatives.

All you need is a small, well-drained, sunny spot to grow your own herb garden. Herbs are easy to grow, don't require a lot of fertilizer, and actually like it when you take some cuttings for use. This encourages them to put out new growth. Local garden centers stock a variety of herbs that grow well in the Lowcountry. They also have seeds available. Once you start cooking with fresh herbs, you'll find that they have better flavor than the dried, store-bought alternatives, and you'll probably end up using more and more of them in your favorite recipes.



#### **EAT FRESH**

Herbs do well in the Lowcountry as long as they are protected from intense sun. Basil, ruffled and flat parsley, cilantro, chives, oregano and mint are all good starters. As your plants grow, you'll feel proud while you snip your fresh herbs to enhance your lunches and dinners.

### Choosing where to plant your herbs

Whether you want to grow your herbs in containers or in a garden, make sure you choose a location where they will get at least six hours of sun daily. They also need to be planted in well-drained soil. If you're planting herbs in an existing garden, that's fine unless the other plants will deprive them of sunlight or you are applying considerable amounts of fertilizer to the areas where your herbs will be. Herbs tend to have better flavor if they don't get a lot of fertilizer. That's good news. They're low maintenance.

When planting perennial herb varieties (those that come back every year), give them space to grow. If you don't, they will eventually fill the area, making it overcrowded and leaving them deprived of the small amount of nutrients they do need. Herbs also do better in areas with good air circulation. If they are planted in a humid environment, the moisture retention in a crowded area can be problematic.

If you have a shortage of space that has adequate sunshine, you can plant your herbs in pots or hanging baskets and move them around. If need be, put them in the morning sun when you leave for work, then move them to afternoon sun when you get home. You can harvest a lot of herbs from only a few small containers. If you have a sunny patio area near your kitchen, you may want to put some herbs in containers there to make them easy to access while you're cooking.

### Annual and biennial herbs

Annuals including basil, summer savory, cilantro and dill have to be replanted every year. You can easily start these from seeds. Since they produce for a limited time each year and will not come back on their own, you'll want to grow enough to freeze or dry some to give yourself a year-round supply.

Biennials, which you can initially start from seeds, include caraway and parsley. They produce the first year. Then, in the years that follow, the previous year's plants actually come back long enough to reseed themselves. The second year, these plants produce blooms and seeds, then die. Your new crop grows from the seeds they drop.





### Perennial herbs

Hardy perennial herb varieties including winter savory, mint, thyme, chives and sage, will come back year after year, taking up more and more space over time. These are the herbs you especially want to avoid planting in crowded areas.

Less hardy varieties of perennial herbs are those that you may want to plant in easily movable containers so that you can bring them indoors in cold weather. Leave them outside as much as possible as long as the weather is warm. These varieties include stevia, tarragon and rosemary. LL



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# Cuckold's Creek

SECRET SPOT OFF THE BEATEN TRACK

STORY + PHOTOGRAPHY BY MICHELE ROLDÁN-SHAW





The great wilderness of the ACE Basin guarantees solitude for those bold enough to penetrate its depths. One of the most pristine estuaries on the Eastern Seaboard, it comprises 350,000 acres of woods, wetlands and waterways, notably the Ashepoo, Combahee and Edisto Rivers that give the region its acronym. Scattered throughout the ACE Basin are 23 public boat landings, many of which are in such out-of-the-way places that you'll likely be the only human around. This was certainly the case at Cuckold's Creek when I went one warm weekday in early fall.

Could there be anything more relaxing than the sound of a billion *grasshoppers* and wind blowing through the reeds and the sharp green smell of the water? I anticipated an uneventful trip in a monotonous landscape of former rice fields — this winding creek with its side canals like veins through untold acres of weedy wild rice — and forest islands barricaded by impenetrable grass and mud that make it impossible to land on them. It's the sort of place

where there's not much scope for going outside the box; you just float along and enjoy the quiet, maybe spot a few alligators and birds and call it good. But actually, there was more to see here than I thought.

With an abundance of snags over a fish-filled creek, this was **osprey** heaven, and I counted five nests during my paddle. Nobody was home in any of them. There were **rice trunks**, wooden devices that help control water flow in irrigated fields and freshwater impoundments. Then came the photographer's delight of an old tin shack weathering away to appealing shades of rust and gunmetal; it tottered on the edge of the creek, propped up by a heavy, barnacle-encrusted beam that seemed to have been put there to brace it. By the time I passed it on the way back, the rising tide had covered the beam and was about to pour into the empty door frame and flood the old junk still inside.

Past the shack was a side canal that beckoned me to its end,

### If you go

Location: ACE Basin, Colleton County

Mode of transport: Kayak

How to get there: Take Highway 17 towards Charleston and look for the Cuckold Landing sign, where you will turn left onto White Hall Road. After several miles, take a sharp left onto Combahee Road, then another left onto the gravel road with the church. If you hit the little bridge, you've gone too far.

Travel advice: Do the trip as an outand-back, or arrange a shuttle for a much longer paddle by putting in at Cuckold Landing and taking out at the Harriet Tubman Bridge. For the second option you'd want an outgoing tide.



**ENJOY THE QUIET** Clockwise from left: an old fish camp sags into the creek; a local fishes from Cuckold Landing; native pickerelweed; a wooden rice trunk used to control waterflow in freshwater impoundments.



where I found a private boat ramp below a gently sloping lawn that led to a grove of beautiful old live oaks, behind which I could just make out a big white plantation house. This was typical of the ACE Basin, the heart of rice country, where traditional landholdings still nestle into protected areas managed by state and federal governments.

What wasn't typical was on odd sight I discovered by studying satellite images on Google Maps when I hauled out at the plantation's launch to stretch my legs and eat a banana. A side creek off the main channel appeared to have a bridge over it — but the strange thing was that the bridge did not connect any roads. It was just a random bridge to nothing, and I would have to check it out.

A short time later I reached a picturesque little wooden footbridge like something out of Monet's Garden, which stretched from the forested mainland across the creek into reeds much taller than my head. Perhaps in winter one could cross the bridge and enter this wild waste on foot, but at the moment it presented no temptation to trespass. Near the bridge was a dock and hand launch, as well as a modest wooden cabin that seemed to be someone's vacant fish camp. I hauled out for a snack, enjoying the quietude and baked wood smell of the bridge. Cuckold's Creek had proved full of surprises, and I would recommend it to any adventuresome paddler on a pleasant spring or fall day. LL



**BIRD'S-EYE VIEW** A lone black vulture sits in a bald cypress tree at Cuckold's Creek, a tidewater creek flowing into the Combahee River.



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### WAYBACK *LOWGOUNTRY*

### Carolina Gold Rice

STORY + ARTWORK BY MICHELE ROLDÁN-SHAW

Old-school Lowcountry people are rice eaters. For several centuries here, rice not potatoes, not bread — has been the staple accompaniment to vegetables and protein, a tradition harkening back to an era when extraordinary wealth was built on this seemingly humble crop. Rice was the fortune-maker of the elite, the back-breaker of the enslaved and the daily fare of both. It shaped not only the lives of the people but the very land they stood upon, as local topography became dominated by a system of engineered dikes and levees so vast that its remnants can still be seen from space.

There is an apocryphal tale of a British sea captain who limped into Charleston Harbor in 1685 on a merchant ship battered by storms. En route from Madagascar, he paid for repairs in seed rice that was later planted by a doctor who would extoll its exquisite properties and open the path for a whole new industry. But modern historians question that. Not only is it unknown exactly when, or from where, rice first entered the Lowcountry, but the enormous contributions of enslaved West Africans should not be minimized by giving founder's credit to some random doctor and sea captain.

It was the people of the West African Rice Coast who had been growing this crop for millennia, who arrived here with grains of it used to keep them alive on



ships. It was they who understood how to employ hollow tree trunks as irrigation devices and who would walk along furrowed rows dropping seed into holes made by the toes of their bare feet. They were the ones who shaped the vast earthworks visible from space using nothing but muscles, hand tools and sweetgrass baskets, a project likened to the pyramids in terms of sheer volume of dirt moved. The little subsistence plots they grew to supplement rations might in fact have been the first rice plantings here, catching the eye of Europeans on the hunt for the next big cash crop. No one really knows.

What's certain is that by 1700 rice ruled the economy, generating lavish wealth that had plantation owners frolicking on hunts and ice cream socials while enslaved people labored in malarial, reptile-infested fields. Rice varieties from Asia, Africa, Louisiana and the Caribbean were introduced, and as planters continually strived to improve their product through experimentation and selection, one grain emerged to global acclaim: Carolina Gold. Its tall, elegant stalk was crowned with golden grains that lit up so strikingly in the evening sun, mariners could navigate their boats to shore by its glow — or so legend would have it.

The Lowcountry's labor-intensive rice industry collapsed after Emancipation, and although rice was still grown on a smaller scale, Carolina Gold disappeared when the last major stand got destroyed by a hurricane in 1911. People here never lost their taste for rice, and the market was flooded with cheap Asian imports as well as domestic products grown in areas with enough solid ground to support mechanized equipment (unlike our marshy swamps.) Only the Gullah still grew little rice patches in their home gardens as late as the 1960s.

Then came the Carolina Gold revival, sparked by an eye surgeon from Savannah who became

### Where to buy it

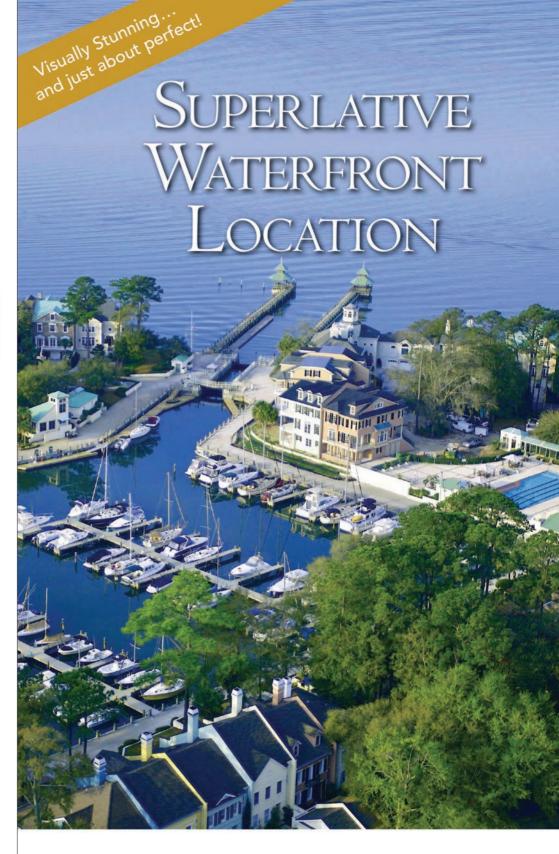
Purchase Carolina Gold Rice at Cahills'
Market in Bluffton or online through Anson
Mills (Columbia), Carolina Plantation Rice
(Darlington County) or Marsh Hen Mill (Edisto
Island). The Farmers Market of Bluffton is
also a good place to find Carolina Gold Rice
from local farmers. The market is noon to 5
p.m. each Thursday in Old Town Bluffton. Text
FARMER to 484848 for vendor updates.



### Experience it

To experience old rice growing environments, take a field trip to public lands in the ACE Basin such as Bear Island WMA or the Combahee Unit. During the growing season, see Carolina Gold being cultivated in a demonstration field at *Middleton Place* in Charleston.

fascinated with this storied heirloom. When Dr. Richard Shultz bought Turnbridge in Hardeeville, it still had functioning rice fields, and he was already planting ordinary varieties to attract ducks for hunting. But after requesting some Carolina Gold from a seed bank in Texas. Shultz harvested the first crop of this lost rice in decades. (According to a 1988 article in the New York Times that lauded his achievement, all the rice was donated to the Savannah Association for the Blind.) Prior to that nobody even knew what Carolina Gold tasted like; but today this sweet, clean rice has become a favorite of heritage brands, specialty stores and artisan chefs, as it makes its way into dressed up Hoppin' John and oyster perloos. It's giving Carolina one more thing to be proud of. LL





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### FREQUENT FLYER

# Pine Warbler

### TELL ME WHERE DID YOU SLEEP LAST NIGHT? IN THE PINES, IN THE PINES ...

STORY BY LUCY FLAM + PHOTO COURTESY OF WILD BIRDS UNLIMITED



### Fun Facts

- · A group of pine warblers is collectively known as a "cone" of warblers.
- The pine warbler's closest relatives seem to be the olive-capped warbler and yellow-rumped (butter butt) warbler.
- The oldest recorded pine warbler was a female and at least 7 years, 10 months old when she was recaptured and re-released during banding operations in Florida in 2013.

### Where to see them

- · New River Linear Trail
- · Harris Neck National Wildlife Refuge

### Essentials

Find a full line of feeders, seeds and accessories for backyard bird feeding at Wild Birds Unlimited in Festival Centre at Indigo Park on Hilton Head Island.

### Accessories

### **FEEDERS**

### **FOOD**

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- Suet Feeder · EcoClean Dinner
- Suet
- Bell Feeder
- · Millet

Pine warblers have sturdy bills, yellow-green plumage and a love for Eastern pine forests that gives them their well-deserved name. From the pine barrens of New Jersey to the long-leaf pine forests of the Southeast, these songbirds are rarely found far from the pines. This makes the pine ecosystems of the Lowcountry a perfect year-round habitat to many pine warblers, while others prefer to just visit for the winter before returning to their breeding grounds in Northeastern pinewood regions by early February. When the two migratory and residential groups combine here in the winter, they can form flocks of 100 or more. These birds build

cup-shaped nests bound with silk from caterpillars or spider-webs. They typically nest at the end of horizontal branches high above the ground in (you guessed it) pine trees. Unlike almost all other warblers, the pine warbler is one that you might be able to spy at your backyard feeder. They are the only warbler that will eat large amounts of seeds (primarily pine seeds, of course), and this dietary preference will draw them to an elevated feeder stocked with millet, peanuts and suet. Their preference for the lofty branches of longleaf or loblolly pines can sometimes make them difficult to spot, but listen for their loud musical trilling, also known as a pine warbler call.







HAMPTON HALL CLUB

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When it comes to going to the beach, there is no offseason here in the Lowcountry. While the water might be a little too chilly for swimming (unless you hail from a cold-weather state), most days in November are perfect for long walks, playing in the sand or just reading a good book to the sound of seagulls and breaking waves.



### TYPICAL DAYS

Temperatures range from the low- to mid-70s, with a few glorious days reaching the 80s. It is typically one of our driest months of the year with fewer than seven rainy days expected

Plan on cool mornings, warm afternoons and chilly evenings, with temperatures dropping to the low 50s after the sun goes down.





### **BEST BEACH** Driessen Beach Park

Tucked away behind natural forest-like borders at the end of Bradley Beach Road, Driessen is the perfect spot for recreation and seclusion in November. It is a bit of a hike to the beach, but a wooden boardwalk winds through a beautiful wooded area and over a picturesque mud flat loaded chock-full of fiddler crabs. Other amenities include a covered picnic pavilion, a water bottle fill station, clean restrooms and outdoor showers.



### Perfect parking

Even on the busiest of beach days, a shaded parking spot can always be found if you have the beach parking pass, available to Hilton Head property owners and residents. If you don't have the sticker, more than 200 metered spaces ensure there is almost always a place to park. In November, you will only find a handful of cars parked there.



### Fun for kids & adults

If going to the beach weren't fun enough, the clean and modern playground at Driessen Beach Park gives the little ones another fun option to burn off extra energy with slides, swings and a zip line. Bring charcoal and grilling supplies to take advantage of the nearby grills while the kids have fun. Pro tip: If grilling on Sundays, watch select NFL games for free on your phone or tablet with the Yahoo Sports app.

### Beach Tides MON, NOV 1 TUES, NOV 16 H 5:50 AM L 11:56 AM H 5:31 AM

November

\_11:48 AM H 5:49 PM H 6:14 PM **TUES, NOV 2** WED, NOV 17

H 6:24 AM H 6:29 AM L 12:40 PM L 12:39 PM H 6:40 PM H 6:51 PM

WED, NOV 3 **THURS, NOV 18** H 7:13 AM L 1:30 PM H 7:05 AM L 1:19 PM H 7:28 PM H 7:24 PM

**THURS. NOV 4** FRI, NOV 19 H 7:59 AM H 7:38 AM I 2.21 PM I 1:59 PM H 8:15 PM H 7:56 PM

FRI, NOV 5 L 2:30 AM **SAT, NOV 20** L 2:05 AM H 8:46 AM H 8:11 AM I 3:12 PM L 2:37 PM H 8:27 PM H 9:01 PM

**SAT, NOV 6** L 3:18 AM SUN, NOV 21 L 2:42 AM H 9:34 AM H 8:43 AM L 4:03 PM H 9:49 PM L 3:14 PM H 8:59 PM

SUN, NOV 7 MON, NOV 22 L 3:07 AM L 3:19 AM H 9:25 AM H 9:19 AM L 3:52 PM H 9:33 PM L 3:55 PM H 9:41 PM

MON, OCT 8 **TUES, NOV 23** 1 3.59 AM L 3:57 AM H 9:57 AM H 10:20 AM L 4:30 PM H 10:13 PM H 10:39 PM

**TUES, NOV 9** WED, NOV 24 L 4:54 AM H 11:22 AM L 4:36 AM H 10:39 AM L 5:12 PM 5:47 PM H 11:43 PM H 10:58 PM

WED, NOV 10 **THURS, NOV 25** L 5:21 AM H 11:27 AM L 5:55 AM H 12:28 PM L 6:51 PM L 6:00 PM H 11:51 PM

**THURS, NOV 11** H 12:51 AM FRI, NOV 26 L 6:14 AM H 12:19 PM L 7:03 AM H 1:36 PM 1 7:58 PM L 6:54 PM

FRI. NOV 12 SAT. NOV 27 H 2:01 AM H 12:48 AM L 8:15 AM H 2:43 PM L 7:16 AM H 1:14 PM L 9:00 PM L 7:52 PM

SAT, NOV 13 SUN, NOV 28 H 1:49 AM H 3:10 AM L 8:21 AM H 2:11 PM H 3:47 PM L 9:55 PM L 8:49 PM

MON, NOV 29 SUN, NOV 14 H 4·12 AM H 2.52 AM \_10:19 AM L 9:22 AM H 4:44 PM H 3:11 PM I 10:43 PM 1 9:43 PM

MON, NOV 15 **TUES, NOV 30** H 5:06 AM H 3:54 AM \_11:09 AM L 10:19 AM H 5:32 PM I 11:27 PM I 10:34 PM



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# Horses helping humans

MOSS CREEK EQUESTRIAN CENTER OFFERS MUCH MORE THAN LESSONS AND BOARDING.

STORY BY B.C. RAUSCH + PHOTOS BY MARYELLEN HUGHES







It wasn't only humans who bore the physical and mental brunt of the COVID-19 pandemic. The equine world faced its own challenges.

Due to economics some owners couldn't afford to stable and feed their own horses - an expensive proposition in the best of times.

Luckily, the equestrian community has deep roots and robust communication channels. When Tom Richardson, manager of the Moss Creek Equestrian Center, learned of a half dozen horses in need of a home, he hooked up his trailer and drove to southern Virginia to bring them back to his stable.

Two special cases: Wishing Well - who was adopted from a wonderful rescue organization in Maryland, and General – a retired, thoroughbred who was lethargic, literally skin and bones – joined other rescued horses and were soon introduced to their new lives at this community-owned stable located on 10 acres near the Moss Creek main entrance. Two of Richardson's

daughters, Sara and Hayley, oversaw their rehabilitation. Sara, at the young age of seven, worked with Wish, while Hayley,13 years old at the time, took on the long and arduous task of rehabilitating General.

Richardson has 16 horses in residence at Moss Creek, including Maggie, a Clydesdale cross, and Belle, an experienced school master and retired show pony. It's quite a collection, according to Richardson who, along with his wife and five children, cares for this eclectic, mixed stable.

Along with talented trainer Gloria Gonzales, who is certified in equine therapy and teaching special needs riders, Richardson takes every opportunity to showcase and introduce these animals to the public. Opportunities to help people feel comfortable and escape from daily pressures are offered, as are a full array of riding lessons and horsemanship training. Richardson aims to add a true and full theopathic riding program in the future.



SADDLE UP For additional information about riding programs at Moss Creek Equestrian Center, contact Tom Richardson at 843-816-4209 or visit MossCreekStables.com.



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### local outdoors

As if channeling their good fortune to live amidst the pecan groves, riding rings and pastures of Moss Creek, these special horses now help adults, children, active military and local residents who are learning to ride or wanting to get back into the sport.

Among those who frequent the Moss Creek Equestrian Center are U.S. Marines and family members based at Parris Island. Currently seven students are enrolled in a six-week program which is underwritten by the Moss Creek Marines and supported by a corps of volunteers.

