

VOLUME 14 | SUMMER 2018

THE COASTAL TABLE

an anthology of seaside living

GRILLED PAELLA
+ summer cocktails

meet the maker:
Health-Ade

renovating with purpose:
MOORE HOUSE

+ our favorite clam recipes!



The sea lives in every one of us.

—Robert Wyland

from the publisher



photo by Jennifer Johnson

I'VE BEEN A BARGAIN HUNTER for as long as I can remember. Whether it's an antique store or a flea market or a garage sale, I'm in. Every time. I love everything about the hunt for a hidden treasure, and it's one of my favorite ways to get lost for awhile. I've collected quite a few great finds along the way, and one of my favorites is the vintage cake stand and cover I bought at a garage sale years ago for a dollar. I still use it every time I bake a cake.

But for me, it's not just about finding a treasure or getting a good bargain. It's also about finding something I love—furniture that's the right shape or size, or an old picture frame—and then turning it into something else, too. With every house I've renovated over the years (and there have been several) the most fun part for me was decorating and figuring out how to make the whole thing come together. Making it personal, unique, and my own.

This issue we're profiling Moore House Design and Renovation, a family-run business that has transformed several cottages along the Rhode Island coast into rental properties that you'll definitely want to visit. Not only are these cottages the perfect getaway, but they're also filled with inspiration on how to upcycle and renovate with sustainable, found items. This is one super talented family—be prepared to be in awe of their incredible spaces.

We're also inviting you on a road trip to North Fork, Long Island, where the food scene is not to miss. The area is also full of great shops, cool places to stay, and wonderful people, making it a region worthy of a long weekend. Be sure to check out our guide for where to start and what to do.

Of course, summer is also the season for outdoor entertaining at home, and we love finding new ways to make it easier. This issue we're serving up a one-dish stunner of grilled paella—it's a big, beautiful dish that serves a crowd, and definitely one to try. Pair it with one of our frosty blender drinks and you've got yourself a summer party!

This issue we're also sharing the history behind one of our favorite summertime treats: salt water taffy! We've been busy tasting and testing the best varieties from across the country and you can find our list of favorites over on the website.

Thanks as always for being a part of our community. We're happy to have you here with us.

Karen J. Covey
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cover: photo by Jennifer Johnson

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sparkling blueberry soda

A refreshing summertime drink made with pure Organic Heirloom Blueberry Juice.

2 ounces Bow Hill Organic Heirloom
Blueberry Juice
Juice from 1/2 lemon, or to taste
Ice
Club soda, for serving
Fresh lemon slice, for garnish, optional
Fresh mint, for garnish, optional
2 ounces of vodka, optional

In a glass, add Bow Hill blueberry juice,
1/2 ounce mint simple syrup, and lemon
juice. Fill glass with ice. Add club soda
and garnish as desired.

Makes 1.

cook's note: To make simple syrup, combine
1/2 cup sugar and 1/2 cup water in a sauce-
pan and cook until sugar is dissolved. Add
5 sprigs fresh mint and allow to cool to room
temperature. Remove mint, cover, and
chill until ready to use. Makes enough for
about 12 drinks.



bowhillblueberries.com

Bow Hill is a small farm with a huge passion for growing, handpicking and preserving heirloom blueberries organically. Their 100% pure certified organic blueberry juice is cold pressed on the farm and can be shipped right to your door.



our contributors

and a very big, heartfelt thank you to everyone who helped make this issue possible.

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Eileen Lewis has had a long media career developing and launching client partnerships. Her experience includes work for *The New York Times*, several blue-chip business magazines, and various lifestyle, epicurean, regional, and travel publications. Based in the Philadelphia region, she typically spends August on Cape Cod and the Vineyard.

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Jennifer Johnson is a food and lifestyle photographer. She specializes in editorial food photography as well as on-location family portraits. She lives in the seaside village of Mattapoisett, Massachusetts with her salty man, two wild wee ones, and wet dog. jenniferjeanne.com.

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Morgan Ione Yeager specializes in photographing food, farms, and travel for commercial and editorial clients. You're equally as likely to find her dressed up for dinner in the city as you are to find her in a cow pasture, camera in hand. She lives in Greenwich, Connecticut.

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Mark Fleming is a New England-based travel and lifestyle photographer. He studied photojournalism at the Rochester Institute of Photography and served as the photo editor for *Down East* magazine, and is now the senior photographer for *Yankee* magazine. Mark has a passion for travel, food, and visual storytelling.

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Karen Mordechai is a photographer, cook, stylist, and the founder of Sunday Suppers. Her work has been featured in *The New York Times*, *Food & Wine*, *Martha Stewart Living*, and *Glamour*. Karen received an IACP award for her book *Simple Fare*, as well as a 2018 James Beard Award nomination. She resides with her husband and daughter in Los Angeles, California.

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Christine Burns Rudalevige is a food writer and recipe developer based in Brunswick, Maine, where she writes about sustainable land and seafood systems, and explores how average eaters can get sustainably harvested food to their plates. Her work has appeared in regional publications and nationally in *Fine Cooking* and *Cooking Light* and on Food52.com.

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Courtney Goodrich lives in a 125-year-old house in Easton, Massachusetts, with her husband and daughter. She writes about design, architecture, food, art, and travel, and is constantly curious about and inspired by what makes a place feel like home.

CATHERINE RITCHIE

writer

Catherine Ritchie is a freelance writer residing in central Pennsylvania. When she's not at her desk writing, she enjoys exploring the outdoors with her husband and young daughter, reading novels, and pursuing her MFA in nonfiction writing. With family roots in New England, she dreams of one day living close to the sea.

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Mackenzie Wise works in marketing at MIT. She is an avid food lover, cook, and traveler, and helps to develop and test recipes.

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Marc McDonald is an avid music lover and collector whose playlists are often used as a motivational tool for one of his yoga or cycling classes. A frequent concert goer, Marc has seen live performances ranging from Paul and Ringo to Patti Smith and David Bowie.

Special thanks to:

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The Coastal Table is always looking for thoughtful storytellers. If you'd like to contribute, please contact us at: karen@thecoastaltable.com.



POSTCARD: MATTAPOISETT, MA | PHOTO BY JENNIFER JOHNSON







SEASIDE SUDS

We love this all-natural, gentle wash from Brothers Artisan Oil; the citrus and lavender scent is a favorite. Every coastal home should have a bar (or three) of sudsy Swedish Dream sea salt soap from Kalastyle, with natural exfoliators that keep skin soft and smooth all day. Triple milled, fragrance-free oatmeal soaps from Izola are vegetable based, with added moisturizing power from olive oil, and each bar (they come in sets of three) is imprinted with a nautical phrase. The citrus soap-on-a-rope from 8knots on Shelter Island—sold with a 100% hemp washcloth—is our new must-have for the outdoor shower.

WORDS BY KAREN J. COVEY | PHOTO BY JENNIFER JOHNSON





PEACHES

One of the season's most anticipated fruits, peaches are a popular favorite for their versatility and sweetness. Plus, the bright coral color captures the summer vibe perfectly. The window for these beauties is short, as is their shelf-life, so don't delay on trying out these recipes.

RECIPES BY KAREN J. COVEY | PHOTOS BY JENNIFER JOHNSON

sparkling peach lemonade





INGREDIENT

sparkling peach lemonade

This is a refreshing twist on a summer staple, and a perfect addition to your backyard parties. For an adult version, top with prosecco and/or serve with a splash of your favorite vodka.

- 8 peaches, peeled, pitted, and chopped
- 1½ cups fresh lemon juice (from approximately 10 lemons)
- ½ cup honey, or to taste
- 6 cups cold water
- Ice, for serving
- Lemon slices, for serving
- Peach slices, for serving
- Sparkling water, club soda, or prosecco, for serving

1. In a blender, add peaches and pulse until completely smooth (add juice from 1 lemon if needed to purée). Transfer to a pitcher.
2. In a separate pitcher or large measuring cup, combine remaining lemon juice and ½ cup honey and whisk until combined. Add to peach purée. Add water and stir to combine. Add more honey as necessary, 1 tablespoon at a time, until you reach desired level of sweetness.
3. Cover pitcher with plastic wrap and chill until ready to serve, at least 2 hours. Be sure to keep lemonade in a pitcher without ice until you're ready to serve it (ice will water it down).
4. Spoon ice into serving glasses and add a few lemon and peach slices to each glass. Give pitcher of lemonade a good stir and pour over ice. Top with sparkling water, club soda, or prosecco and serve immediately.

Serves 4-6.

cook's note: Fresh peaches should peel and purée easily, but if you're having troubling removing the skins, you can blanch them first. To do so, bring a large pot of water to a boil. Cut a small X-shape in bottom of each peach and place in water. Blanch for 1-2 minutes. When skin starts to pull away, remove peaches with a pair of tongs and transfer to a bowl of ice water. Allow to cool for about 5 minutes, then peel and discard skins.



peach gazpacho

peach gazpacho

Gazpacho is one of our favorite summer soups because it can be made in a big batch, and the longer it sits, the better it tastes.

- 4 peaches, peeled, pitted, and chopped, plus extra for garnish
 - 1/2 medium cucumber, peeled, seeded, and chopped
 - 1 small shallot, chopped
 - 1 clove garlic, roughly chopped
 - 1-2 tablespoons orange juice
 - 1-2 tablespoons Champagne (or white wine) vinegar
 - 1-2 tablespoons extra virgin olive oil, plus extra for garnish
 - Kosher salt, to taste
 - Freshly ground black pepper, to taste
 - Yellow cherry tomatoes, cut in half, for garnish
 - Fresh cilantro, for garnish
 - Fresh lime juice, for garnish
1. In a blender, add peaches, cucumber, shallot, garlic, 1 tablespoon orange juice, 1 tablespoon vinegar, and 1 tablespoon olive oil. Season with salt and pepper. Pulse until completely smooth. Transfer mixture to a bowl and cover with plastic wrap. Refrigerate until ready to serve, at least 2 hours or up to 2 days.
 2. Taste and adjust as desired, adding more vinegar, orange juice, or olive oil. To serve, ladle into serving bowls and garnish with cherry tomatoes, finely chopped peaches, cilantro, and a drizzle of olive oil and lime juice. Season with salt and pepper and serve.

