

Blinds, Drapes and Bedding has frequently been contracted for various articles in House and Home.



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H&H STAFFER TRISH SNYDER CYCLES TO WORK YEAR-ROUND AND SMUGGLES APPLE CORES HOME TO COMPOST, SO WE CHALLENGED HER TO MAKE HER NEW KITCHEN AS ENVIRO-FRIENDLY AS POSSIBLE — AND TAKE US ALONG FOR THE RIDE.

Produced by Candace Allen-Niel, Help for Your Studio, Photography by Doreen Griffin

Some say the greatest lesson is one that is already built, but when it comes to our old kitchen, I try to diffuse that belief and encourage openness to the possibility of change. Our budget was around \$20,000. In addition, I had requested the kitchen be a space to live in for 10 years. So it was important with the client that I had a variety of choices in mind. I had to think about taking up more counter space — from building open shelving to use for a variety of things, adding more space around the island, and a kitchen island that could be used as a table. We also needed more efficient floor space, so we added a super-efficient and sleek sink with healthy materials. And finally, we had to make sure the plan was in line with our client's lifestyle — in the process.

Choose clean cabinets
These cabinets made from 95% formaldehyde-free plywood, formaldehyde-free urethane, and zero-VOC paint. To keep our home from becoming a chemical-free zone, we opted instead for glass-fronted cabinets. To keep our home from becoming a chemical-free zone, we opted instead for glass-fronted cabinets. To keep our home from becoming a chemical-free zone, we opted instead for glass-fronted cabinets.



Preserve thy heat and light
These two kitchen features were preserved for a good reason. I called GreenSource, a local green building resource, and they advised us to use energy-efficient lighting. They advised us to use energy-efficient lighting. They advised us to use energy-efficient lighting.



Keep the air fresh
This new space is a "low" smell to our noses because it's made using the most off-gas friendly options. These panels feature recycled paper treated with water-based finishes instead of chemicals. The backsplash is recycled paper, an alternative to porcelain-tiled backs. For the flooring, I discovered PaperStone, a concrete-look tile that has recycled paper with natural resin. And walls are coated with EPPE (Eco-Paint). It contains none of the harmful chemicals of most synthetic paints and acts as a catalyst to reduce off-gassing from the surfaces it's applied to.

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A classic trellis print looks fresh again in this lush shade. **Kate Spade green THE OFFICIAL PREPPY HUE**

While there are more shades of green than any other colour in the spectrum, Kate Spade's classic Kelly green is a particularly pretty one for interiors, where it mingles effortlessly with everything from brights to whites. Painting trim the same verdant hue as the wallpaper's graphic trellis pattern produces a more decorated look, while strategic hits of black add urban polish. Schumacher Imperial Trellis wallpaper, fabric, by Kelly Wearstler, Birming & Co, cable, lamp, Angus & Company; Kate Spade vase, clock, Teatro Verde d'arte cover, shoes, Pottery Barn; drapes, rug, floor, black ribbon, Mosaic; wallpaper by Thistle Printing; sewing for pillows, drapes, blinds, Drops & Beading.

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BEFORE AND AFTER

TAKE TWO

PAST MEETS PRESENT WHEN AN OUT-OF-DATE IKEA KITCHEN GETS AN UP-TO-THE-MOMENT OVERHAUL.

PRODUCED BY STEPHANIE WHITE
 STYLING BY JESSICA GARDNER
 PHOTOGRAPHY BY DOONAN GARDNER

The problem: The kitchen in Colleen Shearer and Jeff Anichini's Burlington, Ont., house had definitely outlived its welcome. The white Ikea cabinets, more than 20 years old, didn't provide adequate storage. The hanging bar stools, such as the black bar stools she that seemed to absorb the limited daylight, contributed to the room's dark look. The most glaring issue was the lack of an oven, particularly getting to Colleen, who loves to bake. "The kitchen just didn't fit with the rest of Colleen and Jeff's home, which is such a warm traditional," explains 2010 editor Stephanie White, who worked with the magazine's design team on the kitchen. "It had some better days, but it was time to say 'goodbye' to the old kitchen and start fresh."

The solution: The better days have to be said on the kitchen. The old one was a mess of clutter, with a light-colored countertop that didn't match the white cabinets. The kitchen was cluttered with a light-colored countertop that didn't match the white cabinets. The kitchen was cluttered with a light-colored countertop that didn't match the white cabinets. The kitchen was cluttered with a light-colored countertop that didn't match the white cabinets.

ABOVE: Deck out the kitchen with the past meets present look. The new Ikea cabinets, more than 20 years old, didn't provide adequate storage. The hanging bar stools, such as the black bar stools she that seemed to absorb the limited daylight, contributed to the room's dark look. The most glaring issue was the lack of an oven, particularly getting to Colleen, who loves to bake. "The kitchen just didn't fit with the rest of Colleen and Jeff's home, which is such a warm traditional," explains 2010 editor Stephanie White, who worked with the magazine's design team on the kitchen. "It had some better days, but it was time to say 'goodbye' to the old kitchen and start fresh."

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