Program elements start simply by learning to approach a horse or touch his flank and make circular motions with a grooming brush. Even horses love a good massage, according to Gonzales. For some, touching and brushing are enough.

Others will learn to lead a horse to a designated area or put on a halter or saddle. Not only is there communication between the student and the instructor but also between the student and the horse. This human-equine connection becomes especially helpful for those who are struggling with anxiety, stuck in worry about the past or thinking about the future. These simple activities, in a non-threatening environment, encourage a person to be present and focused on the task at hand.

Others learn how to walk a horse or use voice commands to direct a horse's activity and pace. In these simple practices a bond between human and horse is forged.

According to Richardson, "Scars are not always visible on the outside; many people need to heal from the inside out." He explained that humans often will model the breathing of the horse with whom they are working. "It's part of the connection, almost instinctive."

"We hope to teach basic horsemanship and to help military families get through whatever they are facing," Richardson added.

Being close to horses and learning to ride can foster mental well-being and other positive health benefits. Individuals build confidence, communications skills and trust. Since horses have similar behaviors as humans, such as social and responsive behaviors, it is easy for people to create a connection with the horse.

Since Richardson and his family took over the facility in 2020, the stables have become a vibrant, busy place. A group of Moss Creek





**LEARN THE ROPES** Moss Creek Stables is a full service lesson and boarding facility located within the Moss Creek Community. The stables offer instruction for all levels of riders, ages 5 and older.

residents want to keep that momentum and created Friends of the Moss Creek Equestrian Center, now at 216 families strong.

Mike Blevins, President of the Friends, said, "I have had a long-term passion for protecting, enhancing and developing one of Moss Creek's treasures, our Equestrian Center. That is why I am so excited about the response we have received to the creation of the Friends organization."

Events such as "Halloween Fun" and "Jingle at the Barn" have brought many residents and the public to the stables for the first time. (Note: The public is welcome to schedule lessons.) Residents enjoy strolling around the stables, watching lessons being taught or sipping coffee while overlooking the pastures and horses from a row of white rocking chairs.

Richardson says 75 to 100 students, ranging in age from 5 to 80, take weekly riding lessons. Camps and horse boarding are offered, as is instruction in jumping, dressage and various riding styles. All students learn fundamentals of horsemanship beginning with groundwork, safety, proper handling, horse care and behavior, anatomy, grooming, tack essentials and of course riding. Advanced and intermediate students work on specific goals and continue to develop as they improve their riding skills. LL



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### 5-MINUTE HISTORY

### The history behind Lowcountry cuisine

STORY BY RICHARD THOMAS



CHILD LABOR A working boy is shown shucking oysters in this 1913 image taken by photographer Lewis Wickes Hine at Varn & Platt Canning Company in Bluffton.



**ENTER THE RING** Learn more about the mysterious Sea Pines Shell Ring by visiting the site located inside of Sea Pines Forest Preserve.

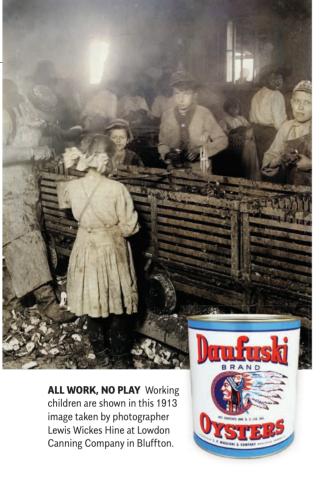
Because flags of six nations have "flown over" Hilton Head, it can be expected that its foods have been equally diverse. If you add the fact that Gullah cuisine adds food traditions of several West African countries and tribes, it would seem that the foods for which Hilton Head has been known would be accordingly numerous. But that may be far from the truth. Modern Hilton Head is known for restaurants featuring recipes from nearly every ethnic food culture known to man, but the Hilton Head Island from the Civil War years through 1960 offered Gullah food nearly exclusively. Only one restaurant, which started in the late 1950s and featured oysters and, later, shrimp, provided a dining-out alternative. And, though the cultivation of staple food crops by early European settlers had brought some variety to the home-cooked foods of the pre-Civil War period, cattle and seafood were the main food products of the area dating from the late 1600s.

From the earliest days, though, the fin and shell fish of Hilton Head's waters have to be the primary food for which Hilton Head Island has been known. Native Americans created dozens of shell structures from shellfish remains for thousands of years before European contact. Early European settlers preferred the fin fish over shellfish, as harvesting clams and oysters was considered distasteful and seen as labor below the dignity of their station. Yet it was oysters that were favored over the abundant flounder and shrimp pulled from local waters. Spanish aristocrats in 16th-century Santa Elena would vie for cooked, shucked oysters, and written accounts of festive oyster roasts at the Zion Chapel of Ease

are found in the letters of several Island families from Colonial times.

Oysters were prominent in the fare of Charleston and Savannah society before both the American Revolution and the War Between the States. Oysters, roasted and otherwise prepared, were usually the only seafood served at elegant banquets and lawn parties. Harvesting was the work of enslaved persons, and it was specialized. It was a difficult and dangerous profession, with many oystermen perishing each year, and the enslaved people's tags stamped with the label "fisher" were among the least numerous of tags issued. The raking of inter-tidal oysters was the primary means of harvesting until the cultivation of millpond oysters in the 1830s, an oyster variety recognized of superior quality in size and taste, but the advent of steam power made water-powered mills and millponds obsolete, so these oysters faded from the supply chain by 1845. From 1865 to 1920 an industry grew to substantial size supplying local markets with raked and cluster oysters, and when ice became commercially available, to markets in the upstate and nearby states.

The first oyster canning factory was opened on Daufuskie Island in 1893, and another began in Beaufort about the same time. Canned oysters were shipped in great quantity to the Northeast under the label, "Daufuski Oysters" from the largest cannery operations in the area owned by the Maggioni family of Savannah. To supply the canneries, shucking factories opened in Bluffton, Daufuskie and at least three locations on Hilton Head on Broad, Jarvis and Skull creeks.



With the development of Hilton Head Island in the 1960s, labor shortages at the shucking factories caused the last factory to cease operations by 1970, shortly before the first non-seafood restaurant catering largely to tourists opened on the Island. Locally harvested oysters, as the "king" of Hilton Head produce, then became relegated to the supply of local restaurants for the most part. As the native oyster beds became depleted by the end of the annual harvest cycle, Hudson's Restaurant, the same restaurant that offered cooked and raw oysters and shrimp to the public beginning in the 1950s, was a pioneer in farming oysters in area waterways.

Borrowing a process developed near Chincoteague, the Shell Ring Oyster Company began "planting" cages with oyster "seeds" in 2014 to provide locally raised oysters and augment the local supply to help further filter local waters through the bivalve feeding cycle. The more than 70,000 oysters they cultivate each year bring top-quality meat to their tables and filter nearly two million gallons of neighboring salt water daily. Though other foods are grown and prepared for Hilton Head tables, seafood, and oysters specifically, have to be rightfully considered the "signature" ingredient for local cuisine throughout the Island's long history. LL

Richard Thomas is an owner and guide for Hilton Head History Tours and is the author of Backwater Frontier: Beaufort Country, SC at the Forefront of American History.

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PHOTOS BY LISA STAFF

LOCAL Life stylist **Roxanne Gilleland** carefully curated pieces from local shops and boutiques to put a spotlight on Fall 2021 trends and how they can be styled and implemented into your everyday wardrobe.





### Dress it up or down

### **Available at John Bayley Clothier**

A quilted puffer vest can be worn casually with a longsleeved shirt and tailored chinos or a little more formally with trousers, a button-shirt and a tie.



### Embroidery is back

### **Available at Spartina 449**

After the year of 2020 brought out everyone's crafty side, embroidery is coming in hot and becoming the star of the show.







### A little goes a long way

### Available at The Back Door

Change up a simple monochromatic look by adding a camouflage statement piece like a pair of boots, a scarf or a bag.



### Lavish lilac

### **Available at Island Child**

Lilac is coming in big this season, and it pairs perfectly with these Pantone colors of yellow, green, beige and gray.

- **PANTONE** Olive Branch
- **PANTONE** Ultimate Gray
- **PANTONE** Perfectly Pale
- **PANTONE** Illuminating
- **PANTONE** Purple Rose







### Mixing textures

Available at SHOP!

Pairing unlikely textures like chunky knits, leathers, plaids, and pleats will result in an effortlessly cool look.



### The leather luxury

### **Available at Palmettoes**

Fall 2021 shows leather trends ranging from exotic prints to glossy finishes to colorful hues.







### Flower Power

### Available at Outside Hilton Head

Floral is becoming the go-to pattern in both clothing and accessories.





# Hunting for style

### **Available at Knickers**

Hunting gear is creeping its way into casual wear as it becomes more tailored and creates a classy look.





# Classic buffalo plaid & bold stripe

**Available at Southern Tide** 

Stripes may be seasonless, but with the right pop of bold color and when paired with buffalo plaid, it's a fall wardrobe success.



Some trends fade, tiered skirts are forever

**Available at Cocoon** 

The power of the tiered skirt can easily transition from day to night, making it an extremely versatile fall piece.





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# Local Love

Penne for your thoughts? Add a little style to your kitchen and home this holiday season with these beautiful tools and accessories available at local businesses. What's cooking, good looking?



#### YOU, ME & A CUP OF TEA

Decorate your stovetop with this charming MacKenzie-Childs Courtly Check enamel tea kettle. This not-solittle teapot is available in both 2 and 3 quart. Available at

Forsythe Jewelers

#### **ROOTING FOR YOU**

What better way to get your daily serving of veggies than with this 15" lacquer tray from RockFlowerPaper? This colorful tray is just waiting to take root on your countertop.

> Available at Spirited Hand



#### SUPER BOWLS

These footed bowls do not disappoint when it comes to dishes. Use them to display fruits or take advantage of their heat retention to keep foods warm. Available at Cassandra's Kitchen



### **PUT THE CUTE IN CHARCUTERIE**

Bring the waves to your kitchen with this stunning nautical charcuterie board. Choose the perfect size and color board to display your holiday hors d'oeuvres. Available at Gifted

### **MASTER CAST**

This 12" cast iron skillet is the next best thing to having your own at-home personal chef. Designed for easy maneuvers, this skillet can be used anywhere. Just keep calm and cast iron on. Available at Grayco



### I BELIEVE I CAN FRY

As the MVP of cooking, this Smithey 14" Dual Handle Cast Iron Skillet can handle the largest of dishes. If you want to impress your family and friends, this is your skillet.

Available at Fetch MKT and fetch-mkt.com



### A CUT ABOVE

Let's cut to the chase that fresh herbs keep all the natural flavors. These special scissors, with five parallel blades, cut herbs quickly and evenly without crushing. Available at The Greenery Garden Center Gifts & Home



#### **TOOL UP**

Make eating seafood easier with the shrimp cleaner, crab cutter and oyster knife. For every product sold, Toadfish replants fresh oyster beds to assist the cleaning of our beloved coastal waters.

> Available at Bubba's Cabin Lowcountry Outfitters





#### **EARLY BIRDS**

Keep your eye out as this beautiful great blue heron may use your coffee mug as it's next landing spot. Colette Oliver from Main Street Pottery transforms porcelain clay into oneof-a-kind Lowcountry masterpieces.

Available at Port Royal Sound Foundation

#### **ROBIN' AROUND**

Change out those summer waves for these festive kitchen towels and dinner napkins. Tweeting encouraging words all day long, these are a chef's best friend. Available at Lowcountry Mercantile





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#### WHAT'S FRESH IN NOVEMBER?

## Broc n' roll

IT'S TIME TO START ROCKIN' WITH BROCCOLI

BY MADDIE BANE





As the third top-producing country, the United States is by no means short of broccoli. Italian immigrants brought the vegetable over to the States in the 1800s, and its name is actually derived from the Italian word "broccolo," meaning "the flowering top of a cabbage." This veggie is grown best in South Carolina during the fall season when temperatures range from 65 to 75 degrees. Regarded as a superfood, broccoli is loaded with beneficial vitamins and minerals and has even been shown to work as an anti-inflammatory. Read on to learn more about all the goodness broccoli has to offer and the different ways to incorporate it onto your plate.

#### Nutritional benefits

Broccoli is full of vitamins and minerals such as potassium, phosphorus, and vitamins A, C and K. One cup of broccoli can pack a nutrient-filled punch, even just half of a cup can provide 84 percent of the recommended daily intake for vitamin C. Broccoli can be enjoyed several different ways — boiling, stirfrying, roasting, etc. — but studies show that cooking broccoli can alter its nutrient profile. Steaming seems to be the way to go to avoid too many negative effects.

#### How to grow them

Broccoli is a cool-season vegetable that grows best in the fall in the Lowcountry. Seeds or transplants should be placed in rows three feet apart and then spaced one to two feet apart. The soil should be well-drained with a sandy loam to clay loam texture. Broccoli is ready for harvesting in typically 50 to 90 days or when the head reaches 3 to 6 inches in diameter.

> Here are a few Broccoli recipes that you'll actually get excited about...



#### **LOCAL LIFE TEST KITCHEN**

Avocado and broccoli salad

#### **INGREDIENTS**

1 avocado 2 cups broccoli florets

2 hard boiled eggs 1 cup cucumber slices, halved Ranch dressing, to taste Salt and pepper, to taste

**DIRECTIONS [1]** Open and cut avocado into small slices. [2] Dice both eggs into large chunks. [3] In a bowl, mix together avocado, broccoli, egg pieces, and cucumber slices. Once combined, add in salt and pepper and ranch dressing. Stir until pieces are coated.









#### **CHOCOLATES • FUDGE • ICE CREAM**

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#### **INGREDIENTS**

10 eggs 2 cups broccoli, steamed 3/4 cup cheddar cheese, shredded Salt and pepper, to taste Sprouts, to garnish

**DIRECTIONS** [1] Preheat oven to 350 degrees. [2] Whisk together eggs, cheese, salt and pepper. Add in broccoli. [3] Distribute mixture evenly into a greased muffin pan. Top with sprouts and bake for 20 minutes or until set.

Where to buy them

Ebenezer Greens: This indoor vertical farm specializes in

microgreens, including broccoli.

Find them at the Hilton Head

9 a.m. to 1 p.m. on Tuesdays at

the Coastal Discovery Museum.

**Farmers Market of Bluffton:** 

broccoli from noon to 5 p.m.

on Thursdays in Old Town

The Farmers and Makers

Market: Find chicken and

broccoli frozen casserole

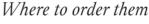
available for purchase from

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Purchase locally grown

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Shrimp Hash: Sauteed shrimp, peppers, onions and broccoli with hash browns, topped with two eggs any style and hollandaise.

#### **SALTY DOG CAFE**

tomatoes, peppers and broccoli tossed with penne pasta, a touch of house-made pesto and finished with Parmesan cheese and Jake Shake seasoning

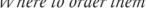
#### **FRANKIE BONES**

The Paisano: Pan-sautéed breaded cutlets topped with provolone cheese, broccoli and lemon garlic mushroom sauce, served with whipped potatoes.

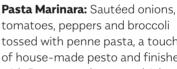
#### How to use them

at Sea Pines Center.

Like most vegetables, broccoli can be eaten raw or cooked. When trimming fresh broccoli, be sure to cut as close to the crown as you can. Once the florets break off, you can customize how big or small the pieces will be. While there's not a whole lot of natural flavor, the leftover stem can actually be sliced and cooked, as well. LL



### **PALMETTO BAY SUNRISE CAFE**





#### Cheesy broccoli pancakes

#### **INGREDIENTS**

1 head broccoli 1 egg 1/3 cup Parmesan cheese, grated 1/3 cup flour 1 teaspoon garlic powder 1 teaspoon salt 1/2 teaspoon pepper Cooking spray

**DIRECTIONS** [1] Preheat oven to 400 degrees and line a baking sheet. [2] Chop broccoli into florets, discarding the hard part of stem. Place broccoli pieces into food processor and pulse until chopped. Add in egg, flour, garlic powder, salt, pepper, and parmesan and pulse until well combined. [3] Form 8-10 pancakes and place on baking sheet after coating with cooking spray. Bake for 12-15 minutes on each side.

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"Newcomer Lulu Kitchen, will give you fresh seafood in a casual atmosphere, with standouts like the Blue Claw Crab Cake and a Lobster Mac n' Cheese that's so decadent" — Lia Picard, Thrillist Travel

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## Cooking with Charles Pejeau



Raised on Hilton Head and trained in kitchens around the Southeast, the new executive chef at Palmetto Dunes has made an indelible mark on the island's culinary scene.

#### STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY MIKE RITTERBECK



He may not be a celebrity chef or a household name, but odds are good that at some point your taste buds have marveled at one of **Chef Charles Pejeau's** creations. Recently named executive chef at Palmetto Dunes Resort, he has worked in kitchens across the Lowcountry. Between corporate stints at Sonesta Resort and The Inn at Palmetto Bluff, he's worked in the kitchen at Red Fish and Robert Irvine's Eat! and was the founding chef at Charbar Co. and Holy Teguila.

And to think, we almost let this home-grown talent slip through our fingers.

"I moved here right before middle school but moved away for culinary school in West Palm Beach (Florida)," he said. "I got married about two years after, and a year after that we got pregnant. Both sets of grandparents live here, and we needed some family close by."

On behalf of anyone who has sampled Chef Pejeau's cooking, we thank his children for necessitating the move back home. When childhood friend Nick Bergelt needed an experienced chef for the new Charbar Co., he reached out, and Pejeau's culinary career kicked into gear. He would help launch not only that concept, but Bergelt's Holy Tequila concept as well, before transitioning into corporate hotel work at Sonesta for four years.

"I got some really great experience there running a big operation and managing a bigger team. It was really the building blocks of my management skills and helped me beef up my skills on the banquet side of things," he said.

He would make a brief return to the restaurant world with a nine-month stint at Red Fish before Palmetto Dunes came calling, looking for a new executive chef amid a massive reinvestment in operations.





#### Bacon marmalade

#### **INGREDIENTS**

Half pound of smoked bacon cut into lardons 4 onions julienned (2 red, 2 yellow) 2 cups red wine vinegar 1 cup light brown sugar

DIRECTIONS [1] Place cut bacon into a large sauce pot.
Render it down on medium heat until crispy. [2] Add onions and a pinch of salt to help them break down, stir every 1
1/2-2 minutes until they are starting to become translucent.
[3] Add your vinegar and sugar, stir so everything is incorporated. Let simmer on low heat for 1-1 1/2 hours. You want about 80 percent of the liquid to reduce down leaving you with just the bacon and onions. [4] Remove from heat and transfer to a container. Refrigerate for a few hours and wait for the fat to solidify. [5] Skim/scrape the fat off. Either throw in garbage or you can save it for future cooking projects (like cornbread or making a roux).



"This popped up, and I really couldn't pass it up. I liked Red Fish because I was back cooking, but I couldn't pass up an opportunity being hands-on with management. I feel like that's what I really like to do," he said. "And I couldn't pass up the opportunity to work for the Self family, who have been very instrumental in the growth of Palmetto Dunes."

And who better to lead the charge than the island's own home-grown chef? Turn the page to find his cooking advice and recipes.



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#### Cook like a pro

#### **CHEF PEJEAU'S TOP TIPS**

- Always toast flour tortillas when you have tacos, either directly on the flame if you have a gas range or in a pan with no oil. It makes them much softer, and the char gives your taco great flavor.
- **Don't be afraid of salt.** Obviously, you want to watch your sodium levels, but salt makes things delicious. A little pinch will draw out the flavors of your ingredients.
- You're probably undercooking your meat. Everyone's worried about burning, but there's a difference between charred and burnt. "I like a nice crust on my steak," said Pejeau. "And the only way to do that right is to leave it alone."



**RAISE THE STEAKS** Charles Pejeau cooks a 16-ounce prime Kansas City strip steak in the kitchen at Alexander's. The steak is seared in cast iron with salt and pepper. After it's flipped, add 2 tablespoons of butter, rosemary and smashed garlic cloves and baste the steak for 4-5 minutes, flipping it once or twice while butter basting. Let it rest for 8-10 minutes, then slice.

#### Where does a chef shop?

- Marsh Hen Farm: Formerly Geechee Boy Mill, Pejeau swears by their dried field peas and blue grits.
- **Peculiar Pig:** This Summerville farm under the care of Marvin Ross produces particularly palate-pleasing pork chops.
- Benton's Smoky Mountain Country Hams: Pejeau has been using their bacon since day one and is quick to credit them with Charbar's first Burgers and Brews win. "They smoke it for 48 hours, so it's like a smoke bomb."

#### Get educated

#### Chef Pejeau runs cooking classes regularly at Alexander's. Coming up in the next few months:

- · How to make Charles's
  Thanksgiving spicy sausage
  cornbread stuffing just in time for
  Thanksgiving. 2-3 p.m., Sunday,
  November 7.
- · How to make herb-crusted prime rib. 2-3 p.m., Sunday, December 5.