Serves 2-4.

quick peach bbq sauce

Of course we prefer this with a homemade jam or chutney, but a good quality store-bought variety works, too. We love this over ribs or chicken.

- 1 teaspoon vegetable (or canola) oil
- 1/2 small onion, finely chopped
- 2 cloves garlic, finely minced
- 1/2 cup ketchup
- 1/4 cup peach jam or chutney (see cook's note)
- 2 tablespoons apple cider vinegar
- 2 tablespoons molasses
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard

In a medium saucepan, heat oil over medium-low. Add onion and cook until softened, about 5 minutes. Add garlic and cook for 30 seconds. Add remaining ingredients and cook for 10-15 minutes, until sauce has reduced and thickened. Allow to cool to room temperature. Once cool, cover with plastic wrap and refrigerate until ready to use.

Makes approximately 3/4 cup.

cook's note: We prefer to use an organic brand of jam or chutney for this recipe because they tend to be less sweet than more conventional brands.

steel cut oats with caramelized peaches



steel cut oats with caramelized peaches

A breakfast that eats like a sweet dessert, this porridge is perfect for those late summer days when the temperatures drops and you need something warm to start your day.

- 3 cups water
 - 1 cup steel cut oats
 - Pinch kosher salt
 - 2 tablespoons unsalted butter
 - 2 tablespoons maple syrup, plus extra for serving
 - 1/2 teaspoon ground cinnamon
 - 2 peaches, sliced
1. Bring water to a boil. Add oats and a pinch of salt. Reduce heat to low, cover, and cook according to package instructions, noting a slightly shorter cooking time will result in more al dente oats; longer time will be creamier. Stir every few minutes until desired doneness. Remove from heat and allow to cool for 1-2 minutes.
 2. Meanwhile, in a large sauté pan, heat butter over medium heat. Add maple syrup and cinnamon and cook about 1 minute. Add peaches and cook until softened, 5-10 minutes. Remove from heat.
 3. Divide oats among serving bowls and top each with peaches. Serve warm with additional maple syrup.

Serves 4.

cook's note: If you have a few peaches that have a blemish or aren't quite perfect enough to eat on their own, this is a great way to use them up.

grilled peach salsa

We love the combination of mint and peaches for a different take on salsa, but cilantro works just as well. Grilling the peaches adds a nice, unexpected char and flavor to the salsa.

- 4 peaches
 - 2 tablespoons vegetable (or canola) oil
 - 1 small red onion, cut into thick slices
 - 1/2 jalapeño pepper, cut in half lengthwise, seeds removed
 - Kosher salt, to taste
 - Freshly ground black pepper, to taste
 - 1-2 tablespoons roughly chopped fresh mint
 - Juice from 1-2 limes
1. Preheat grill to medium heat.
 2. Cut peaches in half lengthwise and remove pits. Brush both sides of peaches, onion slices, and jalapeño with oil. Season with salt and pepper.
 3. Place peaches, onion slices, and jalapeño on grill and cook each until lightly charred on both sides, 5-10 minutes. Remove and allow to cool slightly. When cool enough to handle, dice and place in a medium bowl. Add mint and lime juice (to taste) and toss to combine. Serve immediately.

Serves 4-6.



3-ingredient peach gelato

peach panzanella

This bread salad is a great way to use up day-old bread. It's really versatile and can incorporate any number of ingredients. Traditionally, the bread is supposed to sit for a bit, soaking up the liquid, but we like it to have a little crunch. If you prefer the bread softer, allow the salad to sit longer at room temperature before serving.

- 1 loaf county bread, cut into 1-inch slices
 - 1/4 cup extra virgin olive oil, plus extra as needed
 - Kosher salt, to taste
 - Freshly ground black pepper, to taste
 - 4 peaches
 - 1 pint cherry tomatoes, larger ones cut in half
 - 2-4 tablespoons white wine vinegar
 - Hand-torn fresh mint, to taste
 - Goat cheese, optional, for serving
1. Preheat grill to medium heat.
 2. Brush cut sides of bread with a bit of olive oil and season with salt and pepper.
 3. Cut peaches in half lengthwise and remove pits. Brush both sides of peaches with oil. Place bread slices and peaches on grill and cook each until lightly charred on both sides, 5-10 minutes. Remove and set aside to cool slightly.
 4. Once cooled, cut bread into cubes and place in a large bowl.
 5. Slice (or dice) peaches and add to bowl of bread along with tomatoes.
 6. In a small bowl, combine 2 tablespoons vinegar and 1/4 cup olive oil and season with salt and pepper. Taste and add more vinegar if desired.
 7. Pour dressing over bread salad and toss well to combine. Add mint and toss again. Transfer to a large serving platter, season with salt and pepper and top with goat cheese (if using) and serve.

Serves 4-6.

3-ingredient peach gelato

You'll want to use a good high-powered blender for this recipe so that you can keep the amount of cream/milk to a minimum. We prefer a blend of both cream and milk (about 3/4 cup of heavy cream and 1/4 cup whole milk) but all-cream works just as well and will give you a slightly richer finished gelato.

- 16 ounces frozen peaches
- 1 1/2 cup heavy cream, whole milk, or a combination
- 1/4 cup coconut sugar, sugar, or honey

In a blender, add peaches, 1 cup heavy cream/milk, and coconut sugar, sugar, or honey and blend until completely smooth. Stop and scrape down sides of blender as you work; mixture will be very thick. Taste and adjust as desired, adding more heavy cream/milk if necessary. Serve immediately or cover and freeze until ready to use.

Makes approximately 1 quart.



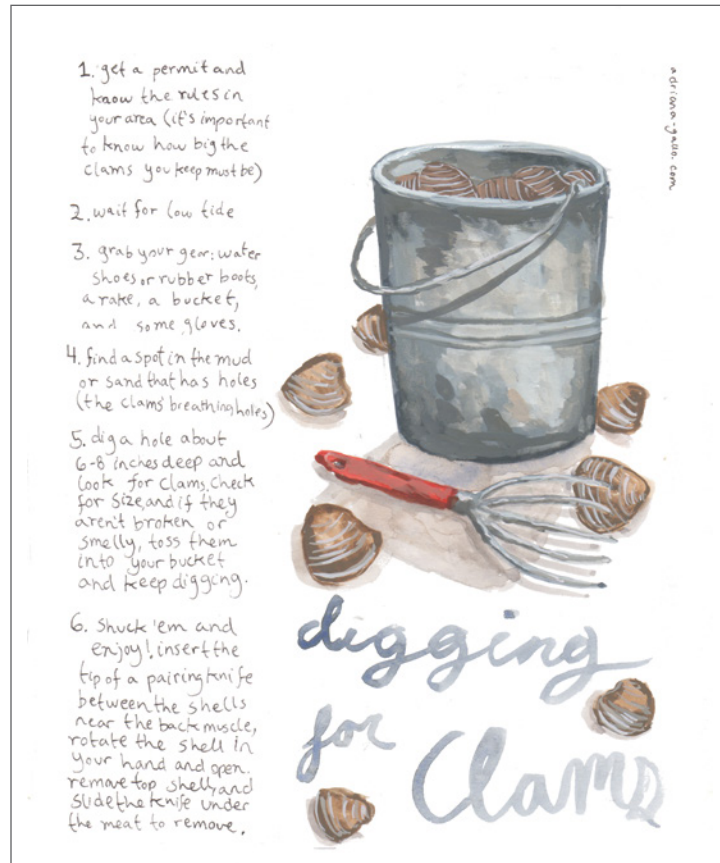


CLAMS

One of our favorite ingredients to celebrate summer. Digging for clams is a coastal pastime, and a great way to feel connected to your landscape. Here are a few classic recipes to showcase clams in their truest, most delicious forms.

RECIPES BY KAREN J. COVEY | PHOTOS BY JENNIFER JOHNSON

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old-school stuffies

old-school stuffies

Stuffed clams, known as “stuffies” in New England, are a mixture of minced clams and breadcrumbs baked into the shells of hard-shell clams. It’s a coastal classic, and one to keep for your repertoire.

- 6 hard-shell clams (chowder clams)
 - 3 tablespoons extra virgin olive oil, divided
 - 1 cup finely diced chorizo, or other dry, spicy sausage
 - 1/2 small onion, finely chopped
 - Kosher salt, to taste
 - Freshly ground black pepper, to taste
 - 2 cloves garlic, chopped
 - 2 cups packed chopped fresh breadcrumbs
 - 1/4 cup finely chopped fresh flat-leaf Italian parsley
 - Unsalted butter
 - Lemon wedges, for garnish, optional
1. Check clams and make sure none of them are already open. If any are, gently push shells together with your fingers to see if clam will close. If not, discard it. Wash clams one at a time under running water, removing any sand with your fingers (or a small brush). Set aside.
 2. In a large sauté pan, heat 1 tablespoon oil over medium heat. Add chorizo and cook until lightly browned, about 10 minutes. Remove with a slotted spoon and transfer to bowl of a food processor.
 3. Return pan to medium heat and add another 1 tablespoon oil. Add onions and cook until softened, about 5 minutes. Season with salt and pepper. Add garlic and cook for another 30 seconds. Transfer to food processor with chorizo. Return pan to medium heat and add remaining 1 tablespoon oil. Add breadcrumbs and toast until lightly browned. Set aside.
 4. Place a steamer basket in bottom of a pot and add enough water to cover bottom (do not let water enter steamer basket). Bring to a boil. Add clams, cover, and reduce heat to low. Simmer until clams open, 10-15 minutes. Remove clams as they open and set aside. Strain clam water through a fine-mesh sieve set over a large measuring cup and set aside.
 5. Once cooled, run a spoon (or paring knife) underneath each clam to loosen it from its bottom shell. Remove any side hinges inside of clams. Add clams to food processor and

pulse until desired consistency. Add breadcrumbs and parsley and pulse 1-2 more times. Transfer mixture to a bowl.

