


Jess tests: recycled-paper notebooks

I love smartphones and tablets, but I prefer hashing out ideas on paper. Still, I'm keen on saving trees, not to mention the water and chlorine used in the paper-making process. Here are a few of my favourite notebooks that are made with alternative paper sources or contain recycled content. - *Jessica Ross*



Ecojot 4- x 6-inch workbooks, \$10 for set of three, ecojot.com 

Perfect purse-size notebooks, Ecojots are designed and printed in Canada on 100 per cent post-consumer recycled paper.



Blueline Duraflex 160-page, 9 1/2- x 6-inch notebook, \$9, officedepot.ca

This wire-bound notebook lies flat and features perforated pages. It's made with 30 per cent post-consumer recycled content.



Bananabook 80-page, 8- x 10 1/2-inch notebook, \$4, thebanana.com

This notebook from the Kraft Fauna collection is made with biomass from banana plants. It's totally treeless!



Re-Cover 70-page journal (in various sizes), \$20, grassrootsstore.com 

Savvy Haligonians have made a business of turning discarded hardcover books into blank-paged journals filled with 100 per cent post-consumer recycled paper.

Find more great green ideas from Jess at homemakers.com/ecologic. For shopping sources, see page 56.  **Made in Canada**

A hot deal

Take advantage of the EcoEnergy Retrofit program (runs until March 31, 2012) and get ready for the cold weather. Upgrade your furnace or hot water system, add insulation to your attic or basement walls, draft-proof your home and more for returns of up to \$5,000! To register for the program, go to ecoaction.gc.ca/homes.



Bird feeders

Plant showy trees and shrubs now: You'll get great colour, and winter food for birds as well. We like: hawthorn, sumac, serviceberry and dogwood.

Good to glow

Love the look of candles but not the smoke? PartyLite's Light Illusion Ivory LED Pillars are wax candles (starting at \$25 each) that offer warm, glowing, battery-powered illumination.



PHOTOGRAPHY: ISTOCK (BERRIES AND HOUSE)



2008 Lulu B. Pinot Noir, Vin de Pays d'Oc, France: Enjoy bright cherry and raspberry notes with a wisp of vanilla smoke running through. Medium-bodied and silky, it's a terrific wine for potlucks and get-togethers with friends. **Pair with:** Green Pepper and Zucchini Spaghetti, page 42. \$11. Score: 86/100



2009 Yealands Sauvignon Blanc, Marlborough, New Zealand: This zesty, refreshing, mouthwatering white has lime, herb and chive notes. This wine cries out for food, so don't deprive it, or yourself. **Pair with:** Pasta in cream sauce. \$18. Score: 88/100



2009 Red Knot by Shingleback Cabernet Sauvignon, McLaren Vale, Australia: Terrifically juicy, this wine has lusciously ripe plum, blackberry and other sensual dark fruit notes. A kiss of oak ties this wonderful package together in a bow. **Pair with:** Eggplant-Pork Spaghetti, page 44. \$18. Score: 90/100



2008 Jacob's Creek Reserve Shiraz, Barossa, Australia: Full-bodied and smooth with lovely aromas of blackberry and dark plum, this red is round and supple. It's absolutely delicious! **Pair with:** Meat-filled ravioli. \$17. Score: 89/100 *hm*

SHOPPING SOURCES

Your Whole Life
Pages 11 to 13:
PartyLite, partylite.ca.

Living Fully
Good to Go
Pages 60 to 66:
Edit by Jeanne Beker,
The Bay, thebay.com.
Old Navy, oldnavy.gapcanada.ca.
Vespa, vespa-canada.ca. **Michael Michael Kors**,
michaelkors.com.
Danier and **Object**
by **George Antonopoulos** for **Danier**,
danier.com. **Roots**,
1-800-208-0521,
canada.roots.com.
Ecco, eccocanada.com.

Spanner, 1-800-263-3968, spanner.ca.
Jacob, jacob.ca.
Jonathan Adler,
Chapters and Indigo
stores across Canada.
H&M, hm.com. **Bell**,
bellhelmets.com.
Aldo, aldoshoes.com.
Call it Spring,
myspringshoes.com.
Press, 1-888-688-3657,
pressfashions.com.
Esprit, espritshop.ca.



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