#### EAT, DRINK & BE ROSEMARY With a piney flavor,

rosemary is a good pairing with heavy flavors that meat and beef dishes have. Use rosemary to flavor steaks, roasts and tough cuts that will be cooked for long periods of time.



#### **PALMETTO DUNES** Bread & butter pickles

#### **INGREDIENTS**

2 English cucumbers sliced into desired thickness for pickle 1/8 inch (use a mandolin slicer or do them by hand) 1 small yellow onion, julienned 3 cups white distilled vinegar 3 cups water Half tablespoon of dried turmeric powder 1 tablespoon of pickling spice 1 cup white sugar Quarter cup kosher salt Optional: add a halved chili pepper for some heat

**DIRECTIONS** [1] Place cucumbers and onions in a large bowl or Tupperware (you want this to fit inside of the fridge so base the selection on that). Sprinkle a quarter cup of kosher salt on the cucumbers and onions and mix thoroughly. Let sit for 15 min. [2] Mix vinegar, water, sugar, pickling spice and turmeric in a sauce pot and bring to a boil. After 15 minutes rinse the cucumbers and onions so that all the salt is off of them, and no liquid remains in the vessel. Salting them allows moisture to be removed and opens the pores of the cucumbers and onions so that they can easily be pickled. [3] After they are rinsed and drained, pour your hot pickling liquid over top of them (make sure you strain the liquid because you do not want any of the pickling spice in the pickles). [4] Refrigerate pickles for a day and then move them into smaller containers if you desire. The pickles will last for 3-4 weeks.



### Spiced honey

#### **INGREDIENTS**

1 cup honey 2 sprigs of rosemary Pinch of chili flakes Pinch of salt Pinch of black pepper I clove smashed garlic

**DIRECTIONS** [1] Combine everything into a small sauce pot or saute pan and bring up the temperature slowly until the honey becomes very loose. [2] Remove from burner and let it cool at room temperature.

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## Tips from the pros

TECHNIQUES, TRICKS AND RECIPES FROM TOP LOWCOUNTRY CHEFS AND COOKS.

You don't have to go to culinary school to become a better cook. We asked several of our favorite chefs and cooks from local restaurants and clubs to share cooking tips and advice for making the most of meals this holiday season and beyond. Learn where to find the best ingredients, how to use the right tools for the job and how to prepare restaurant-quality meals with easy-to-follow recipes. Food is essential to life; therefore, make it good.

#### POSEIDON Cioppino

#### **INGREDIENTS (Serves 6-8)** 1/3 cup extra virgin olive oil

2 sliced shallots 2 sliced aarlic cloves 2 bay leaves 3 sprigs thyme stems 1/4 cup diced fennel 1/4 diced red pepper 1/2 cup diced celery 1 teaspoon salt & pepper mix 3/4 cup dry white wine 1/2 gram saffron

1 28-ounce can whole plum tomatoes, handcrushed

2 8-ounce cans clam juice 2 tablespoons chopped chives 2 tablespoons chopped parsley 2 tablespoons chiffonade of basil 24 large shrimp, peeled & deveined 24 littleneck clams 24 PEI Mussels

1 1/2 pounds local fish of your liking (cubed)

**DIRECTIONS** [1] In a container, combine crushed tomatoes and clam juice. Set aside. [2] In a small saucepan, combine wine and saffron, bring to a simmer, turn off heat, let stand to bloom the saffron. Set aside. [3] In large stockpot, heat olive oil. Add shallots, garlic, thyme, bay leaves, fennel, and salt and pepper mix. Cook over medium heat, sweating the vegetables until almost tender. [4] Add celery to mix. Continue cooking until tender (approx. 5 minutes). [5] Add red peppers. Cook until tender. Add wine/saffron mixture; cook until reduced by half. Add clam juice and tomatoes. Bring to a boil, lower heat and simmer for 20 minutes. Add seafood and cook until shellfish pop open. Turn off heat and serve.



#### CHRIS CARGE

CULINARY DIRECTOR, SERG GROUP



#### **COOKING TIPS**

I like to have a lot of different vinegars in my pantry as they are so versatile. They can be sweet, savory, malty, buttery, sharp, some aged in wooden barrels for a smoky finish. At my house we play with vinaigrettes all the time adding chili peppers, fresh herbs from our garden. I think vinegars brighten and elevate food. Three things a dish should have — fat, acid and salt. A lot of people overcook fish, so all the moisture's gone from the fish. If you're looking for that juicy, nice piece of fish, you want a little pink in the middle, that's perfect. The time depends on your fish and how it's been cut. For mahi-mahi, depending on the size of the fish, maybe 2-3 minutes on each side. And then right at the end do a little dollop of butter in there, baste it and serve it.

#### **FAVORITE FARMS**

We use Whippoorwill Farms (Ridgeland). Marissa Paykos has beautiful chanterelles, sunburst tomatoes and other fresh vegetables. We use Larry Tuten of Tuten Farms (Hampton County) for kale, pecans, squash, potatoes, blackberries and patty pans. Adams Farm (Savannah) supplies us with potatoes, Johnny long beans, corn, spinach and lettuce. B-Bob (Hilton Head) gets us the best tomatoes around from the market. Charles Russo takes care of all our fish and shrimp needs out in Bluffton.

#### WHAT DO YOU LOVE MOST ABOUT **COOKING?**

Every day is different — ingredients, seasons change, protein availability is different day to day. The art and process of creating dishes and menus is always challenging in a good way. The best is when a customer smiles about something we created and truly understands the process and the integrity of the dish.

#### **FAVORITE COOKING TOOL**

Hands down, the KitchenAid mixer. It has saved us a lot of time in many situations. If you have one, you know. If you don't, you should definitely invest in one! Cuts prep time in half such as mixing, chopping, doughs, pastas, ice cream ... the list goes on!



For a full list of all of our Thanksgiving offerings or to make a reservation visit, serggroup.com.





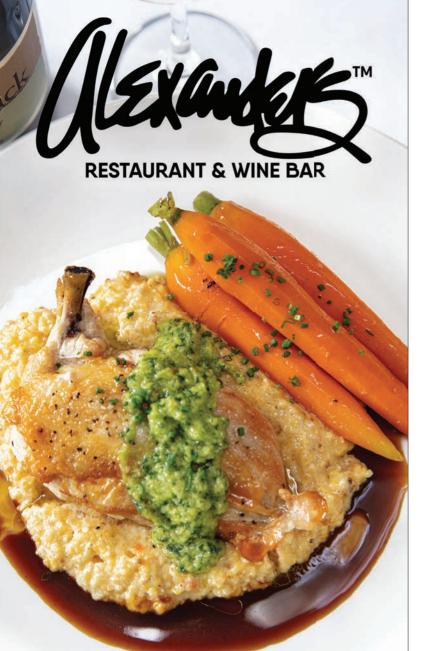












Michele Chiarlo Piemonte Wine Dinner Five Course Prix Fixe Menu Thursday, November 18 • 6:00 - 8:30 p.m. (Advanced reservations & payment required)



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#### local eats



#### SCOTT HASTINGS

CHEF/OWNER, LULU KITCHEN

#### **COOKING TIPS**

First is always have a sharp knife. The most dangerous knife is a dull knife. Also when skimming soups or stocks, pull the pot to one side of the burner .. this will push all the impurities to the other side.

#### **FAVORITE FARMS**

Of course, we love Dempsey Farms in Frogmore — strawberries, tomatoes and beautiful squash. We also use local fish mongers such as Russo Seafood in Bluffton. He always has a fresh selection of locally caught fish and oysters.

#### **BACK-OF-THE-HOUSE STORY**

Well, they are just like Las Vegas ... what happens there stays there...LOL. I can tell you that my journey has brought me to meet many wonderful, famous and rockstar types. My very first job we had (in his prime) Billy Squire come in and the owner had no idea who he was. What I remember about him is how short he was.

#### WHAT DO YOU LOVE MOST ABOUT COOKING?

For me it's the ability to be creative. To see a new dish flourish and make someone happy. Food in Lulu is more then just filling the hunger void, its about transforming food.

#### **FAVORITE COOKING TOOLS**

Two tools I can't live without: First, that sharp knife I spoke about and a close second would be my chinois — a conical sieve with extremely fine mesh. It takes purée and sauces to another level of smooth.

#### **BEST PIECE OF COOKING ADVICE YOU'VE GOTTEN?**

I have worked for and with many quality chefs throughout my career and have been given much advice ... but the best piece came from my wife to finish my cookbook/bio which should be in stores by late spring 2022.

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Acknowledged by food and wine enthusiasts and critics alike, the restaurant presents a fine-dining experience combining an awardwinning wine list, exquisite food, and attentive service.



Classes are held several days each week in our Tuscan inspired state-of-the-art culinary center designed to provide the environment for learning skills and techniques for both novice cooks and culinary enthusiasts.



local eats

#### TREY PLACE

#### CHEF. MICHAEL ANTHONY'S CUCINA ITALIANA

#### **COOKING TIP**

Always use unsalted butter so you can control the salt content. I also prefer European butter because it contains more butterfat, which makes for a richer, creamier product.

#### **FAVORITE COOKING TOOLS**

Knives are the backbone for any chef, and each has a different use. No matter how expensive your knives are, the most important thing is to keep your knives sharp. A dull knife requires more pressure, making it more likely to slip and cause an accident.



### Greamy White Bean and Sausage Soup

#### **INGREDIENTS** (beans)



1 pound **cannellini beans**3 tablespoons grapeseed oil
1/2 yellow onion, peeled and small dice
1 carrot, peeled and small dice
2 cloves garlic, peeled and minced
2 bay leaves
Salt and pepper, to taste
Chicken stock, as needed

DIRECTIONS [1] To prepare the beans, soak them overnight or at least 8 hours covered in cold water. [2] In a large sauce pot, heat the grapeseed oil on medium heat. Add the onions, carrot, celery, garlic and bay leaves, and saute until vegetables are tender. [3] Strain the beans from their overnight soak and add to the pot. Season with salt and pepper. [4] Cover the beans with chicken stock and bring to a boil. Lower the heat and simmer for 1 1/2 hours, or until beans are soft and tender.

#### **INGREDIENTS** (soup)

4 cups cannellini beans, cooked
4 cups cannellini beans, pureed in a blender or food processor
Vegetable or chicken stock as needed (about 2-3 cups)
2 pounds Italian sausage, cooked and ground
2 cups blanched spinach, chopped
1 cup Parmigiano cheese, grated
1 cup parsley, chopped
Salt and pepper, to taste

DIRECTIONS [1] Add the cannellini beans and the pureed cannellini beans to the vegetable stock and bring to a simmer. [2] Add the cooked and crumbled sausage, the blanched spinach, salt and pepper. [3] Simmer for about 20 minutes. Before serving, stir in the Parmigiano and parsley.



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NICOLE GARDNER

FOUNDER & CEO, THE G-FREE SPOT

#### **COOKING TIP**

Set out all of your ingredients before you get started and don't be afraid to add, delete or substitute items you may like or have in your kitchen.

#### WHAT DO YOU LOVE MOST ABOUT COOKING?

Cooking is relaxing and a creative outlet that yields yummy results.

#### **FAVORITE COOKING TOOLS**

My knife and my large saute pan. They're useful in so many practical ways and are the staple in every meal we make.

#### **BEST PIECE OF COOKING ADVICE YOU'VE GOTTEN?**

Be creative! Cooking is my art. Baking is my science.



### Breakfast Bake

#### **INGREDIENTS (9 servings)**

5 eggs

1/2 cup milk (or heavy cream or half and half) 1/2 cup spinach (frozen, thawed and drained or fresh) 2 slices bacon, chopped 1/2 cup mozzarella, shredded 1 cup bread pieces, cubed

DIRECTIONS [1] On stovetop, cook bacon and spinach in a small pat of butter together until soft. [2] Scramble eggs and milk. Add bacon and spinach mixture, cheese, and bread to eggs and mix gently until bread is moist. [3] Line an 8-by-8 pan with parchment paper and fill with mix. Bake at 350 degrees for 30 minutes until a toothpick comes out clean. [4] Cool slightly, cut and serve.

**Pro tip:** This is a perfect make-ahead option for an easy morning breakfast. Simply refrigerate up to two days, reheat in the microwave and serve.



#### NOT TOO CRABBY

Alexander's crab soup is perfect for the cooler weather. As a note, this recipe has been converted from a large batch recipe, so not all of the base may be necessary in accordance with the 2 quarts of milk.

#### **ALEXANDER'S**

Lowcountry Crab Soup

1 cup carrot, large dice

1 cup celery, medium dice

1 cup yellow onion, medium dice

1 pound crab base

2 tablespoons clam base

1/4 pound unsalted butter, cubed

1 auart sherry

1 tablespoon Frank's Hot Sauce

1 tablespoon lemon juice

2 tablespoons Paul Prudhomme blackening seasoning

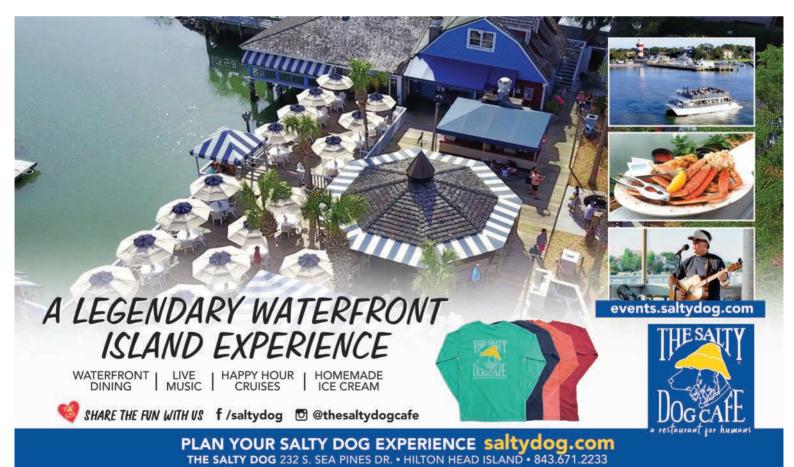
2 cups all purpose flour

2 quarts heavy cream

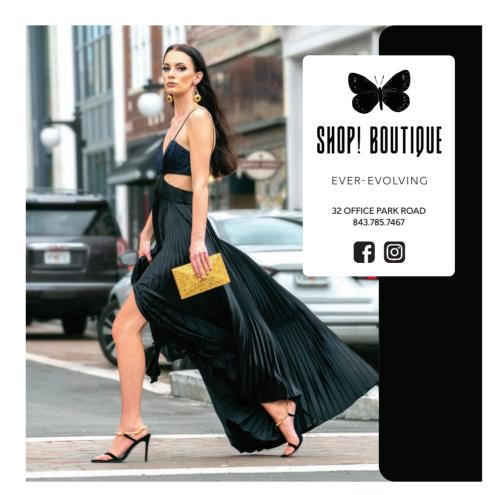
2 auarts whole milk

Salt and pepper, to taste

DIRECTIONS [1] In a large sauce pot over medium-high heat, add butter. Once melted, add carrot, celery, and onion. Cook until carrots are cooked through. [2] Stir in the base, Paul Prudhomme, hot sauce, sherry, and lemon juice. Cook for an additional 5 minutes. [3] With stick blender, process the mixture until well incorporated, leaving tiny bits of carrot. Next, whisk in flour until well incorporated. Set aside. [4] In a large sauce pot, add heavy cream and whole milk. Over medium-high heat, bring the liquid to a boil. [5] Once dairy has come to a boil, quickly remove from heat and whisk in the crab soup "base". [6] Return to stove on low heat and whisk frequently to prevent burning. Once soup has thickened, season to taste with salt, pepper, sherry, and lemon.









#### LENNY GIARRATANO

EXECUTIVE CHEF, MOSS CREEK

#### **COOKING TIP**

Let large proteins rest after cooking. Legitimate rest makes a difference. People often brag about their 18-pound turkey or large holiday rib roast, but then they proceed to carve it just moments after it leaves the oven. I recommend resting large rib roasts or turkeys as long as one full hour before carving. Kept away from drafts or cool air; they will still be plenty hot inside.

#### **FAVORITE FARMS**

Small traditional farming and indoor "micro" growing has really taken off over the last few years, which is great. Rather than name-drop a trendy new farm, however, I'd prefer to salute a very quiet and humble Bluffton legend, Howell "Jiggs" Goethe. Mr. Goethe is 93 and still lives on the Bluffton property where he was born. He taught this "darn-Yankee" how to farm in the South and educated me on truly local preferences, such as using red field peas in Hoppin' John instead of the ubiquitous black-eyed pea.

#### WHAT DO YOU LOVE MOST ABOUT COOKING?

The ability to gather groups of people, sometimes large groups, to enjoy nothing more than the experience of the meal and each other's company. This is what makes professional chefs and home cooks alike wake up early and peel potatoes with a smile.

#### **FAVORITE COOKING TOOL**

A Weber kettle charcoal grill. I can do almost anything on one of those. Grill, of course, but also true low n' slow barbecue, "air-fried" crispy wings, and reverse-sear technique for larger cuts. I stand by my assertion that reverse sear is better than sous vide for steaks.

#### **BEST PIECE OF COOKING ADVICE YOU'VE GOTTEN?**

Leave yourself more time than you think you'll need.



Reverse-seared tomahawk ribeye with caramelized shallot-vermouth butter and "one stir" cast iron sweet potatoes

#### **INGREDIENTS (potatoes)**

4-5 each medium sweet potatoes cut into 1/8ths

4 tablespoons pure (not virgin) olive oil

4 teaspoons coarse kosher salt

1 teaspoon coarse black pepper

1 medium onion, julienned

Large seasoned cast iron skillet and convection/fan oven preferred

DIRECTIONS [1] Pre-heat convection oven to 350 degrees with iron skillet in the oven, empty. [2] Combine all ingredients in a mixing bowl to evenly distribute seasoning. [3] Promptly add potato mixture to the hot skillet and spread out evenly. [4] Bake 25 minutes. [5] Stir well using a metal spatula. [6] Bake 25 more minutes, and serve hot.

#### **INGREDIENTS** (shallot butter)

1/2 pound unsalted butter
3-4 shallots, peeled and sliced thin
2 teaspoons coarse kosher salt
1 teaspoon coarse black pepper
4 tablespoons finely chopped fresh chives
1 teaspoon Worcestershire sauce
3 tablespoons dry vermouth

DIRECTIONS [1] Rest butter for three hours to room temperature. [2] Caramelize shallots in a small non-stick pan, set aside to cool. [3] Place all ingredients in a stand mixer with the paddle attachment and whip until fluffy and light. Set aside until needed.

#### **INGREDIENTS** (ribeye)

Bone-in tomahawk ribeye, 2-2 1/2 pounds Enough coarse kosher salt and coarse black pepper to liberally coat the steak Any two-zone grill (gas grills can be used, but the flavor achieved by using charcoal and hardwood are unparalleled)

#### **RECOMMENDED**

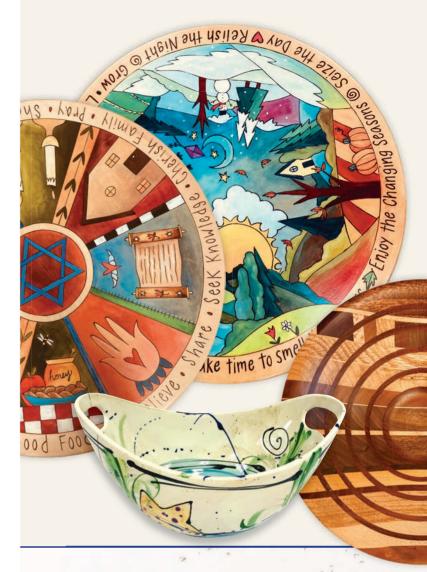
A bluetooth thermometer with at least two stations.

Charcoal starter chimney, charcoal and natural charcoal starters (no fluid).

A chuck or two of hardwood of your choice. I generally use hickory or oak for beef.

DIRECTIONS [1] Bring steak out to room temperature two hours before cooking.

[2] Place about 10-12 briquettes in the starter chimney and light until just about ashed-over, 10-15 minutes. [3] Bank hot coals on one side of grill with wood touching the hot coals to produce smoke. [4] Close grill and adjust airflow until temperature settles between 250-300 degrees. [5] Liberally season steak with salt and pepper and then place steak(s) on opposite side of grill from the coals and cook indirect until it reaches an internal temperature of about 100 degrees. This could take 30-45 minutes. [6] Light another 3/4 chimney of coals and add to the bank. By the time they are lit, about 15 minutes, the steak should be approaching 115 degrees. [7] Move steak(s) over direct heat to sear, about two to three minutes on each side. [8] Remove from grill and immediately smear with shallot butter. [9] Rest 10 minutes and then add another dollop of butter on top of steak to slowly melt down for the remainder of the rest period, about 20 more minutes. Slice and serve!