6. Place 6 bottom shells on baking sheet. Using a damp paper towel, wipe out shells of any residual sand or grit. Preheat oven to 350°F.
7. Add enough clam juice to evenly moisten stuffing mixture, about 1/2 cup (watch out for sand that has collected on bottom of pan and avoid adding). Divide breadcrumb mixture among shells, mounding each evenly. Dot top of each clam with a small pat of butter and season with pepper. Bake clams for 20-25 minutes, until lightly browned. If desired, place under broiler to brown tops for another 1 minute. Serve warm with lemon wedges (if using).

Serves 4-6.



New England-style clam dip

New England-style clam dip

Canned clams make this appetizer come together in minutes, but you can also use fresh steamed clams if you prefer.

- 1 6.5-ounce can minced clams, drained (and juices reserved)
- 1 8-ounce package cream cheese, at room temperature
- 1 tablespoon Worcestershire sauce
- Tabasco sauce, to taste
- Zest and juice from 1 lemon
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- Potato chips, for serving

In a bowl, add clams and cream cheese and stir to combine. Add Worcestershire sauce, Tabasco, and zest and juice from 1/2 lemon. Season with a bit of salt and pepper. Stir to combine. Taste and adjust as desired, adding additional lemon zest and juice or reserved clam liquid if desired. Serve with potato chips for dipping.

Makes approximately 2 cups.

cook's note: To make ahead, cover dip with plastic wrap and refrigerate until ready to serve, up to one day in advance.

steamed clams with garlic butter

- 2 dozen littleneck clams
- 2 tablespoons unsalted butter
- 2 cloves garlic, smashed into a paste
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 cup white wine
- 2 tablespoons finely minced fresh flat-leaf Italian parsley, for garnish
- 1 lemon, cut into wedges, for serving
- 1 French baguette, for serving

1. Check clams and make sure none of them are already open. If any are, gently push shells together with your fingers to see if clam will close. If not, discard it. Wash clams one at a time under running water, removing any sand with your fingers (or a small brush). Set aside.
2. In a large saucepan, melt butter over medium heat. Add garlic and cook for 30 seconds. Season with salt and pepper. Add wine and bring to a simmer. Add clams. Increase heat to high, cover, and continue to cook until clams open, about 5-10 minutes. Discard any unopened clams. Transfer clams to a large serving bowl.
3. Strain clam broth through a fine-mesh sieve and pour over clams. Top with parsley and serve with lemons and bread for dipping.

Serves 4.

miso clam chowder with sesame crackers



miso clam chowder with sesame crackers

A slight Asian update to a coastal favorite. Both the miso paste and the clams (and broth) add a good bit of salt to the recipe so be sure to use low-sodium vegetable stock if not using homemade.

Sesame crackers

2 tablespoons vegetable oil

2 teaspoons sesame oil

2 cups oyster crackers

Sesame seeds

3 pounds littleneck clams

4 tablespoons unsalted butter

1 small onion, finely chopped

4 scallions, white and light green parts, chopped

Kosher salt, to taste

Freshly ground black pepper, to taste

2 cloves garlic, minced

1/4 cup white miso paste

2 tablespoons minced fresh thyme

1 bay leaf

1/2 cup flour

1 cup white wine

8 ounces prepared clam juice

4 cups homemade (or low-sodium) vegetable stock

12 ounces mini Yukon gold potatoes, diced

1/2 cup heavy cream, or to taste

Rice vinegar, optional

Lemons, optional

Chopped fresh flat-leaf Italian parsley, for garnish

1. Check clams and make sure none of them are already open. If any are, gently push shells together with your fingers to see if clam will close. If not, discard it. Wash clams one at a time under running water, removing any sand with your fingers (or a small brush). Set aside.
2. Make crackers. Preheat oven to 350°F.
3. On a baking sheet, add vegetable and sesame oil. Add crackers and, using your hands, toss to evenly coat. Top with sesame seeds and bake for about 5 minutes, until just lightly browned. Remove from heat and allow to cool.
4. Place a steamer basket in bottom of a large stock pot and add 4 cups water to cover bottom (do not let water enter

steamer basket). Bring to a boil. Add clams, cover, and reduce heat to low. Simmer until clams open, 5-10 minutes. Remove clams as they open and set aside. Strain clam water through a fine-mesh sieve set over a large measuring cup and set aside.

5. Carefully rinse out pot and return to stove. Add butter and melt over medium heat. Add onions and scallions and cook until softened, about 5 minutes. Season with salt and pepper. Add garlic, white miso paste, thyme, and bay leaf and cook for another minute.
6. Add flour and stir until combined into vegetables, about 1 minute. Slowly add wine, scraping up any browned bits on bottom of pan. Add clam juice, reserved clam broth, and stock, stirring to combine. Add potatoes and bring to a boil. Reduce heat to low and continue to cook until potatoes are fork-tender, 30-40 minutes.
7. Once clams are cooled, remove from shells and dice. Discard shells.
8. Add clams (and any reserved juices) and cream and continue to cook until chowder has thickened, 5-10 minutes. Taste for flavor and adjust as desired, adding a splash of rice vinegar or lemon juice, if desired. Remove bay leaf and discard. Divide among serving bowls and garnish with parsley and crackers and serve.

Serves 6-8.

cook's note: Some of the sesame seeds will come off crackers once tossed, so handle them as little as possible to retain seeds. You can also sprinkle a few more on top of crackers just before serving.



ENTERTAINING

GRILLING FOR A CROWD

We love a main dish that can serve a crowd, and paella is just that. We've broken it down so you can prepare and grill many of the components first, allowing for a more foolproof approach. So fire up the grill, pour yourself a cocktail, and enjoy!

RECIPES BY KAREN J. COVEY | PHOTOS BY JENNIFER JOHNSON



grilled paella



grilled paella

The *socarrat*, a layer of crusty browned rice that forms on the bottom of the pan, is a traditional part of paella and easy to achieve when cooking on the grill. The key is a combination of covered and uncovered cooking, which allows the rice to cook through while also letting some moisture escape. It's also best to use a traditional paella pan if possible, and we love the cast iron pan from Le Creuset.

- 2 1½-pound lobsters
 - 8 cups low-sodium lobster, shrimp, or vegetable stock
 - Pinch saffron
 - ½ pound jumbo shrimp, peeled and deveined, with tail on
 - 6 scallions, white and light green parts, washed and green ends trimmed
 - 4 lemons, halved
 - Extra virgin olive oil
 - Kosher salt, to taste
 - Freshly ground black pepper, to taste
 - 1 Spanish chorizo, diced (about 1 cup diced)
 - 1 medium onion, diced
 - 2 cloves garlic, minced
 - 1 tablespoon smoked paprika
 - ¼ cup dry sherry
 - 3 cups Arborio, bomba, or Valencia rice
 - ¼ cup fresh flat-leaf Italian parsley, roughly chopped
1. Preheat grill to medium-high heat.
 2. Steam lobsters. Place steamer basket in a large pot. Fill with about 2 inches of water and bring to a gentle boil. Add lobsters, cover, and reduce heat to medium-low. Cook until lobsters are parboiled, about 10 minutes. Remove from heat and set aside to cool. Once cooled, remove claws and tails and cut in half lengthwise (discard bodies or save for another use).
 3. In a large saucepan, combine stock and saffron and bring to a gentle boil. Keep over medium-high heat until ready to use (if you have a side burner on your grill, use it to keep your pot of stock close at hand).

4. Brush shrimp, scallions, cut sides of lobster and cut sides of lemons with some olive oil and season with salt and pepper on all sides. Grill shrimp, scallions, and lemon halves for 1-2 minutes a side. Add lobster claws and tails, cut-side down, and cook until charred and just cooked through, about 5 minutes. Remove everything and set aside. Once cooled, chop scallions, reserving for garnish.
5. Place a paella pan on grill over medium-high heat and add about 2 tablespoons olive oil. Add chorizo and cook for 5-10 minutes until lightly browned. Add onions and cook until softened, about 5 minutes. Season with salt and pepper. Add garlic and smoked paprika and cook for another minute. Add sherry, deglazing pan and scraping up browned bits from bottom of pan until liquid is absorbed.
6. Add rice and cook, stirring occasionally until lightly toasted, 2-3 minutes. Add 4 cups stock and allow liquid to come to a simmer. Cover and cook for about 15 minutes. Add enough additional stock to keep rice mostly covered, and cook uncovered for about 5 minutes (check bottom of rice to see if crust is starting to form). Add more stock, rotate pan, cover, and continue cooking for another 10 minutes, adding stock as needed until rice is just al dente and cooked through. Remove cover and finish cooking for another 5 minutes, allowing bottom of rice to brown.
7. Nestle in lobster claws and tails and shrimp. Cover, and cook for another few minutes to warm everything through. Remove from heat and garnish with grilled scallions and parsley. Squeeze juice from 1 lemon over top and serve. Place remaining lemon halves in a bowl for serving.

Serves 4-6.

cook's note: You can serve this with some grilled garlic bread on the side. To make, combine 6 tablespoons unsalted butter with 2 minced cloves garlic and season with salt and pepper. Slather butter evenly on cut sides of 1 French baguette and grill, cut sides down, until nicely charred.

to hear our summer grilling playlist, visit thecoastaltable.com/playlist.

ENTERTAINING

summer cocktails

Outdoor entertaining is the perfect time for a big batch of blender drinks. We've got a few new ones to try this season, along with a new take on beer and lemons.