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#### IOSH CASTILLO

EXECUTIVE CHEF, CHARLIE'S L'ETOILE VERTE

#### WHAT DO YOU LOVE MOST **ABOUT COOKING?**

The thrill of not knowing what I might be inspired to create that may leave a lasting impression on our guests.

#### **FAVORITE COOKING TOOL**

French Mandolin is one of the most versatile and dangerous tools in a kitchen. You can cut the thinnest peach or potato (or most any vegetable) for different plate preparedness. Just be careful with your hands!

#### **BEST PIECE OF COOKING ADVICE YOU'VE GOTTEN?**

Today's preparation is tomorrow's performance. No matter how good your dish is, there will always be someone who doesn't like it.





#### SAUTÉED TO PERFECTION

Charlie's flounder dish is swimmingly delicious. It's best served with potatoes au gratin and some fresh vegetables.

#### CHARLIE'S L'ETOILE VERTE

Flounder Sautéed Meuniere

#### **INGREDIENTS**

4 filets flounder

2 cups flour

4 eggs

1/4 cup blended olive oil 1/2 stick butter

1 cup white wine

4 tablespoons freshly squeezed lemon juice

Salt and pepper, to taste

**DIRECTIONS** [1] In a rectangular plastic container, lightly flour filets by gently pressing them to the flour. Make sure that both sides of the flounder are covered, and then shake off any excess. [2] In another container, whip the eggs slightly. Then, dip the floured filets in the egg. [3] Warm the oil in a large saute pan. When the oil begins to pop, carefully place filets of flounder in the pan. [4] After both sides of filets have become golden brown, pour off any excess oil left in the pan. [5] Return pan to heat. Add butter, lemon, and white wine. Let simmer for a couple minutes until the sauce has thickened slightly in bottom of pan. [6] Serve immediately with your favorite sides.

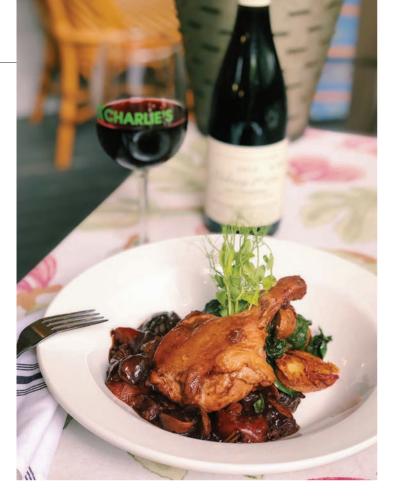




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#### EAT MORE CHICKEN

If you're into chicken thighs, consider this French favorite from the good folks at Charlie's L'Etoile Verte. Cog au vin might sound fancy, but it is really just a simple, great-tasting chicken dish that anyone can master.

#### CHARLIE'S L'ETOILE VERTE Chicken Cog au vin

#### **INGREDIENTS**

2 tablespoons extra virgin olive oil 7 ounces pancetta, small dice 2 large carrots 1/2 bunch celery, large batons 1 medium onion, diced 6 chicken thiahs 1/4 ounce thyme sprigs 10 large mushrooms, halved 2 cups red wine 4 garlic cloves, sliced 4 cups chicken stock Salt and pepper, to taste 2 tablespoons cornstarch (mix with water)

DIRECTIONS [1] Preheat oven to 350 degrees. Start with a Dutch oven over medium heat with extra virgin olive oil. Cook pancetta until golden brown, 8-12 minutes. [2] Once the pancetta is cooked, pull out of the pot and set aside. [3] Now salt and pepper the chicken thighs and start to sear them, skin side down. Cook for 5-8 minutes on each side. Set chicken to the side. [4] Take out 1/3 of the oil in the pot and add vegetables along with herbs. Sauté until vegetables start to brown and tenderize about 6-10 minutes. [5] Add wine and deglaze the pot. Cook for 2 minutes then add chicken stock and chicken. Bring to a boil and cover the pot, place in oven 45-60 minutes. [6] Using tongs, remove chicken from the pot. Place pot back on stove and bring back to a boil over medium-high heat. [7] Add cornstarch slurry and simmer for 8-10 minutes or until the mixture has thickened. [7] Add chicken back to pot to warm. Serve.

3 tablespoons water



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#### PASCAL VIGNAU

CULINARY SERVICES DIRECTOR, VINEYARD BLUFFTON

#### **COOKING TIPS**

A good cast-iron pan is always best. Low maintenance and easy to clean. Do not boil vegetables. Roasting them results in the best flavor. Cut root or hard vegetables the same size, and soften using olive oil at medium-high heat.

#### **FAVORITE FARMS**

The Farmers Market of Bluffton has the best.

#### WHAT DO YOU LOVE MOST ABOUT COOKING?

Changing direction, making challenging menus and discovering new ways to create a dish. Cooking is never boring.

#### **FAVORITE COOKING TOOL**

A 12-inch French knife with a great balance. It doesn't have to be an expensive one. It's all about the operator.

#### **BEST PIECE OF COOKING ADVICE YOU'VE GOTTEN?**

We all have good and bad days. Stay dedicated.



#### HOORAY FOR FLAMBÉ

Chef Vignau whips up a mean flambé. Try your take on his recipe with bacon, onion, sour cream and more.

#### **VINEYARD BLUFFTON**

Tarte Flambé

#### **INGREDIENTS**

1 5-ounce ball prepared pizza dough
5 ounces thick-cut smokey bacon, cut 1 inch wide
1/2 medium red onion, cut pole to pole and sliced the same way
2 ounces cream cheese
2 ounces sour cream
1 pinch ground nutmeg
1 pinch ground black pepper

DIRECTIONS [1] In a large cast iron skillet over medium heat, place bacon and cook to almost crisp. Remove onto paper towel to dry. [2] Add onion to the skillet with bacon fat and cook until soft. Remove with bacon and discard remaining fat. Dry the skillet with paper towel, leaving a nice coating of bacon fat. [3] Preheat oven to 450 degrees. [4] Mix the cream cheese and sour cream. Add the nutmeg and pepper. [5] Roll dough very thin and place in cast iron skillet. Roll to edge if necessary. [6] Spread mixture with bottom of a spoon to make sure the dough doesn't tear. [7] Sprinkle the bacon and onion and place in the oven for 7 to 10 minutes. If not crisp enough, turn the oven to broil and finish to desired doneness. Remove and serve.



#### FARRO-OUT, MAN!

Chef Nunzio Patruno from Nunzio **Restaurant + Bar** shares his grilled octopus recipe that's got some Spanish flare to it.

#### **NUNZIO RESTAURANT + BAR**

Grilled Spanish Octopus and Farro & Baby Arugula

#### **INGREDIENTS (Serves 6)**

1 medium octopus, 4-5 pounds 1 cup farro grain 1 pound baby arugula Juice of two lemons 3 ounces extra virgin olive oil 1 tablespoon capers 1 dozen black olives, pitted 1 garlic clove, finely chopped 1 tablespoon flat or Italian parsley, chopped 1 bunch scallions, finely chopped 1/2 cup plum tomatoes, diced

**DIRECTIONS** [1] Cook octopus in boiling water for 45 minutes. Turn off heat and allow to cool for 15-20 minutes. Remove octopus from the pot and place on cutting board. Slice the tentacles diagonally and set aside. [2] Cook the farro grain in salted boiling water for one hour at medium heat. Once grain splits, strain and saute the farro in olive oil with scallions. Set aside. [3] To prepare octopus, season the tentacles with olive oil and grill on both sides until charred. Remove and place into a mixing bowl. [4] Add lemon juice, extra virgin olive oil, chopped garlic, black olives, capers, tomatoes, and parsley. Toss together and set aside. [5] Plate the dish by placing the farro on plate first, followed by the baby arugula and octopus on top. Finally, drizzle the dish with remaining juices and serve.









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#### ESPRESSO YOURSELF

These caffeine-filled brownies from Odd Birds Cafe will have you coming back for seconds.

#### **ODD BIRDS CAFE**

#### Odd Bird's Blackout Brownie

#### **INGREDIENTS**

2 1/2 sticks butter 2 tablespoons canola or vegetable oil 1 cup 70% dark chocolate, chopped 1/4 cup milk chocolate, chopped 1 tablespoon vanilla 1 cup AP flour 1/4 cup cornstarch

1/2 cup black cocoa powder or any Dutch process cocoa, sifted

> 2 1/4 teaspoons kosher salt 1 tablespoon espresso powder 6 eggs, cold 2 cups granulated sugar 1/2 cup dark brown sugar

**DIRECTIONS** [1] Preheat oven to 350 degrees. Spray a 9x13 inch baking pan and line with parchment paper, leaving overhang on the sides. [2] Melt chocolate, butter, and oil together in medium saucepan or double boiler over medium-low heat. Once combined, remove from heat and stir in vanilla. Set aside to cool slightly. [3] Whisk together flour, cornstarch, cocoa powder, salt, and espresso powder. Set aside. [4] In a mixer with paddle attachment, beat eggs and sugars together on high until fluffy, 1-2 minutes. [5] On low, pour in chocolate mixture. Slowly mix in dry ingredients until just combined. [6] Pour into prepared pan and bake for 25-30 minutes. Let cool in pan. Slice and enjoy!



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#### **COOKING TIP**

Clean as you go.

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## WHAT DO YOU LOVE MOST ABOUT COOKING?

The smiles on people's faces when they taste our creations made with the freshest ingredients.

#### **FAVORITE COOKING TOOL**

Super-sharp knife. Definitely.

### BEST PIECE OF COOKING ADVICE YOU'VE GOTTEN?

Proper food preparation.



## Pico De Gallo

#### **INGREDIENTS**

Fresh tomatoes Sprinkle of **cilantro** Onions, freshly chopped Jalapeños, to taste Lime juice Pinch of sea salt

DIRECTIONS Mix all ingredients and enjoy. Eat with pita bread, add to burritos, top nachos, add to quesadillas — there is no limit to the many ways you can use it to add flavor to meals.

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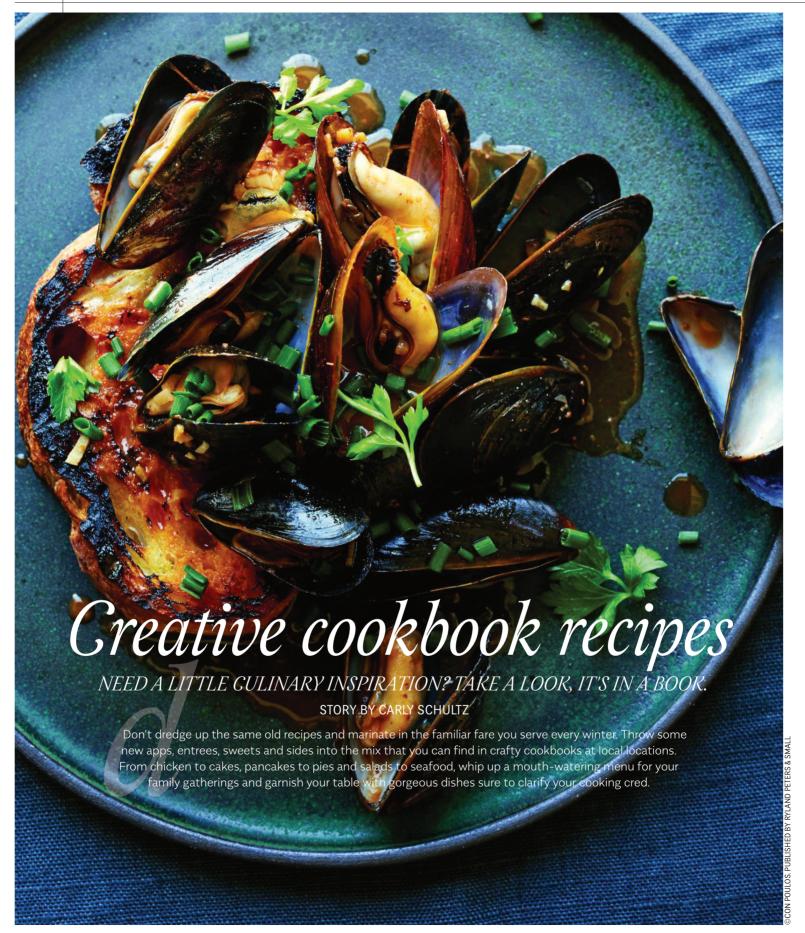
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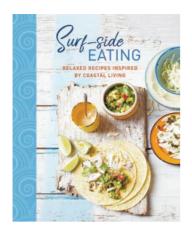
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#### DON'T MOVE A MUSSEL

Mastering seafood dishes can be a Hilton Head hurdle, except when 
"Surf-Side Eating: Relaxed Recipes Inspired by Coastal Living" is sitting on your kitchen countertop. These recipes, curated by the expert food and drink editors at Ryland Peters & Small, walk you through easy, breezy break-of-dawn breakfasts to late-night desserts and help you prepare seafood staples like this mussel dish by Laura Santi, who adds a healthy kick of sake to the mix.

## Sake Mussels

#### **INGREDIENTS**

2 pounds, 3 ounces cultivated **mussels**, rinsed & scrubbed
1 cup sake
2 tablespoons umami paste
4 teaspoons finely chopped garlic
4 teaspoons finely chopped fresh ginger

4 teaspoons finely chopped fresh ginger 2 large, ripe tomatoes Fresh fat-leaf parsley and chives, chopped, to serve

DIRECTIONS [1] Make sure the mussels are clean and any tendrils ('beards') are removed from the sides of the shells. Discard any that are open or open when tapped. [2] Mix the sake with the umami paste, garlic and ginger in a small bowl. Place a large saucepan with a tight-fitting lid over high heat. When hot, add the mussels, sake mixture and tomatoes and cover tightly with the lid. Steam for 3–4 minutes. [3] When the mussels are cooked, the shells should have opened. Discard any mussels that are still closed. [4] Place the mussels and sauce in a serving bowl and scatter with parsley and chives.





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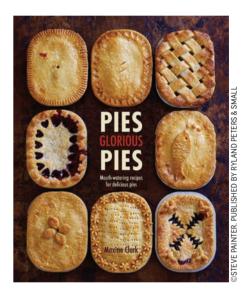


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#### PIE IN THE SKY

For divine pies that taste like they were sent from heaven, try a recipe from "Pies, **Glorious Pies: Brilliant Recipes for Mouth-**Wateringly Tasty Pies," by Maxine Clark. Master your pastry-making skills creating sweet and savory selections including this pecan pie with a secret not in its sauce, but in its filling with a beloved whiskey addition. Be careful not to overcook this piece of paradise.



#### American Pie Grust

#### **INGREDIENTS**

3 cups all-purpose flour A good pinch of salt 1 cup plus 2 tablespoons shortening, chilled and diced 1 egg, beaten 1 tablespoon white wine vinegar 4 tablespoons ice-cold water

**DIRECTIONS** [1] Sift the flour and salt into a large mixing bowl and cut in the fat with two round-bladed knives until thoroughly combined (you can also do this in a food processor). [2] In a separate bowl, mix together the beaten egg, vinegar and water. Pour this wet mixture into the dry mixture and cut it in with the knives again. [3] Tip out onto a lightly floured surface and knead lightly until smooth (or knead it in the bowl), then shape into a flattened ball. Wrap in plastic wrap and chill for at least 30 minutes before rolling out and using in the recipe.

**PRO TIP:** The uncooked dough can be frozen in flattened balls, ready to thaw and roll out as required.



#### Jack D's Pecan Pie

#### **INGREDIENTS**

1/2 quantity American Pie Crust
2 3/4 cups **pecan** nut halves
4 large eggs
1 1/4 cups black treacle or molasses
4 tablespoons butter, melted
4 tablespoons Jack Daniel's whiskey
2 tablespoons plain/ all-purpose flour
1/2 teaspoon ground nutmeg
1/4 teaspoon salt

DIRECTIONS [1] Heat oven to 400 degrees. Roll out the pastry on a lightly floured surface and use it to line the pie plate, then chill for 30 minutes. Prick the base all over with a fork, then line with baking parchment or kitchen foil and baking beans and bake in the preheated oven for 15 minutes. [2] Remove the foil and beans and return to the oven for a further 10 minutes to dry out the pastry. Leave to cool. [3] Reduce the oven temperature to 350 degrees. Chop half the pecan halves finely, reserving the remaining half for decoration. [4] In a large mixing bowl, whisk the eggs lightly until pale and frothy. Whisk in the treacle or molasses, melted butter and whiskey. Stir in the flour, nutmeg and salt. [5] Scatter the chopped nuts evenly over the pastry base, then pour in the treacle mix and level the surface. [6] Arrange the remaining pecan halves over the surface of the pie in concentric circles, starting at the center and working outwards. [7] Set the pie on a baking sheet and bake in the preheated oven for 35–45 minutes or until the pastry is golden and the filling is just set in the middle. Cool for up to 15 minutes before serving as the filling will be very hot. Serve warm or at room temperature.





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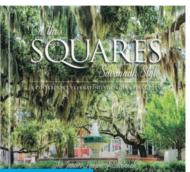


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#### BERRY DELIGIOUS

Our Georgian neighbors with the Junior League of Savannah baked in some history about their city's 24 picturesque squares amidst 140 scrumptious recipes in "On the Squares, Savannah Style: A Cookbook Celebrating Georgia's First City." The 176-page culinary colossus showcases modern Southern cuisine dishes, cooking tips and beverage and condiment suggestions. Founded in 1926 the Junior League of Savannah champions volunteerism, leadership and superlative baked goods, including this delicious cake made with a sprinkle of pink and a dash of fruity essence.





#### ON THE SQUARES, SAVANNAH STYLE

#### Palmetto Pink Cake

#### **INGREDIENTS**

1 cup chopped strawberries 2 cups, plus 1 teaspoon sugar Pinch of salt 2 sticks unsalted butter, softened 4 eggs 1 cup buttermilk 2 teaspoons vanilla extract 2 1/2 cups all-purpose flour 1 teaspoon baking soda 1 teaspoon baking powder

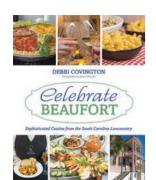
**DIRECTIONS** [1] Combine the strawberries, 1 teaspoon of sugar and a pinch of salt in a bowl and let stand for a few minutes until the strawberries release their juice. [2] Heat the oven to 350°, then grease and flour two 9-inch round cake pans, tapping out the excess flour. Beat the butter in a mixer on medium-low speed. [3] Add the remaining 2 cups of sugar, gradually increasing the speed to medium-high and scrape down the sides of the bowl. [4] Beat in the eggs one at a time, then add the buttermilk and vanilla and mix just until combined. [5] Drain and reserve the liquid from the strawberries to use in the strawberry buttercream frosting. Gently fold the strawberries into the batter, then divide the batter between the cake pans. [6] Bake for 25 minutes, or until the cakes test done, then cool in the pans for about 10 minutes. Cool completely before frosting between the layers, over the top and sides of the cake.

#### Strawberry Buttercream Frosting

#### **INGREDIENTS**

2 sticks unsalted butter, softened 1 teaspoon vanilla extract Pinch of salt 4 cups confectioners' sugar Strawberry juice reserved from cake recipe Red food coloring (optional) Milk, as needed

**DIRECTIONS** [1] Beat the butter in a stand mixer until light and fluffy. Add vanilla and beat well, then add a pinch of salt. [2] Add the confectioners' sugar, 1 cup at a time, beating well after each addition. The consistency will become very thick. [3] Add enough strawberry juice to thin and flavor the frosting. Add a drop or two of food coloring, if desired. [4] If the icing is still too thick, beat in milk, 1 tablespoon at a time, until the desired consistency is reached.







#### LETTUGE EAT

Beaufort local Debbi Covington serves up 148 recipes in "Celebrate Beaufort" that gives an inside look into her award-winning catering standouts cultivated specifically for her Lowcountry clientele. With a combination of natural ingredients and simple preparation, enjoy a rewarding culinary experience by dressing up your mixed greens via this refreshing Jean Ribault Salad recipe, along with a coveted red wine vinaigrette.

#### **CELEBRATE BEAUFORT**

Jean Ribault Salad

#### **INGREDIENTS** (vinaigrette)

1/4 cup red wine vinegar 1 tablespoon **Dijon mustard** 1 teaspoon sugar 1/3 cup extra-virgin olive oil Salt and pepper, to taste

#### **INGREDIENTS** (salad)

6 cups mixed salad greens

1 small bunch red seedless grapes, halved

1 medium red delicious apple, cut into cubes

1 (4-ounce) packaged salami, cut into thin strips

1 (8-ounce) container goat cheese crumbles

1/3 cup roughly chopped walnuts, toasted

**DIRECTIONS** [1] Whisk the vinegar, mustard, sugar and olive oil together in a small bowl and season with salt and pepper. [2] Place mixed greens in a large bowl and toss lightly, to taste, with red wine vinaigrette. [3] Top with grape halves, apple cubes, salami and goat cheese and garnish with toasted walnuts.

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#### ....

#### ELEVATED PANGAKES

Chef Carol Hilker's recipe for Buttermilk Blini Pancakes in "Lazy Day Brunches: Relaxed Recipes for the Morning" can be served for breakfast, lunch or dinner when you add smoked salmon and a dollop of horseradish cream on top. Just one of this cookbook's 65 recipes, these blinis will take your brunch to a whole new level and bedazzle your table, family, neighbors and friends.







#### **LAZY DAY BRUNCHES**

## Buttermilk Blini Pancakes with Salmon & Horseradish Gream

#### **INGREDIENTS**

1 1/3 cups self-rising flour, sifted
1 teaspoon baking powder
2 eggs, separated
2/3 cup buttermilk
2 teaspoons granulated sugar
1 tablespoon finely snipped chives, plus extra for sprinkling
1/3 cup milk
1 cup crème fraîche
1 heaping tablespoon creamed horseradish
1–2 tablespoons butter, for frying
Salt and freshly ground black pepper

**DIRECTIONS** [1] To make the pancake batter, put the flour, baking powder, egg yolks, buttermilk, sugar and chives in a large mixing bowl and whisk together. Season well with salt and pepper, then gradually add the milk until the batter is smooth and pourable. [2] In a separate bowl, whisk the egg whites to stiff peaks. Gently fold the whisked egg whites into the batter mixture using a spatula. Cover the bowl and put in the fridge to rest for 30 minutes. For the horseradish cream, whisk together the crème fraîche and horseradish in a small bowl and season with salt and pepper. [3] When you are ready to serve, remove the batter mixture from the fridge and stir once. Put a little butter in a large frying pan/ skillet set over a medium heat. Allow the butter to melt and coat the base of the pan, then ladle small amounts of the rested batter into the pan, leaving a little space between each. Cook until the underside of each pancake is golden brown and a few bubbles start to appear on the top - this will take about 2-3 minutes. Turn the pancake over using a spatula and cook on the other side until golden brown. [4] Serve the pancakes warm, topped with slices of smoked salmon, a generous spoon of the horseradish cream and a wedge of lemon to squeeze over the top. Sprinkle with extra-snipped chives.

#### CHICKEN PIE, HOLD THE PASTRY

For quick and easy recipes, "Sharing Food with Friends: Casual Dining Ideas and Inspiring Recipes for Platters, Boards and Small Bites" by Kathy Kordalis fits the bill of fare – especially this non-pastry chicken pie recipe sure to satisfy the pickiest of eaters and those searching for gluten-free options. It's simple to make, but packs a punch in its presentation.

©MOWIE KAY. PUBLISHED BY RYLAND PETERS & SMALL





#### Chicken Pie topped with Potato & Thyme Crust

#### **INGREDIENTS** (pie)

4 teaspoons butter
1 tablespoon flavorless oil
2 **leeks**, cleaned and thinly sliced
1 carrot, finely chopped
2 celery stalks, finely chopped
3 garlic cloves, crushed
4 sprigs of thyme, leaves picked and chopped
1½ pounds boneless chicken thighs, cut into chunks

1 /2 pounds boneless chicken thighs, cut into chunks
2 tablespoons plain/ all-purpose flour (gluten-free if desired)
1 cup white wine
1 cup chicken stock

1 bay leaf
1 teaspoon whole-grain mustard
1 teaspoon Dijon mustard
2 tablespoons double/ heavy cream
Freshly grated nutmeg
Sea salt

#### **INGREDIENTS (topping)**

2 pounds, 3 ounces small Desirée potatoes, thinly sliced 2 tablespoons butter, melted 8 sprigs of thyme, leaves picked Sea salt and freshly ground black pepper

**DIRECTIONS** [1] Heat the butter and oil in a heavy-based pan, add the leeks, carrot, celery, garlic and thyme and cook for 2 minutes until starting to soften. [2] Add the chicken and cook gently without coloring for up to 10 minutes. Stir in the flour and cook for 1 minute. [3] Pour in the wine and stir continuously, making sure the wine reduces and the sauce thickens. [4] Pour in the chicken stock one-third at a time, stirring continuously and making sure the sauce is thick and smooth before adding the next batch. [5] Add the bay leaf, cover the pan and cook gently for 1 hour. Stir in the mustards, cream and freshly grated nutmeg to taste. Add salt if needed. [6] Heat the oven to 350 degrees. Meanwhile, bring a large pot of water to the boil, add the thinly sliced potatoes and boil for 12 minutes, remove from heat and drain well. Spread them out in a layer to allow the excess water to evaporate. [7] Place the chicken mixture into a pie dish (91/2 inches in diameter) and carefully lay the potatoes on top of the filling, overlapping them slightly, like a pie top. [8] Brush the potatoes with a little melted butter, season with salt and pepper and top with the thyme. Cook in the preheated oven for about 50 minutes until cooked and golden brown.



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## Where roots run deep, flavor finds a home

CHEF AND FARMER MATTHEW RAIFORD BUILDS ON A RICH FAMILY HISTORY IN HIS BOOK BRESS 'N' NYAM: GULLAH GEEGHEE REGIPES FROM A SIXTH-GENERATION FARMER.

#### STORY BY DAISY DOW PHOTOGRAPHY BY PAPRIKA SOUTHERN

"Do what you know." It's a quintessential piece of advice to anyone looking to start a new project or embark on a journey to reconnect with themselves. For self-described CheFarmer (chef and farmer) Matthew Raiford, looking back on his own history inspired a mission to capture a collection of Gullah Geechee recipes. As homage to his family's history,

Gullah Geechee culture and the fertile land on which both were established, Raiford's book compiles a list of recipes that incorporate produce from the Carolinas, Georgia and Florida. Bress 'n' Nyam: Gullah Geechee Recipes from a Sixth-Generation Farmer takes inspiration from Raiford's professional endeavors around the United States, but is grounded in the rich culinary tradition of his ancestors. CheFarmer Raiford brought his expertise back to the South, and he is set to be a part of the Hilton Head Island Seafood Festival in February as a Celebrity Chef in the Master Class Series. Before you have the chance to sink your teeth into his food in 2022, get to know the man behind the apron and hear more about how his book came to life.



Hosted by the David M. Carmines Memorial Foundation, the Hilton Head Island Seafood Festival is a celebration of the Lowcountry's fishing roots and culinary heritage. Get a taste of the South from the region's finest pitmasters, chefs and mixologists. Join Chef Matthew Raiford and other celebrity chefs and pitmasters at events throughout the week. hiltonheadseafoodfestival.com.



## From humble beginnings to celebrity chef status

Raiford and his sister grew up in the coastal Georgia region where they learned about local farming and how its spoils contributed to Gullah Geechee cooking. Raiford joined the military for a few years before successfully completing a degree from the Culinary Institute of America in New York. Since then, he went on to receive an ecological horticulturist certification from the University of California. Ecological horticulture is a study of how cultivating plants can benefit and sustain local ecosystems. Eventually Raiford was drawn home to take on the operation of a family farm back in Georgia.

While in the area, he has served as the program coordinator and as an associate professor of culinary arts at the College of Coastal Georgia. Raiford opened a restaurant in the historic downtown region of Brunswick called The Farmer and the Larder where his culinary creations took center stage. The space has now become a hands-on cooking space and smallevents venue where Raiford leads classes and shares his love of his ingredients.

Looking back on how he ended up in the same town in which he began, Raiford credits his family's heritage and a connection to their farm. "The stewardship of our land that has been overseen by us for over 150 years is what brought me back home. I have cooked in every country and state I have lived in and have always seen similarities in the foods and their convergence on the plate. Traveling has truly expanded my palate!"



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#### Staying grounded

To say this chef's work is close to home is an understatement. Since 2011 Raiford has run an organic farm in Brunswick, Ga., with his sister, Althea Raiford. This sibling duo is the sixth generation in their family to operate this farm since it was founded in 1874 by their great-great-great grandfather, Jupiter Gilliard. One of the goals of the farm is to cultivate affordable and fresh food for people in the local community. The rural setting of Brunswick makes it a great place to run a farm, but the Raiford siblings make an effort to turn their produce into something that does good for others. Gilliard Farms is a part of Georgia Organics, SAAFON (SouthEastern African Americans Farms Organic Network) and Farms to Grow.

Being able to produce organic and clean food for their neighbors, the Raifords have had the chance to see the impact of their work in the lives of those around them. The experience of working his family's land day in and out has greatly influenced Matthew Raiford's philosophies on both cooking and living.

"Farming is life-long learning. The moment you have everything dialed in, Mother Nature gives a roaring laugh and teaches you how to be resilient and learn something new," Raiford writes. Whether a harvest does not come out as planned or the weather takes a sharp turn, nature always has the last laugh. Surely, those who work on the sea will agree with this as well.



**SIMPLE AND SOULFUL** In his cookbook, Bress 'n' Nyam: Gullah Geechee Recipes from a Sixth-Generation Farmer, author Matthew Raiford pays homage to this cuisine that nurtured his family for seven generations.



#### Speaking of seafood ...

The Gullah Geechee cuisine in Raiford's book covers recipes that range from buttermilk biscuits and sweet potato pie to salmon cakes and Gullah fish stew. The recipes find sources from both land and sea but share in a common history and connection to place. Raiford gushes that he has always "seen the seafood along the Atlantic Coast as being the best tasting seafood with an amazing amount of salinity especially in our oysters."

Before he heads up to Hilton Head in the winter for the annual Seafood Festival, CheFarmer Raiford shares a few seasoned words of wisdom when it comes to preparing seafood that has been freshly harvested in the area. "Seafood is delicate and does not need to be overly seasoned or over-cooked. Never be in a rush. Don't forget to cook with your heart, and let it come through your hands!"

Whether you are ready to get your shrimp on in February or want to try some of Raiford's recipes with your own family, take a look for Bress 'n' Nyam: Gullah Geechee Recipes from a Sixth-Generation Farmer on Amazon or at Barnes & Noble. LL



Chef Matthew Raiford's kitchen essentials for cooking seafood

Cast iron skillet
Fish spatula
Smoked paprika
Sea salt
Cracked black pepper
Thyme
Lemongrass
Cilantro



# Life's like a box of chocolates ... you never know what you're gonna cook next.



THE GREATIVE CANVAS THAT IS CHOCOLATE, PLUS A FEW TIPS FROM LOCAL CHOCOLATIERS.

STORY BY DAISY DOW

We all have our back-of-the-pantry sweets we simply can't live without. Chocolate may be yours lurking in the deep corners of your kitchen, tempting your sweet tooth every time you lay your eyes on it. This tasty treasure comes in various shapes, styles and flavors, some of which might surprise you. As they are often decorated by skilled chocolatiers, handcrafted chocolates prove that not all art is displayed in museums. Devour some of Hilton Head's finest chocolate and get some tips on how to make your own.

Resident chocolatiers on Hilton Head have shaped the Lowcountry's love affair with chocolate with unique designs and bold flavors. Nancy Paris is the Chief Chocolate Maker at Chocolate Canopy on New Orleans Road, and Max Wilhoit is the general manager of Kilwins Hilton Head Shelter Cove. If you are looking to answer your taste buds' prayers, both of these stops are sure to have something you will love.

Since it opened on the island in 1982, Chocolate Canopy has been crafting sweet treats and show-stopping centerpieces that pair delectable ingredients with dexterous design. Between their signature chocolate alligators and their seasonal favorites like the solid chocolate Thanksgiving turkeys or Christmas sleighs, Chocolate Canopy values creating consistently tasty treats





#### FINDING FLAVOR

The seeds of the cacao tree have an intense bitter taste and must be fermented to develop the desired flavor. After fermentation, the beans are dried, cleaned and roasted. The shell is removed to produce cocoa nibs, which are then ground to cocoa mass, unadulterated chocolate in rough form

while taking advantage of the creative liberty of their medium. Paris explained how Chocolate Canopy places an emphasis on sourcing ingredients that enhance their chocolates.

"The base for all of our chocolate items is sourced from the Ivory Coast. We work with one of the major suppliers of cocoa who is committed to sustainability and improving the lives of cocoa farmers and their communities. We flavor our chocolates with a combination of oils, sugars and spices depending on the flavor profile."

Like Chocolate Canopy, Kilwins Hilton Head Shelter Cove also sources its ingredients from regions across West Africa. Since the store opened in 2015, it has shared chocolate confections, caramels and hand-paddled fudges that have been made with certified USDA organic and Fair Trade ingredients. The chocolate-making process at Kilwins happens entirely within the company and gives the artisans in the Shelter Cove store an opportunity to add their own style to their products.

"The chocolate is made in house by Kilwins, and they mold it themselves in Michigan. I use it to dip, coat and decorate various items in the store myself," Wilhoit writes. Choosing a pick-meup from Kilwins or Chocolate Canopy means you are savoring ingredients from all over the world.

Every piece of chocolate has been conched, fermented, flavored and tempered to make for the perfect bite. Paris and her coworkers temper Belgian-style chocolate at their shop and design their own molds. Their knack for culinary sculpting is particularly useful for the custom designs they create for events and weddings. Wilhoit and the team at Kilwins use dark, milk and white chocolates to create a wide variety of options so guests are sure to find something that suits their palate.

If all this chocolate talk has made you eager to take a dive into the creative world of chocolate-making, check out these tips from the experts so your culinary creations are the best they can be.

From years of experience, Wilhoit has some wise words to avoid ruining your batch. "When working with chocolate, you want to use a double boiler so that you don't expose the chocolate directly to the heat, which could cause it to burn very easily. You don't want to get any water in [the molten chocolate] because it will 'seize up'. Make sure you have it at the appropriate temperature to work with (86 degrees Fahrenheit for milk chocolate, 87 degrees Fahrenheit for dark chocolate, and 89 degrees Fahrenheit for white chocolate)."



"Salt works wonders for chocolate. It actually enhances the sweetness of the chocolate while changing its texture. It's also a huge favorite of our guests — sea salt caramels are our most popular item, and our Dark & Salty chocolate bars follow close behind. An unexpected combination that has piqued our guests' interest is Sriracha. "Firestarter" is our homage to all things hot and spicy and features a Sriracha chocolate blend with a Turbinado sugar coating." - Nancy Paris



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The staff have a genuine commitment to making WaterWalk as stress-free living as possible, and the joy they demonstrate in providing that is palpable." -Sonia, Modern

Message

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"My favorite pairings with chocolate are citrus flavors like lemon and orange, peanut butter, peppermint and coffee. My favorite unexpected combinations are bacon, rose (if you'd consider it unexpected), and Earl Grey." - Max Wilhoit

Paris suggests keeping it simple and focusing on decorating for your first few batches. "While we work with real chocolate at the shop, most people are familiar with the chocolate buttons available at traditional retail stores. They are much easier to work with since melts do not require tempering, but the taste of melts varies dramatically from real chocolate."

Chocolate is more than just a gooey substance to mold. In fact, its rich history has informed a wide variety of inventive flavor combinations. Ranging from fruit essences to nuts, to spices and beyond, unexpected flavor combinations can take your chocolate creation to the next level in taste.

Whether you are a professional chocolatier or just a passionate connoisseur, cooking with chocolate promises a little something for everyone. Discover new flavor combinations and find an artistic voice by molding, slathering and decorating your own creations. If you need some motivation before cracking into the art of chocolatiering, be sure to visit Chocolate Canopy and Kilwins Hilton Head Shelter Cove for some top-notch flavors and inspiring design. LL

#### Types of chocolate

Baking Chocolate: Perhaps the purest form of chocolate you might find on grocery store shelves, baking chocolate usually contains very little sugar. Its 100% cacao chocolate liquor retains the seed's bitter taste. Uses: Use it in baked goods like brownies, cakes, and frostings.

Semi-Sweet Chocolate: Also known as bittersweet or dark, this is a chocolate liquor that has been mixed with cacao butter and sweeteners. While many countries have differing criteria for what constitutes dark chocolate, the United States classifies



anything with over 35% chocolate liquor as such. Uses: Use it to make chocolate chipcookies and other baked goods. Melt up a batch and dip fruit, nuts, sweets and even bacon to make your favorite foods even tastier. This chocolate's flavor goes with mint, ginger, cardamom, jalapeño and Gouda cheese.

Ganache: Often used in truffles or to make a rich icing filling, ganache is a combination of heavy cream and chocolate. Balancing your ratio of cream to chocolate will affect whether your ganache is more pliable for decoration or more solid as a base. Uses: Use as filler in a cake, as a layer in a tiramisu, as a base for homemade truffles or to give a glossy top to your favorite cheesecake.

Milk Chocolate: A combination of cocoa, milk and sugar, this is the most common form of chocolate and a key feature in many candy bars. It tends to be sweet, smooth and easy to melt. Uses: Use it to flavor brownies, fill a pie or whip up a mousse. It goes well with caramel, honey, lavender, chai tea and coconut flavors.

White Chocolate: This kind of chocolate is made from cocoa butter, milk solids, sugar, and vanilla flavoring. As it does not contain cocoa powder, it lacks the distinct brown coloration of other chocolate products. This rich chocolate goes well with citrus fruits and berries. Uses: Use it to garnish desserts, to enhance the texture of cookies or to give a sweet and smooth kick to biscotti biscuits. It pairs well with citrus fruits and berries, brie, hazelnuts, wasabi and pink peppercorn flavors.



**SMOOTH MOVE** The uniform sheen and crisp bite of properly processed chocolate are the results of consistently small cocoa butter crystals produced by the tempering process.

#### Talk chocolate to me

**Learn the lingo** any chef needs to cook with chocolate

Cacao: A type of tropical evergreen tree that produces the beans we use to make chocolate products.

Cocoa: Name for the brown powder that is made from ground up, roasted cacao seeds.

Tempering: The process of heating and cooling chocolate in order to create a smooth and glossy finish.

Fermentation: Once the pulp-coated seeds are harvested from their pods, the seeds are placed in large boxes and covered with banana leaves. In this process, yeast, bacteria and other microorganisms work to break down the sugars in the seeds. These chemical breakdowns create heat, so a box might get to a temperature of up to 120 degrees Fahrenheit.

Conching: The process by which chocolate is heated and mixed with any other ingredients or flavorings. Ranging in length from a few hours to several days.

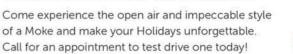
Winnowing: The process by which the outermost shell of the cacao bean is taken off and separates this husk from the nibs inside. Theobromine: Along with caffeine, theobromine is one of the bitter compounds that give chocolate its alkaloid taste. Excessive consumption can prompt headaches, increased sweating and uncontrollable shaking.

Chocolate Thermometer: As tempering chocolate relies on staying within a tight temperature range, accurate thermometers are essential tools for perfect chocolatiering. Some companies have gone so far as to create spatulas with built-in thermometers so you can get an even read on the whole batch's temperature. Viscosity: A measure of melted chocolate's ability to leave a thick coating when poured on another confection. Different types of chocolate have different thicknesses and material tendencies.





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# RESTAURANT news

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## Feel-good meal: Annual Community Thanksgiving Dinner

The Annual Community Thanksgiving Dinner will take place at Hudson's Seafood House on the Docks from 11 a.m. to 3 p.m. on November 25, Thanksgiving Day. The event is sponsored by St. Andrew By-The-Sea United Methodist Church and Hudson's Seafood House on the Docks. All are welcome to enjoy food, fellowship and entertainment. Donations are accepted and will benefit The Deep Well Project, Bluffton Self Help and Second Helpings. For more information, call 843-505-1370 or visit CommunityThanksgiving.com.

#### ORDER NOW -

#### Thanksgiving turkeys at Nantucket's

Nantucket's Meat & Fish Market in Bluffton is accepting preorders for Thanksgiving turkeys. The gourmet market is offering fresh Heritage Black Turkeys, raised on a small family farm in North Carolina. These tasty birds are free from antibiotics, artificial ingredients, hormones, steroids and animal byproducts and are air-chilled. They can be pre-ordered at the store's meat counter or over the phone (843-706-2500), but quantities are limited. The price is \$3.99 per pound.



#### Get the points: New SERG Rewards Loyalty Program

For their new rewards program, anytime you visit a SERG restaurant, points will be added to your account. Once you've reached 250 points, you will receive \$15 in rewards. Each dollar spent is a point earned. Once your account has been created, tell the waitstaff your name and number, and the points will automatically be added to your account. You can sign up by visiting serggroup.com/loyalty. You can also pick up a card at any SERG restaurant, fill it out and keep it with you.



Scan this QR code to find Thanksgiving menus available on November 25 at SERG Restaurant Group restaurants. Celebrate Turkey Day at a SERG restaurant table or let them cater at yours. Learn more at serggroup.com.



#### Holiday meals: Thanksgiving with Palmetto Dunes

Palmetto Dunes Oceanfront Resort is offering three options for Thanksgiving meals this year. At the Thanksgiving Buffet at Centre Court, enjoy an all-you-can-eat buffet featuring salad, cornbread chorizo stuffing, carved turkey, leg of lamb and pecan pie. The second option is to enjoy a Thanksgiving Prix Fixe Dinner from noon to 8 p.m. at Alexander's Restaurant & Wine Bar. Big Jim's is offering a Thanksgiving To-Go Family Pack, which includes two pounds of sliced herb roasted turkey, cranberry sauce, a choice of two sides and a choice of dessert. For additional information, visit palmettodunes.com.