RECIPES BY KAREN J. COVEY

PHOTOS BY JENNIFER JOHNSON





frozen white wine sangria

frozen beer shandy



frozen beer shandy

A simple beer granita (a coarse flavored ice) acts as the base for this easy and refreshing summertime drink. Freezing beer takes awhile because of the alcohol content, so it's best to make the granita the day before you need it.

- 2 12-ounce beers (Corona or similar)
 - 32 ounces lemonade, for serving
1. Pour beer into a metal (or ceramic) baking pan. Cover dish with plastic wrap and place in freezer for about 2 hours.
 2. Remove mixture from freezer and use a fork to flake it into ice crystals. Place dish back in freezer. Do this every couple of hours and then freeze overnight. Keep frozen until ready to serve.
 3. Divide granita into 4 serving glasses, filling each glass. Top with lemonade and serve.

Makes 4.

cook's note: If the beer gets too frozen before you've had a chance to shave it (or it refreezes after you've shaved it), simply leave it on the counter for a few minutes to let it melt slightly.




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Oyster Arnold Palmer

- Ice
- 2 ounces Oysterville vodka
- 3 ounces tea, or to taste
- 3 ounces lemonade, or to taste
- Fresh lemon slice, for garnish,
optional

Add ice to glass. Add vodka,
tea, and lemonade and serve.

Makes 1.



@oystervillevodka | oystervillevodka.com

frozen white wine sangria

You can make this batch cocktail a few hours ahead of time, cover, and keep in the refrigerator until ready to serve. It may separate slightly, which is fine—just give it a good stir before serving.

- 2 cups ice
- 4 cups frozen mango
- 4 cups frozen peaches
- Juice from 2 lemons
- $\frac{1}{4}$ cup St-Germain elderflower liqueur
- 1 bottle crisp, chilled white wine (sauvignon blanc or pinot gris)
- 1-2 tablespoons honey, if needed
- Fresh peach slices, for garnish, optional
- Fresh mint, for garnish, optional

In a blender, combine ice, frozen mango, frozen peaches, lemon juice, elderflower liqueur, and white wine, and slowly blend until completely combined and smooth. Taste and adjust as desired, adding honey if additional sweetness is needed. Divide among serving glasses, add peach slices and some mint and serve.

Serves 6-8.

watermelon cooler

Freezing the watermelon before blending makes this drink thicker, similar to an agua fresca. It's a refreshing summertime sipper and perfect for everyone to enjoy. For an adult version, add vodka or tequila.

Mint simple syrup

- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup fresh mint leaves, plus extra for garnish

- 6 cups seeded and cubed watermelon (about $\frac{1}{4}$ of a medium watermelon)
- Juice from 2 lemons or limes
- $\frac{1}{2}$ -1 cup water

1. Make simple syrup. In a small saucepan, combine sugar, water, and mint. Simmer until sugar dissolves. Remove from heat and allow to steep for 10-15 minutes. Remove and discard mint. Refrigerate syrup until ready to use.
2. Place watermelon in a single layer on a rimmed baking sheet, and loosely cover with plastic wrap. Place in freezer until frozen, about 2 hours.
3. Place frozen watermelon in a blender along with mint simple syrup and lemon or lime juice. Blend until smooth and thick. Divide among serving glasses, garnish with mint, and serve.

Serves 4.





SALT

One of the most crucial elements in cooking, salt brings out the full spectrum of flavors in dishes both savory and sweet. Today, there are dozens of varieties of salt available, some of which offer their own signature flavors, colors, and textures. Here, we share a salt-themed menu from *Sunday Suppers*, one of our favorite cookbooks and lifestyle brands, plus a primer on specialty salts and how to best use them.

RECIPES, SIDEBAR + PHOTOS BY KAREN MORDECHAI



salt-roasted vegetables



TYPES OF SALT:

A few varieties of salts and how to use them, from Sunday Suppers' sister brand, ILA.
ila-shop.co.

Sonoma sea salt

This fine-grain salt is naturally harvested by solar evaporation from the Pacific Ocean. The ritual of its harvest dates back to the earliest Native American inhabitants of the area, who traveled to the coastline each summer to gather food and crucial ingredients from the sea. It's crisp, pure, and mellow in taste.
No additives / mellow salt for everyday cooking and baking

Sel de Guérande

This fleur de sel derives its name from the scent of violets faintly drifting from the drying mounds of white crystals. Due to its delicate composition, its careful harvest has historically been entrusted to women only.
Mineral-rich finishing salt / pairs with fish, cheese, vegetables, and chocolate

Peruvian pink salt

This beautiful, blush-colored salt comes from the mystical rose quartz caves that line the Sacred Valley of the Incas. It has been hand-harvested for over 2,000 years by local Peruvian families.
Finishing salt rich in trace minerals like iron, calcium, and magnesium / pairs with salads, vegetables, meats, and fish

Cyprus flake salt

This delicate sea salt is harvested off the coast of Cyprus. Its unique pyramid shape is the result of a lengthy solar evaporation process—it can take up to two years for the salt to reach completion. Sprinkle it whole or crumble the delicate flakes between your fingers for the preferred texture.
Mineral rich / use as a finishing salt on any food

Black lava salt

Found in the Pacific waters surrounding the Hawaiian island of Molokai, this black lava salt is harvested by hand using a thousand-year-old tradition. The sun's penetrating rays help preserve the salt in its purest state; its dramatic black coloring is drawn from activated coconut shell charcoal found in the earth. It has antioxidant properties and is said to enhance digestive health.
Unrefined / pairs with eggs, fish, meats, vegetables

black radish salad

- 8 small (or 4 large) radishes
- 1 tablespoon black lava salt
- Zest and juice from 1 lemon
- $\frac{1}{4}$ cup extra virgin olive oil
- 3 tablespoons chopped toasted walnuts
- 2 tablespoons chopped fresh flat-leaf Italian parsley

Using a mandoline or a very sharp knife, thinly slice radishes and arrange on a platter. Sprinkle salt and lemon zest over top. Drizzle with lemon juice and olive oil, and garnish with walnuts and parsley.

Serves 6.

cook's note: This recipe has been amended from the Radish Salad recipe in *Sunday Suppers: Recipes + Gatherings*.

salt-roasted vegetables

- 5 large egg whites
- $\frac{3}{4}$ cups coarse salt
- 1 small bunch fresh thyme, leaves only
- $\frac{1}{2}$ pound small to medium red beets, washed and dried
- $\frac{1}{2}$ pound fingerling potatoes, washed and dried
- $\frac{1}{2}$ pound carrots, washed and dried
- 3 tablespoons extra virgin olive oil
- 1 tablespoon minced fresh chives
- 1 tablespoon finely chopped fresh flat-leaf Italian parsley
- Freshly ground black pepper, to taste

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, combine egg whites, salt, and thyme. Using your hands, mix well to create a texture resembling wet sand, 2-3 minutes.
3. One at a time, dredge each vegetable in salt mixture, covering completely. Place on prepared baking sheet, making sure that none are touching.
4. Transfer to oven and bake until crust is deep golden brown, and vegetables are tender when pierced with a paring knife, 45-50 minutes, depending on size. Remove from oven and allow to cool for 5-10 minutes. Peel salt crust away from vegetables, then peel skins while still warm.
5. Toss vegetables with olive oil, chives, and parsley, and season with pepper. Transfer to a serving platter and serve.

Serves 6-8.

goat cheese ice cream



salt baked fish

We prefer to use Sonoma sea salt for this recipe (see sidebar).

For salt crust

- 6 cups Sonoma sea salt or other coarse sea salt
 - $\frac{1}{4}$ cup plus 2 tablespoons water
 - 3 large egg whites
-
- 1 3-pound whole fish (striped bass or branzino), cleaned and scaled, fins removed
 - 6 tablespoons plus 2 teaspoons extra virgin olive oil, divided
 - 1 small bunch fresh thyme
 - 1 lemon, sliced
 - 1 clove garlic, crushed
 - Lemon wedges, for serving
-
1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
 2. In a large bowl, combine sea salt, water, and egg whites. Spread $\frac{2}{3}$ of mixture on prepared baking sheet, creating a thick layer.
 3. Brush fish with 2 teaspoons olive oil. Stuff cavity of fish with thyme, lemon slices, and garlic, and place fish on bed of salt. Cover with remaining salt mixture, creating a layer just over $\frac{1}{2}$ inch thick.
 4. Bake for 30-45 minutes, until an instant-read thermometer inserted into fish reads 135°F (fish will continue to cook as it rests). Remove from oven and allow to rest for 5-10 minutes.
 5. Using back of a spoon, crack edges of salt mound, so you can easily peel it off and discard. Carefully brush off excess salt from fish, trying not to allow salt to touch flesh of fish. Gently transfer fish to a cutting board. Remove skin, fillet, and transfer big flakes of fish to a serving platter. Drizzle with remaining 6 tablespoons olive oil and serve with lemon wedges.

Serves 4.

goat cheese ice cream

- 3 ounces mild goat cheese, at room temperature
 - $1\frac{1}{4}$ cups heavy cream
 - 4 large egg yolks
 - $1\frac{1}{4}$ cups whole milk
 - $\frac{1}{4}$ cup honey
 - Extra virgin olive oil, for serving
 - Peruvian pink sea salt, for serving
-
1. Place goat cheese in a medium bowl. Slowly whisk in cream until just smooth and combined (do not over-whisk or you'll make butter). Place a strainer over bowl and set aside.
 2. Place egg yolks in another medium bowl. Place bowl on a damp kitchen towel (to help keep it in place).
 3. In a medium, heavy-bottomed saucepan, combine milk and honey. Cook until steamy and hot, stirring frequently. Do not allow mixture to boil or milk will curdle. Slowly pour hot milk into egg yolks, whisking constantly. Return mixture to pot and cook over low heat, stirring constantly with a heatproof spatula, until mixture thickens slightly and registers 170°F on an instant-read thermometer. Immediately strain into goat cheese mixture.
 4. Place bowl over an ice bath and stir until cold. Cover and chill mixture overnight.
 5. Once mixture is chilled, churn it in an ice cream maker according to manufacturer's instructions. Transfer ice cream into a pan or serving container, cover with a piece of plastic wrap or parchment paper (pressed directly to surface of ice cream), and freeze until firm, at least 3 hours (or up to a month).
 6. To serve, scoop ice cream into serving dishes and drizzle with olive oil and a sprinkle of pink salt.

Serves 6-8.



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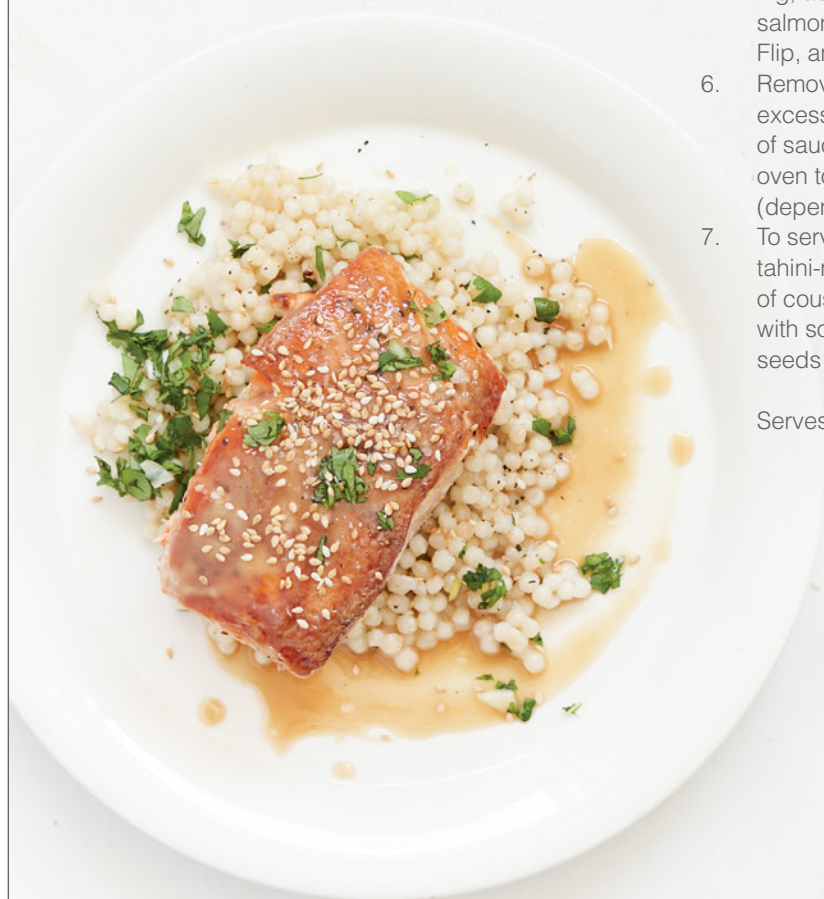
TAHINI-MAPLE GLAZED SALMON

Tahini-maple sauce

- 1/4 cup Soom Tahini
 - 1/4 cup maple syrup
 - 1 tablespoon sesame oil
 - 2 tablespoons rice vinegar
 - Kosher salt, to taste
 - Freshly ground black pepper, to taste
-
- 2 cups Israeli couscous
 - 2 scallions, white and light green parts, chopped
 - 1/4 cup fresh cilantro, chopped
 - 4 4-ounce center-cut salmon fillets, with skin on
 - Extra virgin olive oil
 - 2 tablespoons toasted sesame seeds

1. Preheat oven to 400°F.
2. Make sauce. In a bowl, whisk together ingredients. Transfer about 1/3 cup into a separate bowl and set aside. Chill both until ready to use.
3. In a medium saucepan, bring 3 cups water to a boil. Add couscous, cover, and reduce to a simmer. Cook until water has evaporated and couscous is cooked, 8-10 minutes. Fluff with a fork and set aside to cool. Once cooled, stir in scallions and cilantro.
4. Brush top of each salmon fillet with a bit of oil and season each with salt and pepper.
5. In a large oven-safe skillet, heat 2 tablespoons oil over medium-high heat. Once oil is shimmering, add salmon fillets, skin-side up. Cook until salmon easily releases to flip, about 5 minutes. Flip, and continue to cook for another minute.
6. Remove from heat and carefully drain off excess oil. Brush tops of each salmon with 1/4 cup of sauce, coating each well. Transfer salmon to oven to finish cooking, another 5-10 minutes (depending on thickness and desired doneness).
7. To serve, drizzle each plate with some reserved tahini-maple sauce. Top each with equal amounts of couscous, followed by a piece of salmon. Top with some additional sauce, and some sesame seeds and serve.

Serves 4.



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The porch at Cottage 29.





BY THE SEA

The Moore House collection of boutique homestays offers laid-back luxury with a homey, local feel.

WORDS BY COURTNEY GOODRICH

PHOTOS BY JENNIFER JOHNSON



From left to right: Corran, Bromley, Blair, Mark, and Sharon Moore gathering ideas and inspiration at South Shore Beach, Little Compton, Rhode Island.

Beyond the tony Tiverton Yacht Club and under the Sakonnet River Bridge, overlooking Aquidneck Island, is a string of modest, yet quietly gorgeous waterside cottages. You can't tell just by looking, but these homes on Riverside Drive are here only because of one family's love.

Seven years ago, Mark and Sharon Moore, of Moore House Design and Renovation, who have refurbished and built many homes in the area, took notice of a crumbling green clapboard house. "It was in disrepair and halfway in the water, crying out for a family to love it," says Mark. He bought the cottage, called it The Boat House, and hoped Sharon and their three kids would help him fix it up, though he didn't tell them about the plan until after he had the keys. "It's much easier that way," he jokes.

The Moore family lived in the house during its renovation, which took about a year. The house's new form relies on mostly reclaimed and recycled components—Mark spent his days salvaging materials including fences, doors, paneling, and architectural details from anywhere he could. He carted piles away from old houses, peered into dumpsters, and scoured Craigslist.

Daughter Blair, thirty, who studied at Parsons School of Design in New York, credits her family's resourcefulness to their Australian heritage: Mark is from a small town in New South Wales, and the Moores lived on and off in the country before settling in Rhode Island in 2009. "You can't find everything in Australia that you can in America," she says. "So you have to get out of your comfort zone and create."

Along with daughter Bromley, twenty-five, and son Corran, twenty, who plans to study architecture at college, create they did. Today, a Dutch door greets visitors to The Boat House, and inside, an almost 180-degree panorama of the river dominates the view, giving the feel of being out on the water. Black floors are striking in the mostly white interior, while a restored wooden archway gleams between the living and dining area. Three sunny bedrooms, a modern kitchen, and garden patio round out the space.

After The Boat House was finished, Sharon found Cottage 29, just a few houses down the road, and it was her turn to buy before telling the family they were doing it all over again. Like The Boat House, white now dominates the decor, but, in a nod to the stylish woman who formerly occupied the space, Cottage 29 has a distinctive bohemian flare. Leftover tongue-and-groove is used throughout





Opposite, and this page: Cottage 29. A cozy nook for curling up and a welcoming entry table. The table, made by Mark and Blair, consists of a reclaimed fence and some old wooden dowels.



It was in disrepair and halfway in the water, crying out
for a family to love it.

- Mark Moore



Opposite: The Boat House, clockwise from top left: Blair making sure each guest's arrival is as welcoming as possible; one of the bedrooms; the dining area; the open living room with its backdrop of the sea. This page, top row: simple, nautical details and accents from Cottage 29. Bottom: beadboard and nautical signs from the main bedroom of The Boat House.



This page: Quonset Hut, clockwise from top left: worn wood accents in the master bath; original lath found behind the walls during renovations is reinvented into a striking headboard; the arched roof of the kitchen and dining area make an eye-catching entrance. Opposite, top: bunk beds in the garage that was converted into a kids' hangout area, complete with its own living space and ping-pong table.

We find that these
beautiful forgotten cottages
inspire us.

- Sharon Moore

the cottage and adorns an arch ceiling in the living area. A wrap-around porch overlooks the water, with privacy screens made of sustainable bamboo.

The Quonset, located a bit further inland, was the Moore's third purchase. Initially just a corrugated iron semicircle with a dirt floor, this structure needed the most help of all (it may have once been an upholstery factory, though huts like these were also used to store war ammunition). "Our goal with The Quonset was to showcase and highlight this amazing unique structure," says Blair. She embraced the cave feel, but injected color into the space with lots of green and contrasting black. This cottage uses nearly ninety percent reclaimed materials, including floorboards from an old home in Providence, and is full of life, with tons of oversize plants.

Staying in such lovingly preserved spaces is appealing on its own, but the Moores take extra steps to provide exquisite services for their guests, making the experience like a cross between Airbnb and a five-star hotel. Sharon acts as caretaker and concierge, recommending nearby wineries, museums, beaches, and hiking trails. She'll also stock the pantry as requested, fill vases with favorite flowers, whip up an oyster tasting, or pack a beach picnic.

The Moores operate two additional properties in the area, bringing the Moore House portfolio to five. But in true DIY fashion, the family is currently working on a 5,000-square-foot farmhouse, which Mark calls "the ruin," and has set their sights on three waterfront cottages in Cutler, Maine, which Blair describes as a (nearly) undiscovered lobster town. These projects are years from completion, but in the meantime, Tiverton beckons you to visit and discover. "We find that these beautiful forgotten cottages inspire us," says Sharon. "We want to do them justice so they can continue to inspire others."

moorehousefamily.com



custom doors to the master bedroom
of the Quonset Hut.



American Beech





ROAD TRIP

Exploring Long Island's North Fork

Long Island has no shortage of coastal charm, with its storied maritime heritage and upscale weekender vibe. But if you're looking for something slightly more laid-back, head to North Fork, the thirty-mile peninsula on the island's northeastern edge. While a long weekend is certainly enough to give you a great sense of what the area has to offer, we'd definitely suggest a longer trip if possible. Plan now for a fall excursion, when the crowds are fewer but the bounty just as beautiful.