#### Tableside wine dinner: Beni di Batasiolo

In conjunction with the Hilton Head Island Motoring Festival & Concours d'Elegance, Michael Anthony's is hosting a fourcourse tableside wine dinner on November 4. Reservations will be accepted between 5:30 and 7 p.m. in 15-minute intervals. The esteemed wines of Beni di Batasiolo will be paired with a decadent autumn-inspired menu prepared by Chef Trey Place. Reservations can be made by calling 843-785-6272.



## **CHARITY EVENT**Salty Dog Homecoming event

On November 24 celebrate and give thanks for a fantastic year at The Salty Dog. Enjoy a Lowcountry Boil and live music on the waterfront. Cost is \$10 per plate, with all \$10 going to The Deep Well Project.





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# Try these

Hot picks from the local food scene



#### **EASY AS PIE**

Pick up an amazing madefrom-scratch pie for \$6 from the take-home freezer at Bad Biscuit. It's one of many keto and low-carb take-home options the restaurant is offering. Holiday catering is also available.



#### **HOW IT'S DONE**

The Rocky Balboa sandwich from Sprout Momma is stuffed to the brim on grilled bread with salami, prosciutto, ham, burrata, olive oil, balsamic, fire roasted peppers and arugula. Served cold.



#### **BROWNIE POINTS**

Nothing could satisfy your sweet tooth better than these double fudge brownies with walnuts from The G-Free Spot.



#### KEEP IT LOCAL

This dish from Nunzio features Charleston Swordfish (Sicilian style), caramelized onions, golden raisins, pine nuts, lemon, butter and caper sauce.



#### **FLAVORFUL FILET**

The Pearl's 7-ounce **Ember Grilled Filet Mignon** is complete with creminis, spinach, blistered cherry tomatoes, whipped potatoes and caramelized shallot and gorgonzola compound butter.



#### **BEST OF BOTH WORLDS**

These French Toast Waffles from The Salty **Dog** perfectly combine two breakfast favorites into one and are served with a side of fresh fruit.



#### Italian wine dinner: Michele Chiarlo Piemonte

Alexander's Restaurant is hosting a wine dinner from 6-8:30 p.m. on November

18 that will feature a selection of wine, food, lively conversation and live music by Jennifer Johnson. For more information visit alexandersrestaurant.com.

#### **COMING SOON**

#### New waterfront restaurant planned

Coastal Restaurants and Bars — the restaurant group behind The Crazy Crab, Old Oyster Factory, Fishcamp and other popular restaurants — is building a new restaurant on the north end of Hilton Head Island near Benny Hudson Seafood Market. The waterfront building will be two stories with an open dining area on the second floor. CRAB is hoping to break ground in the beginning of the new year and is targeting a 2023 opening.



#### **COOKING DEMO**

Thanksgiving Spicy Cornbread Sausage Stuffing

Join executive chef Charles Pejeau from 2-3 p.m. on November 7 at Alexander's Restaurant to learn how to make his Thanksgiving cornbread stuffing. Demonstrations are \$25 per person and include a glass of sparkling wine and a culinary gift to take home. All money collected from the event will be donated to the Deep Well Project. For tickets visit the Alexander's Facebook page.

#### **ROAD TRIP**

#### The Mansion on Forsyth Park holiday-themed classes

Join Chef Jason Winn in preparing a traditional Thanksgiving feast while learning about historical tributes and regional perspectives. The feast includes roasted turkey with zinfandel pan gravy and cranberry citrus chutney, western-style cornbread dressing, smashed potatoes, herb-roasted sauashes. Brussels sprouts with pancetta and more. Reservations can be made online at mansion. classesbykessler.com or by calling 912-721-5006.



#### *NOVEMBER* **FOOD HOLIDAYS**

**November 1:** Bison Day **November 2: Deviled Egg Day November 3:** Sandwich Day **November 4:** Candy Day



November 7: Bittersweet Chocolate with Almonds Day



**November 12:** Pizza with the Works Except Anchovies Day **November 13:** Indian Puddina Day November 14: Homemade 'Guac' Day **November 15:** Clean Out Your Refrigerator Day

**November 16:** Fast Food Day **November 17: Baklava Day** November 18: Apple Cider Day **November 19:** Macchiato Day

**November 20:** Peanut Butter Fudge Day **November 21: Gingerbread Cookie Day** 

**November 22:** Cashew Day **November 23:** Espresso Day

**November 24: Sardines Day** November 25: "Eat with a Friend" Day **November 26: Cake Day** 

November 27: Bavarian Cream Pie Day **November 28:** French Toast Day **November 29: Rice Cake Day November 30: Mousse Day** 



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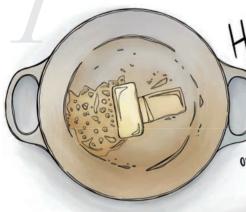


SHOWMANSHIP

**Morgan Stanley Wealth Management** 

# Flavorful Herb Stuffing

Need: 18 to 24 ounces of bread cubes (preferably toasted or stale). I cup unsaited butter. 3 cups diced sweet onion. 2 cups diced celery. 6 minced garlic cloves. kosher salt and pepper · 3Tbsp fresh sage · 3Tbsp rosemary · Zzcups chicken Stock · Z large eggs mixture of fresh herbs for sprinkling



Heat the butter in a large skillet over medium heat. Preheat your oven to 350°F.



Unce metted, Mix the celery, garlic + onion with a little salt + pepper. Bake for 8-10 minutes. Stir in sage, parsley + rosemary. Cook for another minute + then mix in I cup of stock.

Vlace bread crumbs in a big mixing bowl. Pour the onion + celery mixture on top of the bread crumbs. Mix well.





Move the mixture to a 9×13 baking dish that is coated with butter to prevent the



stuffing from

Bake stuffing for 45-50 minutes. Enjoy on Thanksgiving or any other day of the year!



#### Hot stuff MAKE YOUR BIG HOLIDAY MEAL MORE HERB-ALIGIOUS IN 6 EASY STEPS.

Traditionally made with a mix of vegetables and some type of starch, stuffing is an essential for Turkey Day. Different regions have different preferences for the type of starch used. While the south is known for cornbread stuffing, other areas in the country tend to prefer breads such as white bread, challah or brioche.

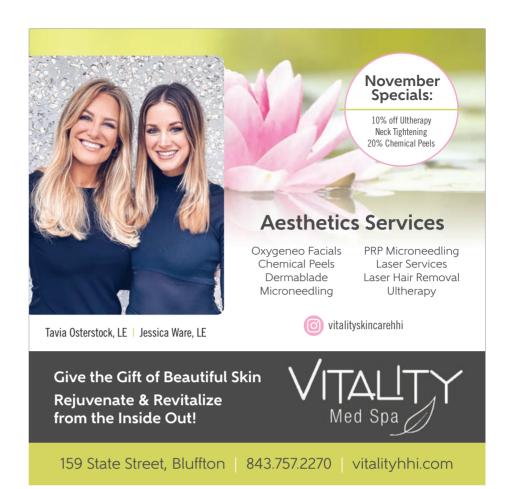
No matter which you tend to favor, it's crucial that the bread be dried out or stale. This will allow maximum absorption of all of the flavors and seasonings. If you're making stuffing last minute and are in need of stale bread, pop it in the oven at a low temperature for 30 to 40 minutes to speed up the process and draw out all of that moisture.

LOCAL Life illustrator Megan Goheen's stepby-step process will walk you through all the directions for making your own homemade stuffing using ingredients and flavors such as celery, garlic, rosemary and more. Back in Roman times, one of stuffing's ingredients was crushed brains from the meat source. While you're sitting around the Thanksgiving table this year, perhaps be especially thankful that we live in the 21st century.



#### **LOCAL HOLIDAY FLAVOR**

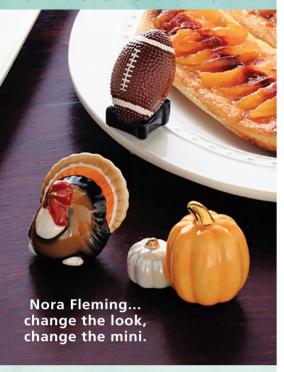
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# Feelin' saucy

REGREATE THESE FAMOUS SAUGES FROM THE COMFORT OF YOUR OWN HOME

If you've run out of sauce for your Chick-fil-A nuggets or maybe want an extra helping of Big Mac Sauce, save these copycat recipes for famous sauces. You can easily whip them up in your kitchen, and since they are homemade, the calories don't count. Right?





#### SLAM DUNK

When you inevitably run out of dipping sauce for your chicken and fries from Zaxby's mid-meal, this recipe will become a life saver. It's also a great dip for onion rings and mozzarella sticks.

#### Zax Sauce

#### **INGREDIENTS**

1/4 cup mayonnaise 2 tablespoons ketchup 1/4 teaspoon Worcestershire sauce 1/2 teaspoon garlic powder 1/2 teaspoon pepper 1/4 teaspoon salt

**DIRECTIONS** Add all ingredients into mixing bowl and stir until well combined.

#### UDDERLY DELIGIOUS

With Chick-fil-A openly discouraging beef consumption, it's no secret that their signature sauce pairs perfectly with both grilled and breaded chicken. Use it as a marinade, put it on sandwiches or spice up breakfast tacos with it.

#### Chick-fil-A Sauce

#### **INGREDIENTS**

1/4 cup mayonnaise 1 teaspoon mustard 1 tablespoon honey 1 tablespoon barbecue sauce

**DIRECTIONS** Add all ingredients into mixing bowl and whisk until well combined.





#### *MAKE NO MIS-STEAK*

Nothing goes better with a steak than A1 Sauce. Even if you've got a full bottle, it wouldn't hurt to have a homemade batch on hand for backup. Use it as a condiment for beef and game meats. It also pairs well with potatoes and fish.

#### Al Steak Sauce

#### **INGREDIENTS**

1/2 cup balsamic vinegar 1/4 cup ketchup 1/4 cup Worcestershire sauce 1/4 cup dijon mustard 1/2 cup water 1/4 cup golden raisins 2 garlic cloves, halved 2 tablespoons onion, chopped 1/2 orange, halved 1 pinch cayenne pepper 1/4 teaspoon black pepper

**DIRECTIONS** [1] Add all ingredients into saucepan, with exception of orange pieces. Squeeze oranges into the pan and drop in rinds. [2] Simmer on low heat for 15 minutes, stirring occasionally. [3] Remove from heat and strain out garlic and orange pieces. Let cool before serving.

1/2 teaspoon celery seed

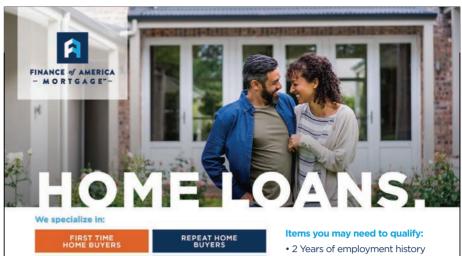
1/4 teaspoon salt



You can never have too much Tabasco Sauce. While the actual sauce uses a lengthy aging process, this homemade version is a great way to use up your tabasco peppers, which are very easy to grow here in the Lowcountry. Use it for a wing sauce, slather it on scramble eggs or just add heat and flavor to your favorite meal.



[1] Wash peppers and remove stems. Place in food processor until they are roughly chopped. [2] Add peppers, vinegar and salt into saucepan over medium-high heat. Bring to a boil while stirring occasionally. [3] Once boiling, turn heat to low and let simmer for 5 minutes. Remove from heat. [4] Once cooled, puree mixture in blender until it creates a sauce consistency. [5] Place mixture into an airtight container for two weeks in refrigerator. After two weeks, strain to remove any seeds or pieces of pepper. [6] Place back into airtight container and store in refrigerator.



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# What would Margaret drink?

Margaret Pearman is a certified sommelier under the Court of Master Sommeliers and is responsible for curating the award-winning wine list at Charlie's L'Etoile Verte. Here are her sipping suggestions for October:

# Cooking with wine

One of my treasured moments of the day is to pour a glass of wine and start preparing dinner for my family. There is such an innate connection between food and wine. I prefer sipping on light whites such as Picpoul, Muscadet and Sancerre. As much as I like to drink the wine, a splash often ends up in what I am cooking. First off, use what you have around. Never throw away the two-day-old bottle of wine that has lost its luster; just store it in the fridge.

White wine finds its way in to sautéed seafood and chicken preparations. Chardonnay works best for these, but a mild white makes a great substitute. Adding red wine to your spaghetti sauce gives it a deeper robust flavor. Better vet, finish off sautéed mushrooms and onions with



TRIPLE THREAT Never throw out a flat bottle of wine. Keep it in the fridge and use it as part of a marinade, as a cooking liquid or to finish a dish.

red wine and butter, which is perfect for a pork or steak topping. Beef stew benefits greatly from a generous dousing of red after all the meat and veggies have been browned. Not only does it add flavor, but it helps to tenderize the meat. Pinot Noir and Sangiovese (Chianti) are probably the best reds for cooking.

Lastly, the entire category of fortified wines is essential to the gourmet kitchen. Sherry works in seafood-based soups just as



well as it deglazes a pan. Port and Madeira are often used with demiglace to create a steak sauce with a wow factor. Nowadays you can find demi-glace premade. All you have to do is heat it up, let it reduce a bit, add the fortified wine and a bit of butter, and voila! Think of wine just like salt and pepper. LL

# The spice is right

VODRA GOCKTAILS THAT IMPLEMENT YOUR FAVORITE SEASONINGS

When the holiday season rolls around, more time than usual is spent in the kitchen. Next time you're adding spices to your dish, add them to your glass, too, using one of these **Tito's Handmade Vodka** cocktail recipes.



#### Tito's Thyme Out

#### INGREDIENTS

1 1/2 ounces Tito's Handmade Vodka 3 ounces ginger beer 1/2 ounce lime juice 1 thyme sprig, garnish

DIRECTIONS [1] Add Tito's Handmade Vodka, ginger beer and lime juice to a Tito's Copper Mug over ice. [2] Stir and garnish with a lime slice and thyme sprig.



# Turmeric on the Rocks

#### **INGREDIENTS**

2 ounces turmeric-infused Tito's Handmade Vodka

DIRECTIONS [1] Just pour tumeric-infused Tito's Handmade Vodka over ice in a glass. [2] Add cracked pepper to spice it up if you're feelin' fancy.



#### TURMERIC INFUSION

#### **INGREDIENTS**

750 milliliters Tito's Handmade Vodka 6 fresh pineapple rings 2 ounces fresh turmeric 2 lemon rinds

DIRECTIONS [1] Slice fresh pineapple into rings. [2] Peel turmeric and roughly chop.
[3] Peel 2 lemon rinds, avoiding the pith.
[4] Add all ingredients to a large reusable jar. [5] Store in a cool dark place or refrigerator for 5-7 days. [6] Strain infusion once it reaches desired flavor and store in the refrigerator.



# Tito's

## Easy As Pie

2 oz Fuji-infused Tito's Handmade Vodka

2 oz sparkling water, optional

1 oz fresh orange juice

1 tsp honey

1 dash of cinnamon

1 cinnamon stick, garnish

Add infused Tito's Handmade Vodka, orange juice, honey, and cinnamon to a shaker with ice. Shake and strain into a glass over fresh ice. Top with sparkling water, if you like, and garnish with a cinnamon stick.





\* TitosVodka.com \* Crafted to be savored responsibly.

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# New York Gity HOTTEST PLACE FOR THE HOLIDAYS? THE BIG APP

BY CHRISTOPHER KRUPL AND LESLIE T. SNADOWSKY





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The average temperature hovers around freezing in December, but there is no hotter place to spend the holidays than in New York City. From snuggling to keep warm during romantic horse-drawn carriage rides through Central Park, to sipping on Frrrozen Hot Chocolates among the local glitterati at Serendipity 3, to viewing the electrifying winterthemed window displays along the famed Fifth Avenue couture corridor, you'll build up a sweat keeping up with the seasonal splendor in the city that never sleeps.

white snow, its radiance outshines the top of the Chrysler Building. Located in the middle of New York City, this bucolic beacon invites locals and tourists alike to hop aboard a cozy carriage for a horse-and-buggy ride to tour Belvedere Castle, Bethesda Fountain and Strawberry Fields. Operations cease when it gets below 19 degrees, but the carriages' heated seats help take the sting out of the frosty air and the steep prices, close to \$60 for the first 20 minutes.

#### 30 Rock

To feel merry in Manhattan, head to Rockefeller Center to bask in the glow of more than 50,000 multi-colored LED lights that adorn the huge Christmas tree installed at 30 Rockefeller Plaza. This year's crowds will visit the 89th annual uber-shrub that usually weighs in at 10-11 tons. You can ice skate right under the sassy spruce at The Rink, a sunken plaza that features a skating pond that first opened on Christmas Day in 1936. Only 150 skaters at a time are allowed to glide across the glistening surface, so while you wait your turn, visit the more than 100 shops and eateries at the Center, stage a selfie with an iconic illuminated angel at the Channel Gardens and walk up the block to Radio City Music Hall, where you and your family can give the Radio City Rockettes a standing O at the Christmas Spectacular.

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#### **local** destinations

#### It happened on Fifth Avenue

Bundled-up masses who window-shop along New York's most well-known avenue marvel at the intricate holiday window displays at luxury retailers that light up Fifth Avenue between 49th and 59th streets, including Saks Fifth Avenue, Cartier, Dior, Harry Winston, Louis Vuitton, Tiffany & Co. and Bergdorf Goodman.

Where Fifth Avenue meets Central Park, you'll find The Plaza Hotel. Once inside, warm up while enjoying high tea at The Palm Court and pay pilgrimage to the imposing portrait of Eloise, the fictional precocious six-year-old who ruled the roost at the hotel in the popular children's book series. Book an overnight stay at one of The Plaza's exquisite rooms, including the jazz-age Fitzgerald Suite designed by the Academy Award-winning production and costume designer for the 2013 movie version of The Great Gatsby.





#### Room at the inn

Sumptuous hotel accommodations are sprinkled like snowflakes all over The Big Apple, but there's something special about The Pierre's French classical meets New York chic that makes its Versailles-inspired opulence particularly grand during the holidays. Its Les Clefs d'Or concierge service promises to "make the impossible possible, every day" and ensures theater tickets and dinner reservations, private appointments with gallery owners, jewelers and personal shoppers, and hair appointments at its exclusive in-house Suite Reyad Salon.



The Peninsula Hotel's rooms and suites are also deluxe, and its spa, fitness center and indoor pool provide an urban oasis, but its Peninsula Academy's bespoke programs are what keep this hotel on top of holiday wish lists. Choose from a private tour aboard the Intrepid Sea, Air & Space Museum, a Broadway experience with a post-show meet and greet with your favorite thespian, a VIP wedding dress excursion for brides-to-be, a Brooklyn Bridge walking tour and even culinary classes for your kids. The seasonal "Nights Before Christmas," package provides children a gingerbread playhouse for their suites, a candycane scavenger hunt, a gingerbread cookie decorating kit, exclusive access to The Peninsula Sweet Shoppe and a Christmas movie library, complete with classic films.

#### Eat, drink and be merry

New York's coveted libation for chilly afternoons can be found at **Serendipity 3**. Its Frrrozen Hot Chocolate concoction is a custom blend of 14 gourmet cocoas mixed in a blender with milk and ice and, at around \$15, it's much more affordable than the dessert destination's \$1,000 Golden Opulence Sundae that's dusted with edible 23-karat gold leaf.