WORDS BY KAREN J. COVEY

PHOTOS BY MORGAN IONE YEAGER



The Sound View captures the beach vibe perfectly with its casual room interiors, do not disturb nautical knots, and a simple white exterior. Rattan sofas provide quests a place to linger over their morning coffee.



This page, photos by Read Mckendree

THURSDAY AFTERNOON

Whether by car or ferry, getting to North Fork is pretty easy. We took our car over on the Cross Sound Ferry from New London, Connecticut, into Orient Point, the easternmost tip of the island. If you drive, it's about 100 miles from New York City.

Start your weekend by checking into **Sound View** in Greenport, just a short drive from the ferry dock. While the outside is reminiscent of a classic motel, the newly-renovated property boasts a clean, fresh design on the inside. The rooms are minimal—simple side chairs are covered with classic blue and white stripes, do-not-disturb signs come with nautical knots, and easy-to-maintain cork flooring can be found underfoot. Situated on a quarter-mile of private beach, each of the fifty-five guest rooms open to a boardwalk-style or private deck with custom beach loungers, and stairs down to the surf.

Once settled in, take a short drive over to **Inlet Pond County Park**. This fifty-five-acre preserve is the perfect place for a leisurely afternoon walk. Trails are well marked and include a short half-mile walk, which leads you right to a beach with views of Long Island Sound.

Afterwards, head back to **The Halyard**, the open-air restaurant at Sound View. Highlights include a platter of freshly caught fish with hand-cut chips or a bowl of fish stew. Grab a seat out on the patio if possible, order a glass of local wine (or a house cocktail like The Halyard Spritz) and some food and wait for the sunset. It's one of the best spots to see it go down. After dark, check out the moody piano bar, which was kept mostly intact to preserve a piece of the building's history.

FRIDAY

Start the day by heading west to the **North Fork Roasting Co.** for a cup of some truly delicious small batch coffee. Grab it to-go and drive a couple of miles over to the circa-1857 **Horton Point Lighthouse**. It's one of seven in Southold Township, and a beautiful spot to enjoy your morning coffee while overlooking the water.

If you're in need of a mid-morning snack or a takeaway for

later, **The Village Cheese Shop** in Mattituck should definitely be your next stop. Cases are filled with about 200 different cheeses available for sampling, including the Tricotta al Limone, a baked lemon flavored buffalo ricotta, and **Catapano Dairy Farm's** wild-flower honey goat cheese (the farm is a few miles down the road and open to the public).

A morning of local shopping begins just around the corner at **Renee's**, a treasure trove of clothes, bags, jewelry, and home décor that epitomize North Fork chic, curated by third-generation owner Debra Gildersleeve. From here, it's a short drive to **Phoebe & Belle** in Cutchogue. This gorgeous shop is filled with everything you need for casual, laid-back summer entertaining, from sustainably-harvested maple serving bowls to summery tea towels in hues inspired by vintage surfboards.

From there, the village of Southold is worth a stop and a stroll for its interesting home and vintage shops. Be sure to pop into **touchGOODS**, where owner and interior designer Norine Pennacchia shows off her eye for mid-century modern and vintage goods in everything from sleek furniture to tabletop accessories. Across the street is **White Flower Farmhouse**, a furniture and garden store filled with all of our favorite things—ironstone, vintage French linens, antique wicker, and weathered wood—all in shades of white, creams, and neutrals. It's a must for timeless treasures to add to your collection of antique goods.

After a few hours of shopping, grab an easy lunch at **North Fork Food Truck**, located in the parking lot of the **North Fork Table & Inn** (for an upscale dinner, the newly-remodeled inn is worth a trip back). Order a Berkshire pulled pork roll with smoked jalapeño pickles, a bag of local North Fork potato chips, and a lemonade and sit outside to enjoy it. Note: it's cash only.

Finally, it's time to hit some of the local wineries that have put this region on the viticultural map. There are about forty tasting rooms that are open to the public; a few standouts include **Lieb Cellars**, whose wines are made from sustainably-farmed, estate-



Catapano Dairy Farm



Top row, from left: beach-inspired accessories from Renee's; cozy chair + ottoman from touchGOODS; cheeses from The Village Cheese Shop. Middle row: a collection of vintage goods from White Flower Farmhouse. Bottom row, from left: lamp from touchGOODS; pulled pork roll from North Fork Food Truck; Executive Chef Stephan Bogardus from the North Fork Table & Inn.



The Weathered Barn



American Beech



Ian Wile, Little Creek Oysters



Little Creek Oysters

ROAD TRIP

grown fruit, and **Macari Vineyards**, where the cozy Private Barrel Cellar is the perfect place for an educational tasting (held weekly on Saturdays). **Croteaux Vineyards** is another favorite for its all rosé offerings, available at restaurants around the area. Check out **The Long Island Wine Council** to plan your winetasting adventure.

For dinner, take your time and break it up. Start with **Little Creek Oysters**, a waterfront oyster bar located in an iconic bait and tackle store. It's a must-stop for its selection of locally farmed oysters. From there, head over to **American Beech**, a relaxed hangout in a converted nineteenth-century stable. Grab a seat at the bar or outside on the patio to enjoy their duck wings or the hearty Beech burger with Gruyère, and any of their seasonal cocktails. (There's also a handful of stylish rooms here, should you want to stay a night.) End your evening next door with a late-night cocktail at **Brix & Rye**, a throwback speakeasy-style spot below **1943**, a brick-oven pizzeria (who can supply pizza with your Brix & Rye cocktail).

SATURDAY

Probably the most well known area on North Fork is the historic seaport of Greenport, and it's a great place to spend the morning shopping and exploring. For breakfast, **Bruce & Son** is not to miss. Cucumber-mint water and a homemade scone with whipped butter and preserves is a good place to start. The casual, industrial-inspired interior is warm and cozy, and the perfect place to ease into your day.

Walk around the village center, making sure to stop into **Beall & Bell**, an antique-lovers' dream. Located in a stately 1901 building on Main Street, it's a favorite destination for designers and stylists. **The Weathered Barn**, run by Rena and Jason Wilhelm, offers an eclectic mix of home accessories, pottery, and jewelry, much of it handmade on-premises by Rena herself.

While it would be easy to spend the entire day strolling around the village, a side trip to **Shelter Island** is definitely something we'd recommend. Hop over on the ferry for the ten-minute





American Beech



Evan Bucholz, Brix & Rye

ROAD TRIP

trip (\$2/per person on foot). If you leave your car in Greenport, you can rent a bike at **Piccozzi's Bike Shop** (but be warned, it's pretty hilly over there).

Once on the island, start with a snack or cup of tea at **Marie Eiffel Market**, a popular local hangout. Charming proprietor Marie not only runs the market, but a separate clothing store as well. Each offers their own collections of curated items hand-selected (or made by) Marie herself.

The island is about thirteen square miles, with one-third of the land set aside as the **Mashomack Preserve**. Take a leisurely stroll among the forests and wetlands, crisscrossed with trails that range from one and a half miles to nearly eleven. After you've worked up a thirst, indulge in some refreshment at the **Shipwreck Boat Bar**. The former fishing vessel is now retired and sunk into the patio at the Island Boatyard & Marina—it's a bit hard to find, but worth it. Two popular options for dinner are **The Flying Goat** and **Vine Street Café**, but for the best sunset views, try **Sunset Beach**. Sit back and enjoy the scene with a glass of rosé, with fresh, Mediterranean-inspired cuisine such as grilled octopus with cocoa beans, a classic niçoise salad, or steamed artichoke.

SUNDAY

Have an easy breakfast at Sound View, lingering over coffee with ocean views on your last day. But be sure to leave enough time before your ferry for a visit to **Lavender by the Bay** in East Marion, one of the largest lavender farms on the East Coast. During the season, it's a sight and sensory experience not to miss—it varies by year, but there is typically a bloom in mid-September. Stop by the shops for lavender fleur de del, soaps, and sachets to take home.

And if you can squeeze in one last destination, make it **Four & Twenty Blackbirds**. An outpost of the original pie shop in Brooklyn, this is definitely worth a stop for pie to-go, whether it makes it all the way home or you eat it on the ferry.

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lobster for generations

Maine's lobster conservation measures add up.

WORDS BY CHRISTINE BURNS RUDALEVIGE | PHOTO BY MARK FLEMING

ETHAN MAO FIRST WENT LOBSTERING off Isle au Haut when he was just seven years old. Linda Greenlaw—swordfish boat captain of *The Perfect Storm* fame, turned best-selling author, turned lobster boat captain—was at the time one of his seventy-eight neighbors on the tiny island in the Penobscot Bay seven miles off the Maine coast. It was she who had Mao out hauling traps that day fifteen summers ago.

The trip hooked the young sternman on the idea of captaining a lobster boat of his own one day. Thanks to a long-standing lobsterman apprenticeship program, it didn't take Mao very long to hit that high water mark. At eight he got a student license that allowed him to have ten traps in the water. Public school on Isle au Haut ends at eighth grade, so by the time Mao was fourteen, he was living on nearby North Haven, going to high school, and tending 150 traps.

He graduated to a commercial license and 300 traps at seventeen. Like the older lobstermen, he's enjoyed summer seasons when he could get \$4/pound at the dock and laments the summer of 2012 when the glut of lobster drove the dock price so low it wasn't worth going after them. American lobster is currently the most valuable fishery in both the United States and Canada, with a combined landed value of more than \$1.5 billion in 2016.

Like the dozens of lobstermen who have mentored him, Mao loves the open water, takes notice of the changes in the Gulf of Maine ecosystem, and follows lobstering laws to the letter so that he can keep doing it. The young Mainer, who graduated from Bowdoin College in May with a degree in environmental science and a tailored concentration on fisheries in the Gulf of Maine, credits the

lobstermen and women who've fished before him as the stewards that make his lobstering possible.

"Maine is unique in that most regulations adopted to sustain the fishery over time were pushed through the system by the fishermen themselves. Those conservation efforts have sustained the fishery for my generation," said Mao.

A study published in January by researchers at the Gulf of Maine Research Institute (GMRI) with the University of Maine and NOAA provides the science to back this up. Researchers compared data collected on the booming lobster fishery of Maine and the collapsed lobster fishery in southern New England. They factored water temperatures, conservation efforts, landings, and other variables between 1984 to 2014 and used statistical modeling to draw their conclusions.

The study concludes that even in the face of warming waters, more restrictive conservation methods would have limited the population decline of lobster in southern New England from seventy-eight to fifty-seven percent over the thirty-year period. Conversely, the study says lobster population growth in the Gulf of Maine was more than double what it would have been without that state's conservation measures.

For generations, Maine lobstermen have been aggressive about conserving the lobster population. Over 100 years ago, explains Patrice McCarron, Executive Director of the Maine Lobstermen's Association, Maine lobstermen began marking female lobsters that were carrying eggs with a notch in their tails. Called "v-notching," this simple practice tells any lobsterman who might catch that female later, even if she's not ripe with eggs, not to

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photo by Jennifer Johnson

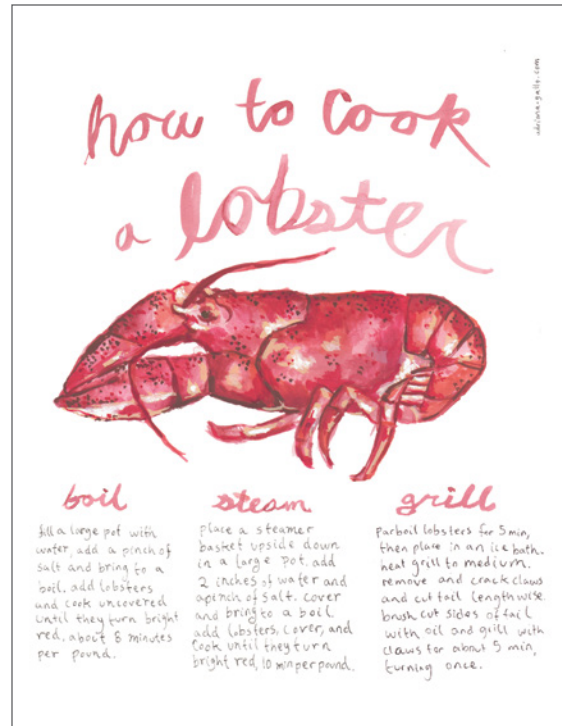
harvest her so that she can spawn again.

Other conservation measures brought to the fore by Maine lobstermen include remaining a trap-only fishery (as opposed to allowing nets) to minimize damage to the habitat and to the lobsters themselves; capping the number of traps any one license holder can use in the water; releasing lobsters that are too large (because the bigger the lobster, the more it can reproduce); and, rigging traps with escape vents to let juvenile lobsters get away.

Dan Fisher, captain of a forty-four-foot boat named Ventura, has been lobstering out of Harpswell for forty years. He remembers contentious times in the 1980s when Maine lobstermen were operating at a disadvantage because their colleagues from New Hampshire and Massachusetts could legally catch lobster three miles off the Maine coast, but were not bound by the same conservation regulations. "We knew we were doing the right thing, setting ourselves up for a hopeful future, but it could still get pretty frustrating," said Fisher.

In a recent editorial in the Portland Press Herald, McCarron explained that scientists and fishery managers have not always agreed with Maine lobstermen on the importance of these measures. "Maine alone fought to keep its long-standing v-notching practice and protections for oversize lobsters on the management books," she wrote. McCarron also explained how Maine lobstermen successfully lobbied federal regulators to have lobster fishery management fall under the purview of the interstate Atlantic States Marine Fisheries Commission. That shift allowed Maine's conservation practices to set the standard for lobstering in all Gulf of Maine states out to forty miles from shore.

Maine lobstermen and women will most likely continue to band together for the good of the community, says Jim Dow. He captains the Blythe Megan out of Bass Harbor and has been lobstering for over thirty years, the last twenty of them with a mandated cap of 800 traps. His definition of sustainable seafood reaches beyond a pure environmental bent. "Real sustainability means you do what you need to do on all levels in order for the fishery to be in good enough shape to support your kids and your grandkids."



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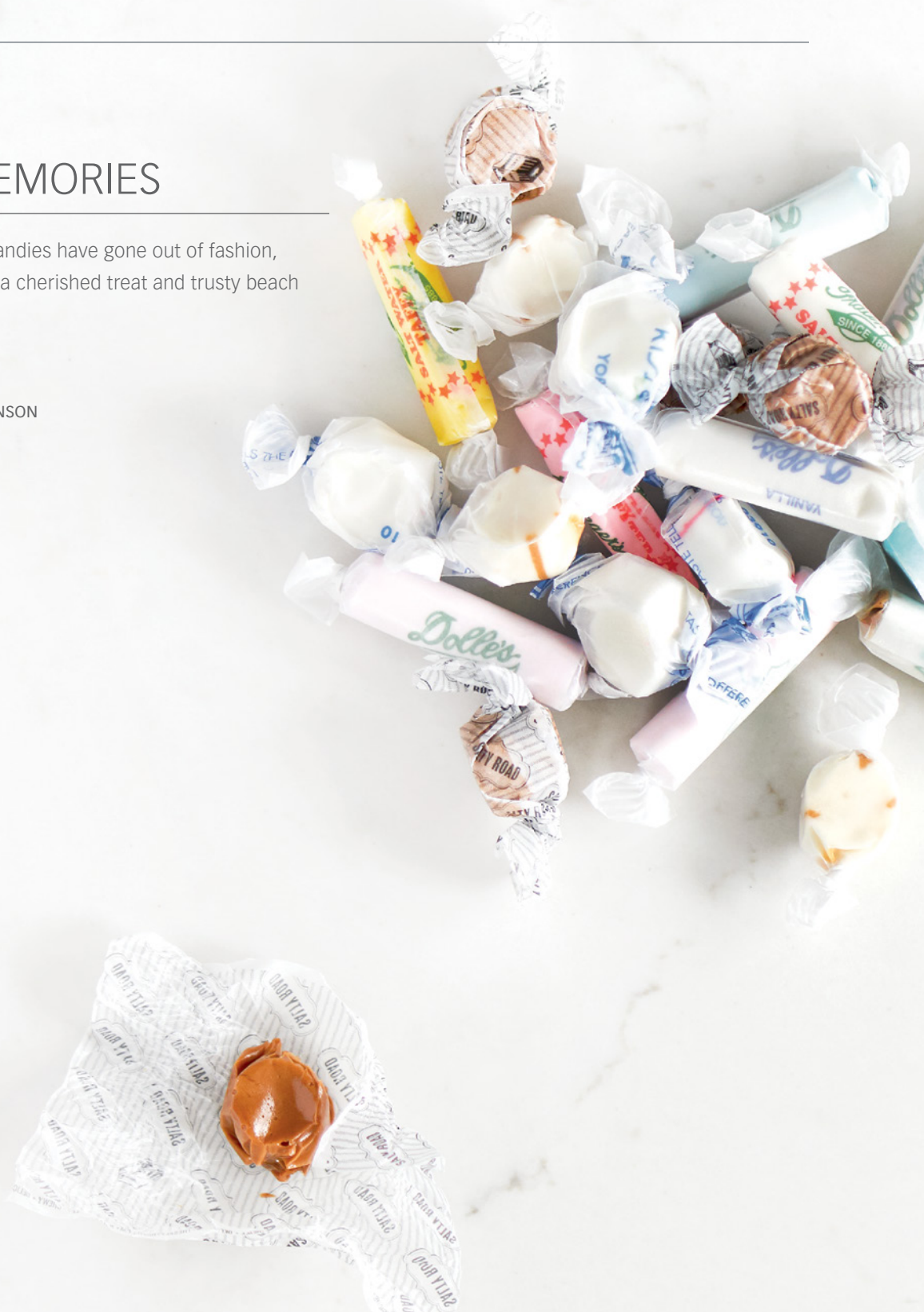
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SWEET MEMORIES

While other vintage candies have gone out of fashion, salt water taffy is still a cherished treat and trusty beach souvenir.

WORDS BY EMILY WEBER

PHOTO BY JENNIFER JOHNSON





For the full list of our favorite
taffy spots across the country, visit
thecoastaltable.com/bestofguides

WRAPPED UP IN EACH MORSEL of old-fashioned salt water taffy is a feeling: a summer romance, a sense of place, the sensation of sea mist and sun on your face. This evocation is no coincidence. Taffy pioneers figured out early on that the words salt and water spoke volumes.

As one historical account has it, the moniker was born organically, after a storm hit Atlantic City in the summer of 1883, flooding the boardwalk. David Bradley's candy shop was hard hit, and when a girl seeking taffy stopped in after the weather had calmed, he joked that he could help her to some "salt water taffy." The girl bought the candy and Bradley's mother, who'd overheard the exchange, loved the ring of the name so much that she suggested he start using it. In another version of the tale, the little girl spread the name among her friends.

But the less romantic truth may be that the term was simply a savvy marketing tactic. Either way, the newly-named candy swept both coasts and has remained a beloved confection and a staple souvenir of summer days spent by the sea.

Originally, the taffy making process was done entirely by hand. Sugar, cornstarch, corn syrup, water, butter, salt, and flavoring were heated in copper kettles over open coal fires. Then, the taffy was cooled on marble slabs before being pulled by hand. This pulling process introduces air into the taffy, creating a soft, chewy texture. After the taffy was pulled, it was hand-rolled, cut into pieces, and wrapped in wax paper.