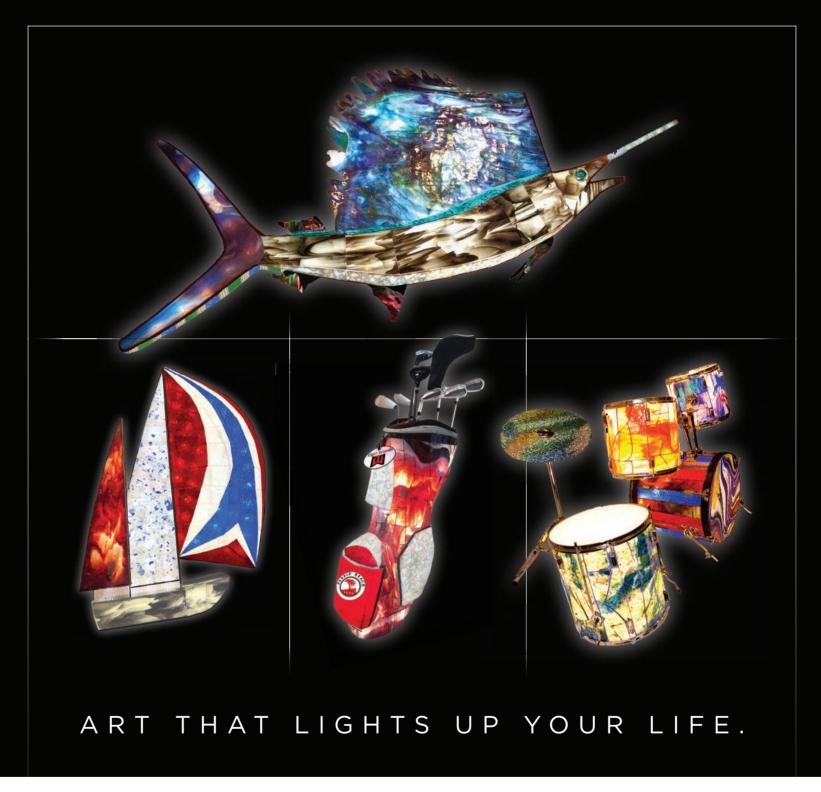
You also can climb aboard one of two 1920s-styled yachts, the Manhattan or the Manhattan II, for a Cocoa and Carols Holiday Cruise. It's a 90-minute heated tour along the island's waterline that's accompanied by live



carolers who croon the classics. Inside the ship's toasty solarium, enjoy a complimentary cup of hot cocoa while sailing by the Statue of Liberty and Ellis Island. General admission starts at \$124, and groups of four or more cost \$96 per person.

For an intimate dinner make your way to Raoul's on Prince Street in Lower Manhattan. It's a dimly lit French bistro that serves moules frites, seared fois gras and steak tartare on the tables and provocative artwork on the crowded walls.

And, for those who love to celebrate the holiday season but don't actually celebrate the holidays, Wo-Hop in Chinatown is open 365 days a year. The long line to this basement destination is a social melting pot of patron cops, high-society debutantes, international tourists and foodie insiders know Wo-Hop's menu, which includes crispy egg rolls, shrimp with garlic sauce and chicken kow with black bean sauce, is the great unifier. LL

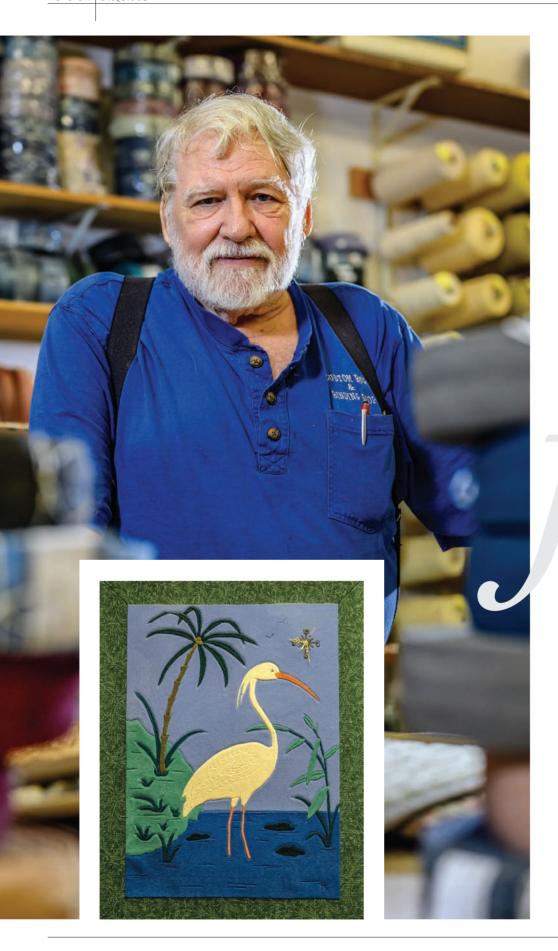


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# Artwork you can walk on

PICASSO ONCE FAMOUSLY SAID THAT ART LIES. IN BUTCH JUDKINS' CASE, ART LIES LIKE A RUG.

#### STORY BY BARRY KAUFMAN PHOTOS BY MIKE RITTERBECK

For nearly a century now, we've watched as machines have taken over nearly every aspect of our lives. From the first automated factories to the artificially intelligent future, it seems there are fewer and fewer jobs that require a human touch.

Even the art world is feeling the pressure. As you read this, lasers are cutting intricate designs out of carpet in factories across Asia, scraps to be assembled by a machine into a colorfully adorned rug to be shipped by a robot-piloted barge across the sea. For rug artists like Butch Judkins, it's a real John Henry moment.

"Most of us guys can't compete against a hundred-thousand-dollar machine that does it in five minutes," he said. "But there's no love in it. I do a piece, I put love in it. That makes a difference."

Looking at the array of artistic rugs adorning the walls of his Persimmon Street shop, it's hard to argue that. There's not only love and dedication teeming in every fiber of his hand-crafted custom rugs, there's a story behind each. One rug bearing lyrics to a Waylon Jennings song in complex script mirrors one that lay in the late country crooner's home. The distinctive Grateful Dead "steal your face" rug on one wall dazzles with its intricate designs, but more fascinating is the fact that this rug is cousin to a rug purchased from Judkins by Jerry Garcia himself.



"He knew who I was because I'd met him a long time ago, when I was in the Navy in San Francisco," said Judkins, showing off a photo of the rug he sold to the counterculture icon. The photo is part of an album of artistic rugs now scattered across the country - some simply inlaid with a concave-cornered border, some bearing three-dimensional embossed portraits of eagles, carousel horses and more.

In fact, it's the large rug bearing a carousel horse on one wall that takes center stage in his workshop. It's the rug that won him top prize in 1995 from the National Association of Rug Makers and Sculptors. "There were about 3,500 people across the country that used to do this type of work," he said. And these days, "There aren't many."

Part of that is due to the fact that making each of these decorative rugs is incredibly labor intensive. His award-winning carousel horse took Judkins a month and a half of carefully cutting every detail from various scraps of carpets, arranging each fiber with precision before sculpting it down to shape with a set of specialized shears.

"It's all by hand," he said. "Nowadays people have gotten to the point they can cut it all by laser, but a lot of guys in my business still do it this way."

And while there are more machines than men in the business these days, it's the few holdouts like Butch Judkins who are making something as simple as a rug into a walkable work of art. LL



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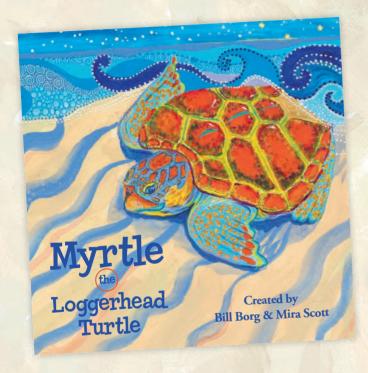
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#### On the edge

While the rug sculptures are his pride and joy, Judkins views it as more of a hobby. "It's just a hobby I turned into a business," he said with a laugh. In theory, Judkins is semi-retired from the rug business, but you'd never know it walking into his shop.

Located in Bluffton, Custom Rug Design & Binding is the business that fuels the hobby. Here Judkins cuts area rugs and carpets to customized sizes, creating new borders and edges for a truly one-of-a-kind piece.







#### *Inside the process*

Each of Butch Judkins' rug sculptures starts out with a sketch. It also starts out backwards.

"I see things backwards anyway, so it comes easy to me," he said.

He then projects his design onto the back of a carpet and gets to work cutting out each piece by hand. For multi-colored works like his carousel horse, this can mean projecting onto dozens of different rugs. Once the pieces have been hand-cut, Judkins assembles them all like putting pieces together in a puzzle.

And then it's time for a shave.

"I use a specialized set of clippers like you use on your beard," he said. "Of course, the ones I use cost me between \$1,200 and \$1,800, and the blades are up to \$100. They're a little different because they have to take a lot of punishment."





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#### *FEATURED* **ARTIST**

#### *Inside the creative and* ever curious mind of Sheri Farbstein

#### BY CAROLYN MALES

It was a messy, dirty job. But for ceramist Sheri Farbstein, her first stint working on the vast brick-lined factory floor of a sewer pipe company in Brockway. Pennsylvania, would propel her into an interesting new direction.

If you'd stopped by during that week in the 1970s, you would have found her clad in a sweat-soaked tank top and shorts, intently focused on carving and shaping tall cylinders of clay. As dust swirled through the hot air and the sound of giant crushers grinding rock into clay assaulted their ears, Farbstein and twelve other artists were in a race for time. Thanks to a local college professor who'd worked out a deal with the factory owner, the sculptors had been given seven days to mold the damp clay, originally destined to be waste pipes, into their own original terra cotta designs. At the end of their time there, they'd watched their creations being loaded into massive beehive kilns where they'd be fired at 2000 degrees for seven days. A month or so later, the artists would celebrate by having a group show right there in the factory. Judging from the size of the crowds, it seemed as if all Columbus had turned out.

From that initial artistic adventure (Farbstein would repeat the experience two more times), she went on to create more fountains and sculptures from clay pipes. Today five-foot high terra cotta guardians made from that very same material greet visitors to her Hilton Head Island home: a woman embracing an armful of flowers and a nymph with water streaming from her urn into a leafy pool. They're a fitting introduction to the woman whose home studio with tools, work tables, sink, slab roller, wedges of clay, shelves of glazes, reference materials and six kilns fills a two-car garage.

#### Catch the show

What: Shell Shocked: Inspirations... From Natures Shell Game

When: November 2-27

Where: The Art League of Hilton Head Gallery Details: artleaguehhi.org, 843-681-5060



Red Sunset

#### A restless creative mind

But Farbstein has never been one to stand still. Her mind constantly conjures up new forms, techniques and ideas to expand her artistic range. And pervading it all is her wry sense of humor. So entering a gallery display of her works is always a surprise. What inspired whimsy will we encounter? What creative play lies behind that fragment of painted torso? What bold statement will she be making?

When we meet up at her studio, Farbstein has just finished up 43 pieces for her latest show Shell Shocked: Inspirations... From Nature's Shell Game which opens at the Art League of Hilton Head Gallery this month. Spread out before us on tables and shelves sit the exhibition's eclectic and colorful collection of vessels, wall hangings, figurative sculptures and, yes, two bosoms, all themed to the shell forms and rendered in stoneware. Arrayed alongside them are her inspirations, photographs from an antique book she'd purchased years before. But before we delve into what's she doing now, we discuss what brought her to this moment in her artistic development.

#### [Q] I've heard it was a strange childhood trauma that brought out your artistic talent.

[Sheri Farbstein] When I was young, I would wake up in the middle of the night screaming and sweating, and my mother didn't know what to do. But my mother was very far ahead of her time and took me to the pediatric psychiatrist. Of course, at three years old how was I going to tell the doctor what was bothering me? So she gave me pencils, crayons, paper, all kinds of drawing material and she would ask me questions. I guess when I couldn't vocalize, I would probably draw. After a few sessions, she told my mother, "Your daughter is incredible because at three years old she's showing me what exactly what was going on in her mind." It turned out that I'd been scared because my mother would read me nursery rhymes and fairy tales, and she'd turn the pages with her long witch-like red fingernails.



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By the way, I've never had a nightmare since.

The older I got, the more I would draw. We lived in Cleveland, and when I was in grade school, my parents sent me to weekend classes at the Cleveland Museum of Art. Then when I was a teenager my parents found out that Shaker Heights High School had a wonderful art department, so we moved to that school district. For college I went to Carnegie Mellon and majored in art. I was good at everything, but nothing made me passionate. The last semester of my senior year I had a couple of extra credits to fill, so I went down to the ceramic and sculpture studio to fool around with designing and making pots using slab construction. And that was it! That was my passion!

# [Q] So you married, had two children, worked as a teacher and set up the art department in a Pittsburgh school. How did you end up in Hilton Head?

[SF] While I was teaching, I used to lunch with women who would talk about Hilton Head and what a beautiful place it was. I had never heard of it. So one day over Christmas break, my husband and I came down to visit. It was Christmastime, and bougainvillea were in bloom. We drove through Hilton Head Plantation with a real estate agent to check it out, not realizing that at the end of that ride we were going to buy a lot. Ten years later, after I retired in 1988, we built our house and moved here. We divided the garage crosswise so that we could use part for my studio and part for storage. [She shakes her head and laughs.] Well, that didn't work at all, so I tore down the wall, and the whole space became my workplace.

#### [Q] What amazes me is all the variety of themed shows you've done. Kimonos?

[SF] Someone gave me a book of beautiful kimono fabric pictures, and that pushed me to do a show of making ceramic kimonos sculptures using the beautiful patterns in this book. Then a tea shop in Belgium heard about me and wanted me to make some teapots. I took a lot of the ideas I'd made already for that and other shows and reinterpreted them into teapots. I must have sold them fifty different ones.

[As we're speaking, Farbstein pulls photo albums down from a shelf, and we leaf through decades of her work.]

[Q] I like the way your brain works! A ceramic jukebox? A bullfighter fountain? Guardian angels? And the titles are brilliant. One that makes me laugh is "Oh, What a Day I Had" —that piece with two hands clutching a head with stuff tumbling out of it.

[SF] It was everything I'd packed into my day! I'd stuffed the head with gardening tools, cooking utensils, suitcase, groceries, my dog...

[Q] What about those life-sized tables with ceramic items on top like the one in your living room displaying the fixings for an Asian meal? I'm ready to stick some chopsticks into those carryout cartons of shrimp and vegetables and fried rice. And pour myself a glass of sake.

[SF] (Farbstein smiles.) People have been tempted to do that.

#### [Q] So what inspires all these different themes?

[SF] If I see something that gives me an idea, I'll interpret it in my style. The spark for my new show began five years ago when I went to a flea market and saw this beautiful coffee table book on sea shells. I bought it for five dollars and said, "What a bargain!" Then I came home and put it on a shelf. When I decided I wanted to do this new show, I remembered I had this beautiful book. During the pandemic I went full-bore creating 43 pieces, all on the theme of seashells. They're not copies of the shells, though. It's their shape, feeling, texture and color that I've used.

[To illustrate, she holds up her "Whorling Hors D'oeuvre" Dish based on a photo of a spiral mollusk shell. Then she points out her "Dior" shell painted with a leafy black-and-white pattern taken from a magazine fashion ad. For this show she'll place the photographic inspiration for each piece alongside it.]

#### [Q] What's the next project on the horizon?

[SF] It will come upon me. When I see something that intrigues me, I'll take it a step further. Meanwhile, I'm just waiting and laying low. It will just happen. AL



Pink Conch Shell



Swirl One & Swirl Two



Have a special artistic talent? Step into LOCAL Life's and the Hilton Head Island Office of Cultural Affairs' monthly Creative Conversations spotlight. Go to culturehhi.org/portfolio/artist-of-the-month/ to apply or scan this QR code.



# Catch the show What: Hilton Head Dance Theatre's The Nutcracker **When:** November 12-14 & 19-21 Where: The Seahawk Cultural Center Details: hiltonheaddance.com, 843-842-3262

## 🧲 Jamal Edwards: Dancer, choreographer, ballet master

#### BY CAROLYN MALES

Clad in a black tee and shorts, Jamal Edwards glides across the empty dance studio and heads to the barre. Heels together, he spreads his feet outward into first position and begins the first of a series of warm-up pliés. As he bends his knees and lifts his arms through all five positions, working through elevés and relevés, he concentrates on form, footwork and balance. I can't help but notice how graceful and powerful his figure appears as it's silhouetted against the stark walls of the room. It's clearly time to replace my childhood stereotypes of a lean Prince Siegfried in Swan Lake with Edward's equally elegant yet sturdier physique.

Speaking with Edwards, it didn't take long for me to understand why he's not only the ballet master and a popular teacher at Hilton Head Dance School but also an intuitive and creative choreographer for the school's Dance Theatre. As a child and teenager, I too had spent hours in the studio, practicing jetés and chaîné turns. It had taken discipline and skill to learn how to execute those steps. But, it also took a knowledgeable and patient instructor who not only understood the process, but inspired confidence in a student's ability to learn. Edwards, I would discover, encompasses all of the above.

#### [Q] When did you first realize you wanted to be a dancer/choreographer?

[Jamal Edwards] I'm a fifth generation native of Hilton Head, and from a young age I was putting on shows for my grandparents or whomever was coming over. My grandmother also ran Mary's Christian Day School here on the island. So after school when I was in elementary and middle school, I'd grab my best friend, Sonya Grant, and my brother, Arend, and we'd watch movie musicals. Then we'd try to copy the steps, and I'd make up dances for us. Afterwards when the daycare kids woke up from their naps, it was ... Okay, here we go. We're going to show you what we did. It was just us up there being silly. The kids loved it.

Meanwhile I would go to the library and check out CDs of different ballets and musicals, especially The Nutcracker. And I was always begging my mother to take me to Barnes & Noble so I could buy a Nutcracker CD as well as other ballets or dance movies that I could play and choreograph to.

#### [Q] When did you make the commitment to study dance?

[JE] When I was in seventh grade, I realized there were more musical theater opportunities for my age level, so I auditioned as a dancer for Bye Bye Birdie at the Hilton Head Community and Youth Theater. During the rehearsal process, the choreographer pulled me aside and said, "Hey, I noticed you're a natural dancer and pick up steps quickly. You should really consider taking jazz and tap."

Meanwhile Sonya was taking lessons at Hilton Head Dance, so I joined her in the jazz and tap class there. She had ballet right before that, so I would sit and do my homework while she was doing that. Then one day artistic director Karena Brock-Carlyle came up to me and said, "You're already here waiting for jazz and tap so why don't you take ballet too." I did and found that I loved the versatility of it all.

#### [Q] What was it like being on stage the very first time?

[JE] I remember a few jitters when I was first getting ready to go on, but I always get this wave of calm. I think I was slightly introverted at first. I was one of those kids who had to warm up to you a bit before I showed my personality. Looking back, I think the stage was a way for me to express myself. As an imaginative and creative kid, that's where the dance and choreography came from because I was so intrigued by that.

I really loved the whole performance aspect. How everybody was competent, bold and giving their all. There's nothing more vulnerable than being on stage, dancing, singing or acting. You're not shy or hold back, and you're not hiding behind a computer screen.

#### [Q] What's it like to be a male ballet dancer?

[JE] Typically we do not go en pointe. That is left for the ballerina. It's not so much a gender thing but the work they do. Female dancers up on the box or on their toes make ballet look more magical. It's as if they are floating on stage.

In our school we encourage all of our ballet students to work towards pointe, but we do offer other styles of dance for our spring productions.

Boys' work is more grounded. We have to do the big jumps, the multiple turns, have to have a bravura about us on stage. Our technique or foundation is the same, but as you grow older, the focus becomes different. Boys are working on their jumps and turns, girls are working on their pointe work, doing more stretches, more adagio work, and lengthening the lines.

#### [Q] So about body image...

[JE] The times are changing too. There used to be a stereotype with dance, such as if you weren't ninety pounds and frail you couldn't be a dancer or a ballerina. Now it's more about being healthy and athletic, a cross between the art and athleticism. No one is out of shape, but all dancers' bodies are different. I'm not ultra thin, never have been, never will be, but I've learned how to carry myself and my body. I have a jump and when I come out of it, you won't hear anything. That's just because I know how to control my body and hold myself. You can have the littlest person and then you hear a kerplunk when they hit the floor after a jump because they don't know how to technically come out of it the right way.





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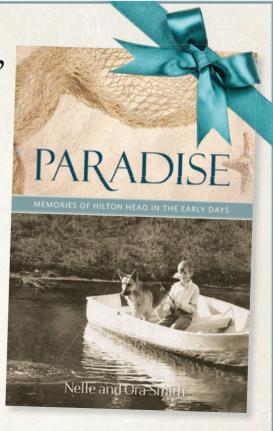
Paradise: Hilton Head in the Early Days and cancel your plans for the day.

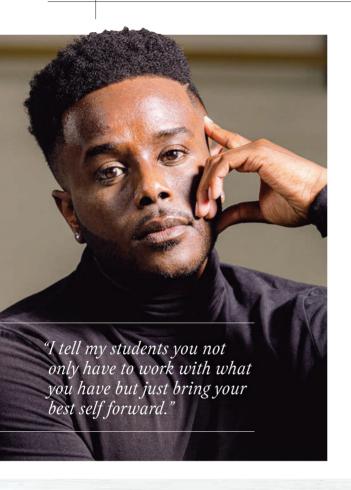
It's a fascinating account of the early days on Hilton Head - before the Lighthouse, the Heritage or the Family Circle Cup!

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Nowadays, dance is so inclusive and for everyone, so I always say healthy first, which is your version of healthy. Misty Copeland talks about coming out in American Ballet Theatre with a heavier chest, broader hips and thighs and athletic arms, but when you look at her on stage, she's just gorgeous.

#### [Q] What does it take to be a professional dancer?

[JE] If you want to be a dancer, focus, energy, hard work, commitment, passion — that's a big one. You have to have a passion for this art form because there are some days you're not going to want to do it. Some days you ache and you hurt. So you have to be mentally strong enough to say, how do I approach my technique? How do I go in and push past this?