Today, the same general ingredients are melted in copper or stainless steel kettles before being pulled and packaged, usually by machine. Now, as before, there is no "salt water" in the taffy—though many purveyors do use local sea salt in their recipes.

From Asian-inflected Hawaiian morsels to traditional Mainer flavors and hipster Brooklyn creations, taffy continues to reign supreme on the coasts. Wherever your travels take you this summer, don't forget to pick up a box to spread the cheer (or, order online anytime of year that the craving hits).



MEXICAN MULE: In a cocktail shaker, add ice, 1½ ounces tequila, juice from ½ lemon, and ½ ounce agave. Cover and shake until combined. Add a large ice cube to a serving glass and pour in tequila mixture. Top with Health-Ade ginger-lemon kombucha, garnish with a piece of crystallized ginger and serve. Makes 1.

Health-Ade

Tart and bubbly, kombucha makes healthy drinking fun and refreshing.

WORDS BY MACKENZIE WISE | PHOTO BY JENNIFER JOHNSON

HEALTH-ADE KOMBUCHA STARTED SMALL, in the closet of a Los Angeles apartment. Using a two-and-a-half-gallon glass cookie jar, some hand-pumped siphons, and organic produce from a local farmers' market, Daina Trout, her husband Justin, and her best friend Vanessa Dew began to brew small batches of the popular fermented tea.

Kombucha is fairly straightforward to make—Trout taught herself how using Google, and had been brewing it for years before she considered selling it. It's made up of just three base ingredients: water, tea (in Health-Ade's case, a mix of organic green and black teas), and sugar.

Added to these is the crucial component: a gelatinous-looking pancake called a SCOBY, which stands for symbiotic culture of bacteria and yeast. The tea, sugar, and SCOBY are combined in a glass vessel, covered with a breathable cloth (allowing air contact), and, over the next seven to ten days, the SCOBY turns the sugar into acids. When the mixture has reached its desired flavor, the SCOBY is removed so the liquid can be further flavored (if desired), bottled, and allowed to rest. Depending on the flavor, this period may last a few hours or up to two weeks, during which the tea will continue to ferment. As the acids are no longer exposed to air, they become carbon dioxide, giving the drink natural bubbles. The resulting kombucha is sweet with a slight taste of vinegar, and enough effervescence to make it reminiscent of cider.

Trout and company began selling their handmade kombucha to L.A. farmers' markets in March of 2012, and within a year had moved into their first brewery space. Six years later, Health-Ade can

be found in stores across the country, in flavors from beet and California grape to reishi-chocolate. But what's clear from speaking with Trout is that Health-Ade is still dedicated to brewing kombucha as authentically as possible, despite their growth.

"We still make it the hard way," Trout says. "We still use the same super small fermentation vessels, we still use the best quality ingredients to flavor, like cold-pressed juice from organic produce, and we still make real kombucha with real fermentation." She notes that in an effort to speed the brewing process, some kombucha companies will add fermenting agents like probiotics, or will force-carbonate their product. And unlike most kombucha on the shelf, Health-Ade doesn't just end up in a glass bottle: the entire fermentation process is done in glass to prevent metal or plastic leaching.

Trout is incredibly proud of her company, but has even greater ambitions for the future: "I think it's important that as companies grow they think about their impact." To that end, Health-Ade has started to explore the possibility transitioning their Torrance, California facility to zero-waste by the end of 2020. They're doing this through composting, implementing specialized recycling programs for hard-to-recycle materials, and improving procedures to generate less waste.

"I'd like to create a company with values I'm proud of," Trout says. "I'd like to never compromise on making real kombucha. I'd like to always make it the right way, and I'd like to leave the world a better place than how I found it."

health-ade.com.



WATER WALKERS

Clunky and rubbery, water shoes have rarely (if ever) graced the pages of *Vogue*. Thankfully, Sea Star Beachwear waded into the game, and changed it.

WORDS BY MACKENZIE WISE | PHOTO BY DOUGLAS L. THOMPSON

AS SOMEONE WHO SPENT SUMMERS ON THE NEW ENGLAND COAST, I often found myself running barefoot across pebbly beaches, caking my wet feet with sand, and absolutely refusing to wear water shoes. While they protected my feet and kept them relatively sand-free, most pairs were, at least in my mind, tragically unfashionable.

New York City-based ocean lover Libby Fitzgerald, co-founder of Sea Star Beachwear, agrees that water shoes have not always lived up to their potential.

"I wanted a shoe that I could wear into the water that would protect my feet," says Fitzgerald, "and that was also chic enough to wear to lunch, around town, or out boating." But after years of vacationing on the water, she had yet to find a shoe that fit the bill: "We went to Barbados for many years, and on the west coast there is so much broken coral in the water that you really can't swim without shoes. Your other option is to walk in a few feet and then throw yourself flat on the water." So in 2014, Fitzgerald was inspired to create her own: a fashionable shoe that was unique in both its look and function.

Calling upon her love of the "resort" lifestyle, Fitzgerald decided to take the timeless, quintessentially-summer espadrille and make it water-friendly. To keep the integrity of the classic look, Fitzgerald and her business partner, Michael Leva, decided to use neoprene, her first and only choice. "Most water shoes on the market are made of cheap mesh, and fall apart quickly," says Fitzgerald. Neoprene is durable, water-friendly, and quick-drying.

To keep the shoe flexible, Fitzgerald worked with a neoprene manufactured specifically for Sea Star. While neoprene wetsuits are made with up to eight-five percent rubber, Sea Star espadrilles have only fifteen percent, making the body of the shoe light and breathable.

To recreate the look of the espadrille's traditional woven jute sole, Fitzgerald used molded rubber, which meant the shoe would be non-marking and nonslip—perfect for boating. It was, she says, one of the more difficult aspects of the design and construction, but Sea Star has mastered the look. The sole looks so much like jute that many people don't immediately realize it's rubber.

For a summer filled with rocky beaches, jaunts into town, and trips on the boat, this shoe is the perfect fit.



COASTAL CATCH-ALLS

Don't worry if you don't have a kiln at your disposal. This project using a kid-friendly craft supply will let you create simple trinket dishes that will look lovely atop your dresser, nightstand, or coffee table.

WORDS BY CAYLIN HARRIS | PHOTO BY JENNIFER JOHNSON

WHAT YOU'LL NEED:

- Two packs of white Crayola Model Magic
- Clay roller (optional)
- Plastic wrap
- Dishes or plates (for molds)
- Rope or decorative dishes (for imprinting)

HOW TO MAKE:

1. Look for a few dishes that are the size and shape you like. You're going to use these pieces as molds for your modeling material. After you've chosen your dishes, wrap the top of each one tightly with plastic wrap. This will create a barrier between the dish and the modeling material.
2. Press the modeling material into your plate using your fingers until you're satisfied with the shape of the dish. It should be approximately $\frac{1}{2}$ inch thick to keep the material from tearing when it's dry. Smooth the surface with your fingers or a clay roller.

Now you can press the rope or another object into the modeling material. If you're using rope, form the shape first and then gently press it down into the modeling material. If you're using a patterned dish to transfer a print, take the slightly smaller dish and press it firmly into the modeling material. Gently remove and check to see if your pattern looks the way you want it to. The modeling material won't

be dry yet, so if you don't like the shape or the pattern you can re-do it.

3. Let dry completely (overnight is best), and remove the finished product from its mold. You'll want to gently pull at the plastic wrap underneath the modeling material to help loosen it. Enjoy!

NOTE: This modeling material is very forgiving and the end result will look perfectly imperfect. Unlike clay (which might be too sticky for this project) this material dries into a light-weight, foamy-textured piece. The finished peices are for decorative use only and not safe for food.



Situated just a short walk from the banks of the Piscataqua River, RiverRun Bookstore has been a part of Portsmouth, New Hampshire's literary scene since 2002. Specializing in both new and used books, RiverRun is owned by a collective of fourteen book-loving individuals. We spoke with Tom Holbrook, co-owner and manager, and asked him for his list of summer reading recommendations.

Evicted: Poverty and Profit in the American City, Matthew Desmond:
In this work of nonfiction, Desmond takes us into the poorest sections of Milwaukee to tell the stories of eight families facing eviction. This social commentary contains unforgettable scenes of hope and loss. Holbrook calls *Evicted* one of the best new books out right now.

The End of Vandalism, Tom Drury:

"Tom Drury is brilliant," Holbrook says, comparing the author to both Raymond Carver and Garrison Keillor. "It's a book about small town life that is funny on every single page." Originally serialized in *The New Yorker*, *The End of Vandalism* is about an unruly love triangle.

Sing, Unburied, Sing, Jesmyn Ward:

After being tragically disappointed by both of his parents, thirteen-year-old Jojo looks to his new friend, a ghost, to teach him the meaning of loyalty, legacy, violence, and love. Published last year, it's Southern Gothic literature at its finest.

The Weight of Water, Anita Shreve:

Set on foreboding Smuttynose Island, just off the coast of New Hampshire, this novel weaves the tale of an infamous 1873 double ax murder with the story of Jean, a modern-day newspaper photographer sent to report on this brutal piece of history.

Mystery on the Isles of Shoals, Dennis Robinson:

If you'd like to look at the historical 1873 Smuttynose Island murders from a nonfiction angle, Holbrook recommends *Mystery on the Isles of Shoals*. Robinson's critical account of this controversial murder pairs nicely with Shreve's fictional retelling.



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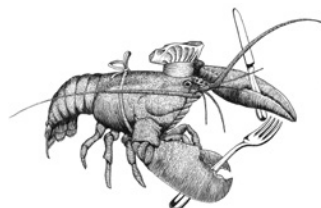
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Summer Bucket List

Fly a kite
go TUBING
go BERRY PICKING
make homemade jam
play miniature golf
Walk bare foot in the grass
take an outdoor Yoga Class
go to an outdoor drive-in
dig for clams
Catch a fish
explore a new beach
make S'mores outside
make your own ice cream
go to a baseball game

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