#### [Q] What is it about yourself that makes you stand out from the crowd?

[JE] I'm very big on stage presence, performance and energy because an audience who comes to a show wants to be immersed in the show. You have to take them away from Covid-19 and take them

somewhere else through your art. That's why Broadway is so important to so many people because it's a chance for them to escape day life. And if it's a hard day, just going into class and turning the music on and going through your exercises takes you to a different place even if it's for an hour or two before you have to go back to reality. It's like that for so many people, and I think that's why dance has become so popular. People know that it naturally takes you away from your day-to-day worries.

[Q] You're one of the choreographers for a much-loved annual event: Hilton Head Dance Theatre's production of *The Nutcracker* that kicks off the holiday season this month.

community, family-oriented classic holiday event. Most dancers, especially the older ones, have been in it since they were three years old. The dancing, the beautiful costuming, the lights, the sets, the special effects and the familiar music get everyone in the holiday spirit, and it captures the true magic and joy of the season. LL



# Lowcountry Fine Art Photography



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## LOCAL ART &

#### Humble Pie

She said, "Throw it away. Start again." This refrain was taking its toll. I tapped the dough bits off the pin, And put more shortening in the bowl.

Aged seven or eight, with apron tied, I stood on a kitchen stool. Saturday mornings were set aside for pastry-making school.

For the women in my mother's line, hands covered in flour dust, all learned that nothing was more sublime than a perfectly flakey crust.

One must not over-work the dough, as that assures it will be tough. To roll it more than once, you know, is once more than enough.

I tried again, and then again, 'til Mom was satisfied. The final test—the family's men must judge my work with pride.

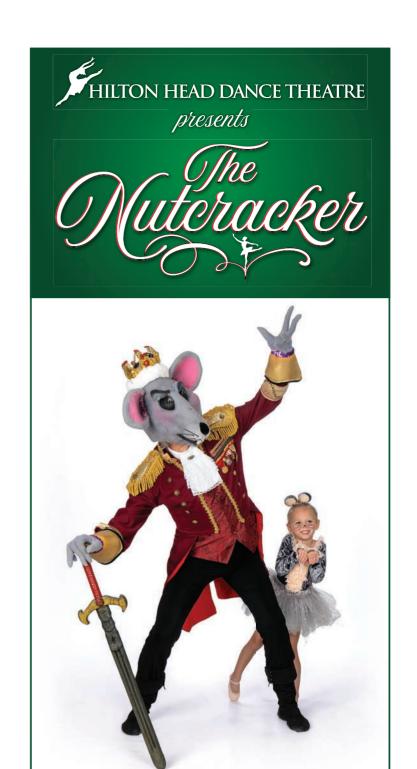
Fruit or nut, meringue or cream, savory or sweetmy progress caused my dad to beam and look forward to the treat.

While not the skill that mattered most, I cannot tell a lie; I became a real sought-after host because of humble pie.

- Denise K. Spencer



Apple Pie Fixin's by Sheri Farbstein













#### Equestrian enjoyment

Make-A-Wish South Carolina partnered with Palmetto Bluff to present Polo at the Bluff, an inaugural event that celebrated the life-changing impact wishes have made.









Walking for a good cause
The NAMIWalks Your Way 5K took place on Coligny Beach,

where \$45,709 of their \$40,000 goal was raised to benefit mental health.







It's gettin' hot in here

Held at the Coastal Discovery Museum, the Kiwanis Chili Cook-Off raised money for Kiwanis causes and determined the best chili on the island.

# elebrate

40 Years of the Hilton Head Symphony Orchestra and 10 Years of John Morris Russell as Music Director during our 2021-2022 Season!

#### MICHELLE CANN PLAYS FLORENCE PRICE

**SUNDAY, NOVEMBER 14, 2021, 4:00 PM MONDAY. NOVEMBER 15. 2021. 7:30 PM** 

First Presbyterian Church, 540 William Hilton Parkway, HHI

**Orchestra Series, Concert 2** 

John Morris Russell, conducting Michelle Cann, piano

**Leonard Bernstein** Three Dance Episodes from *On The Town* Florence Price Piano Concerto in One Movement Felix Mendelssohn Symphony No. 5, D major, Op. 107, "Reformation"



Sponsored by



#### HOLIDAY POPS

#### SATURDAY, NOVEMBER 27, 2021, 7:00 PM

St. Gregory the Great Catholic Church Parish Life Center, 31 St. Gregory Drive, Bluffton

#### **Orchestra Series, Concert 3**

John Morris Russell, conducting

Ashleigh Smith, vocalist

Brandon Leonard, cello

(Winner, 2021 Hilton Head Youth Concerto Competition)

Hilton Head Symphony Orchestra Chorus,

Michael Schwartzkopf. Director

The HHSO presents a family-friendly abbreviated version of its Holiday Pops program in Bluffton. Sponsored by bluffton



#### HOLIDAY POPS

SUNDAY, NOVEMBER 28, 2021, 4:00 PM & **MONDAY, NOVEMBER 29, 2021, 7:30 PM** 

First Presbyterian Church,

540 William Hilton Parkway, HHI

#### **Orchestra Series, Concert 3**

John Morris Russell, conducting

Ashleigh Smith, vocalist

Brandon Leonard, cello

(Winner, 2021 Hilton Head Youth Concerto Competition)

Hilton Head Symphony Orchestra Chorus,

Michael Schwartzkopf, Director

Ring in the season with this beloved tradition of the Lowcountry that features holiday classics as well as enchanting new favorites. Vocalist Ashleigh Smith—from our partner, Savannah's American Traditions Vocal Competition—will join our HHSO Chorus and the young cello sensation Brandon Leonard to create a treat for the entire family.

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# November — nappenings

Art shows, plays & performances





The Nutcracker

The Hilton Head Dance Theatre's production of The Nutcracker will be performed at the Seahawk Cultural Center.

Performances will take place at 7:30 p.m. on November 12, 13, 19, and 20 and at 2:30 p.m. on November 14 and 21.

An online encore of the performance will be available for viewing in December. For tickets, visit hiltonheaddance.com.

#### Hilton Head Symphony Orchestra

On November 14 and 15 Michelle Cann will be performing at the First Presbyterian Church as part of Hilton Head Symphony Orchestra's Orchestra Series. On November 28 and 29 ring in the season at the Hilton Head Symphony Orchestra Holiday Pops performance with holiday classics and enchanting new favorites. Singers from Savannah's American Traditions Vocal Competition will join the HHSO Chorus and cello sensation Brandon Leonard. For more information and tickets, visit hhso.org.



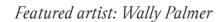






#### Fall Celebration of the Arts

Join the John Paul II Catholic School Theatre **Department for the Fall Celebration of the** Arts at 7 p.m. on November 19 in the school commons in Ridgeland. Students will be presenting a series of scenes, monologues and songs that highlight their various talents and skills. Fall-themed drinks and snacks will be provided.



This month La Petite Gallerie is featuring Wally Palmer, a sculptor and son of famed sculptor, Walter Palmer. In his Smoking Bird Studio along the banks of Okatie River, he creates a diverse collection of work including Lowcountry bas-reliefs, mosaics and large conceptual fountains. In addition to his visual skills, you can enjoy his guitar playing on festival days and Fridays at the La Petite Gallerie decks. For more information, visit lapetitegallerie.com.



#### **SAVE THE DATE** Music from the Manger

The Port Royal Music Academy's holiday-themed festival Music from the Manger is coming to the Port Royal Village December 10-12. The music-filled festival will feature a unique Christmas village and a performance by local recording artist, Liz Jane. For tickets and more information, visit MusicfromtheManger.com.

# Enjoy the Holidays in Old Town Bluffton.









#### **HOLIDAY ART WALK**

Friday, November 19 5:00pm - 7:00pm

More than 200 artists are represented in Old Town Bluffton's many art galleries and shops. Art enthusiasts can meet some of them during the Holiday Art Walk.

LIGHT UP THE NIGHT Friday, December 3



Shop & Dine early, then join the Christmas tree lighting with Santa in Martin Park at 5:30. Afterwards stay for the movie ELF at 6:30pm.

**CHRISTMAS PARADE** Saturday, December 4









#### "THE MALL-TERNATIVE"



Enjoy true southern hospitality as you peruse our shops and galleries for the perfect Christmas gift! Relax and dine in our fine restaurants to complete your day in Old Town.

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#### **OPEN HOUSE**

November 16 at 4:30pm • Grades JK-12 On the Campus of Hilton Head Prep

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#### The Rooftop at Poseidon

Coastal Country Night: November 3, 10, 17, 24 **Dueling Pianos + Ladies Night:** November 4, 11, 18, 25 Island's Biggest DJ Dance Party: November 6, 13, 20, 27 Silicone Sister: November 27

#### The Roasting Room

Nick Fradiana: November 4 **Emily Scott Robinson:** November 5 Into The Fog: November 6 The End of America: November 11

#### Savannah Civic Center

Foreigner: November 8 **ZZ Top:** November 17 TOBYMAC: November 19 Tedeschi Trucks Band: November 20

#### Fundraising event



Cocktails on the Sound

On November 13 from 4-8 p.m., join SOAR Special Recreation of the Lowcountry at their 6th annual Cocktails on the Sound fundraising event. Enjoy drinks, appetizers, entertainment, and catering by Red Fish. For additional information and tickets, visit soarspecialrecreation.org.

#### Local markets



#### Farmers Market of Bluffton

Every Thursday from noon to 5 p.m. the Farmers Market of Bluffton will be open at 71 Green Street. Vendors include 7th Heaven Spices. Clark & Sons Farm, Palmetto Pops, Myers Family Farms, Sprout Momma and Tuten Farms, just to name a few. Check out the market's Facebook page or text FARMER to 484848 for updates. Farmersmarketbluffton.org



Bluffton Artisan Market

The Bluffton Artisan Market will take place from noon to 5 p.m. on November 20 at Martin Family Park. Enjoy live music, food trucks and local makers.

### Fashionable & fun

Marco Bicego Trunk Show

Join the staff of Forsythe Jewelers for the Marco Bicego Trunk Show from 10 a.m. to 6 p.m. on November 16 and 17. Marco Bicego has redefined the phrase "everyday luxury" with sensuous, extraordinarily beautiful jewelry which blends Old World Italian hand craftsmanship with tradition, passion and imagination. Attendees will also have the opportunity to meet Miss South Carolina, Julia Herrin of Bluffton, from 1-4 p.m. on November 16 during the show. Enjoy a complimentary gift with your Marco Bicego purchase. RSVP to 843-671-7070 or Andrea@ForsytheJewelers.biz.





Pop-up portrait shoot

Island Child will be hosting a pop-up portrait shoot for your little ones at 1000 William Hilton Pkwy, Unit G-4 from 4-6 p.m. on November 12 and 10 a.m. to 2 p.m. on November 13. This would make a one-of-a-kind timeless gift for your loved ones this holiday season. For more information and to book a time slot, contact Photography 46 at photography46llc@gmail.com or 843-655-5439.

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# THANKS FOR **GIVING!**

#### **DONATIONS NEEDED!**

All proceeds go to improve the lives of animals.



Hilton Head Humane Association's The Litter B

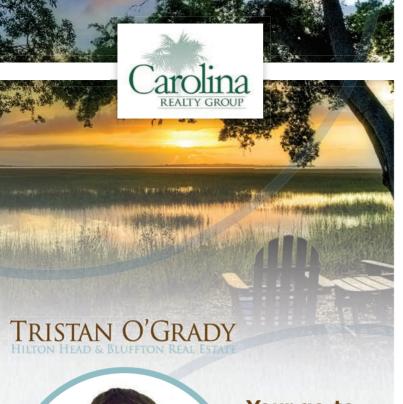
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#### Festivals & events



Palmetto Dunes Lowcountry Boil

Join Palmetto Dunes for an all-you-can-eat Lowcountry boil from 6-9 p.m. on November 12 at Center Court Pavilion. There will be live music and yard games. For questions, email dining@palmettodunes.com.



#### Hilton Head Island Lantern Parade

On November 13 from 5-7 p.m. at South Forest Beach, enjoy giant puppets, lanterns and marching musicians as they light up the shoreline. The free event features Chantelle Rytter and her "krewe" of puppeteers, along with children and adults from the community who will parade with their handmade lanterns.

#### Hilton Head Oyster Festival

Taking place from 5-8 p.m. on November 12 at Shelter Cove Community Park, the Friday Oyster Fest offers all-you-can-eat steamed local oysters, Lowcountry boil, pulled pork, seafood chowder and chili. From 11 a.m. to 4 p.m. on November 13 at Lowcountry Celebration Park, attendees can enjoy live music, local artisan pop-up shops, food, beverages and kids' activities. For tickets and additional information, visit hiltonheadoysterfestival.com.





Santa at Village at Wexford

Santa Claus will arrive at the Village at Wexford on November 27. Enjoy Storytime with Santa and the Gingerbread Trail. For additional information, visit villageatwexford.com.



#### Thanksgiving Wagon Rides

Enjoy a festive wagon ride and the fall colors and wildlife in the Sea Pines Forest
Preserve. For additional information, visit seapines.com/events
WAGON RIDE TIMES

November 23, 24, 26 (3 and 4 p.m.) and November 27 (10 and 11 a.m.)

#### **SAVE THE DATE**

Holiday Preview Event

On Saturday, November 13th from 10:00 am - 4:00 pm at The Greenery, Inc. (960 William Hilton Pkwy)

Reservations appreciated! Call Amy at 843-593-9351 for details of this special event. **thegreeneryinc.com** 





Veterans Day Parade

The annual Veterans Day
Parade takes place at 10 a.m.
on November 11 at Beaufort
National Cemetery. For more
information, call Beaufort County
Veterans Affairs at 843-255-6880.



#### **SAVE THE DATES**

Hilton Head Island Seafood Festival

Tickets are now on sale for the 15th Hilton Head Island Seafood Festival, taking place February 21-27, 2022, to celebrate southern heritage and culture. The event is planned to surpass over \$1 million in funding to local charities and over \$31 million in economic impact to Hilton Head Island. Events include Lowcountry Seafood Experience on the Water, Pitmaster 101, Salt Water Supper and Pig Pickin' & Oyster Roast, just to name a few. The main event will be held at Shelter Cove Harbour + Marina, where samples will be offered from over 100 food and beverage vendors, and two stages will provide live music, celebrity chef cooking demonstrations and wine, beer and cocktail seminars. For tickets and additional information, visit hiltonheadseafoodfestival.com.



Hilton Head Island High School is proud to present Little Women

The Broadway Musical by Allan Knee, Jason Howland's music and Mindi Dickstein's lyrics will run November 4-6 at 7 pm and November 7 at 4 p.m. at the Seahawk Cultural Center on the campus of Hilton Head Island High School. The musical is based on Louisa May Alcott's classic American novel by the same name and shares the story of love and family during the Civil War. Purchase tickets at hhihstheatre.org/tickets; \$20 for adults, \$10 for students.



When you donate to United Way of the Lowcountry you are actually supporting more than 20 local nonprofit agencies, as well as our own Early Grade Reading initiatives, HELPLINE, Volunteer Income Tax Assistance program, Operation Backpack and more.

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United Way of the Lowcountry

To make a donation visit uwlowcountry.org/donate or mail your support to P.O. Box 202, Beaufort SC 29901



#### Fundraising events

#### Thanksgiving Turtle Trot 5K

**The Palmetto Dunes Property Owners Association will host its second** annual Thanksgiving Turtle Trot 5K on Thanksgiving Day. The family-friendly event is a 5 kilometer run/walk on the beach in Palmetto Dunes Resort, starting at 9 a.m. at 14 Dunes House Lane. The proceeds will benefit the Palmetto Dunes Cares Fund. To register, visit runsignup. com/Race/SC/HiltonHeadIsland/ PalmettoDunesTurtleTrot5K.



#### 5th Annual HHAHBA **Education Foundation** Gornhole Tournament

The tournament takes place on November 17 from 5:30 to 8:30 p.m. at 16 Promenade Street at St. Joseph's Park. To participate, cost is \$80 for teams of two, which includes buffet and two drink tickets per player. Spectator tickets are \$25 and include two drinks and access to full buffet. This event will benefit the Home Builders Education Foundation 2022 scholarship fund. For more information and to register, visit hhahba.com.

#### Champions Online Auction

In support of First Tee Lowcountry, bid on exclusive items including golf rounds at premiere courses in the Lowcountry and nationally. Other items include works by renowned local artists. fine dining experiences and more. The preview opens on November 1, and bidding opens on November 7. Visit firsttee. cbo.io or scan the OR code to bid and support First Tee Lowcountry.



#### Enlightening conversations



A Year of Turmoil

The World Affairs Council of Hilton Head's popular Friday Speaker Series "A Year of Turmoil" continues on the first and third Fridays of each month at First Presbyterian Church on Hilton Head Island. For tickets and more information. visit WACHH.org or call 843-384-6758.

#### **UPCOMING TALKS**

November 5: John Tierney, Questions that Congress is Failing to Ask

November 19: Anand Menon, UK in a Chanaina Europe

December 3: Nury Turkel, The Future of the Uyghurs

January 7: Farah Pandith, Countering Extremism Together Here & Abroad



# Mike and Mari Notley

# Visit hospicecarelc.org/we-honor-veterans or

scan the code to learn more about the program.

To support us, call 843-706-2296 HospiceCareLC.org



# Your Choice **Our Privilege**

Hospice Care of the Lowountry's We Honor Veterans program uses resources that focus on respectful inquiry, compassionate listening, and grateful acknowledgment of our country's veterans. Alongside his wife Mari, an Administrative Volunteer, our Veteran Volunteer Mike Notley creates camaraderie sharing a common language and experiences to comfort fellow veterans.



**HCL Volunteers** 

Hospice Care of the Lowcountry, Inc. is a registered 501-C(3) nonprofit

organization. Serving Beaufort and Jasper Counties since 1982.

#### **Real Estate Marketplace**



#### 122 Mooring Buoy, Palmetto Dunes

Remarkable third-row ocean property on the Beachwalk. Totally redone, upgraded and expanded along with brand new construction additions approved for a 10-bedroom luxury estate. Fully furnished and equipped, huge private pool with large hot tub, abundant deck area and covered outdoor space too. Open-style Great Room with amazing architectural features. Main kitchen and guest kitchen. Under construction, Spring '22 completion. 10 Bedrooms, 8 Full, 2 Half Baths. \$3,988,000

#### **David Carroll 843.384.8111**



#### 6 Heyward Place, Hilton Head Island

Opportunity to own, steps from the Port Royal beaches. This 2nd row property on the beach path can have views to the Atlantic and Port Royal Sound. Until your plans are done and you are ready to build, the home can be rented. Owners enjoy the new oceanfront Beach Club, Olympic size pool, tennis/pickle ball, leisure paths, 24-hour security and optional golf/tennis/social membership at the Port Royal Golf Club. North end Island location, 18' elevation. \$1,198,500

#### **Charles Sampson 843.384.7300** Charles@CharlesSampson.com







#### 13 Club Course Drive, Sea Pines

This Lowcountry cottage-designed home features ship-lapped walls, white oak flooring throughout, crown molding, Savannah brick entry, plantation shutters, and Hardie shingle siding. Open great-room concept offers a dream kitchen, stainless appliances, 3 bedrooms including sensational Master suite on 1st level, 4th bedroom over the garage and screened porch overlooking the 10th green of Sea Pines Club course. An amazing property for entertaining and family moments. \$1,399,000

#### Becky Herman 843.301.3355 Monica Davis 843.384.4473 www.HermanAndDavisProperties.com







#### 47 Brams Point Circle, Hilton Head Island

Deep-water property with a private dock and lift. 4 BR's, 6 BA's & 3 Half BA's. Features include: Pecky Cypress walls, Wormy Chestnut floors, Alder custom doors, copper roof, gutters and pipes, coffered ceilings, heated floors. Chef's Kitchen. Butler's Pantry. The Master is located on the 1st floor with a sitting room, his & her walk-in closets and his & her baths. Media Room with theater seats & high-quality sound system. 4-car garage with bonus rooms above. Private pool with Jacuzzi. More! \$6,500,000

#### James Wedgeworth 843.384.7825 www.JamesWedgeworth.com





# Seas the day



Calibogue Sound

"It is one of my favorites because I believe it represents a true portrait of a classic Southern shrimp trawler with just a wisp of diesel exhaust from the resting engine. Ironically, a natural and graceful arch of scavenging gulls frame the portrait in a beautiful way."

- DAVID HOWARD, HILTON HEAD ISLAND





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Marco Bicego Trunk Show

Tuesday & Wednesday November 16 & 17 | 10 am - 6 pm

Meet Miss South Carolina Julia Herrin Tuesday, November 16 | 1 - 4 PM



The Shops at Sea Pines Center
71 Lighthouse Road | Hilton Head Island
843.671.7070 | FORSYTHEHHI.COM