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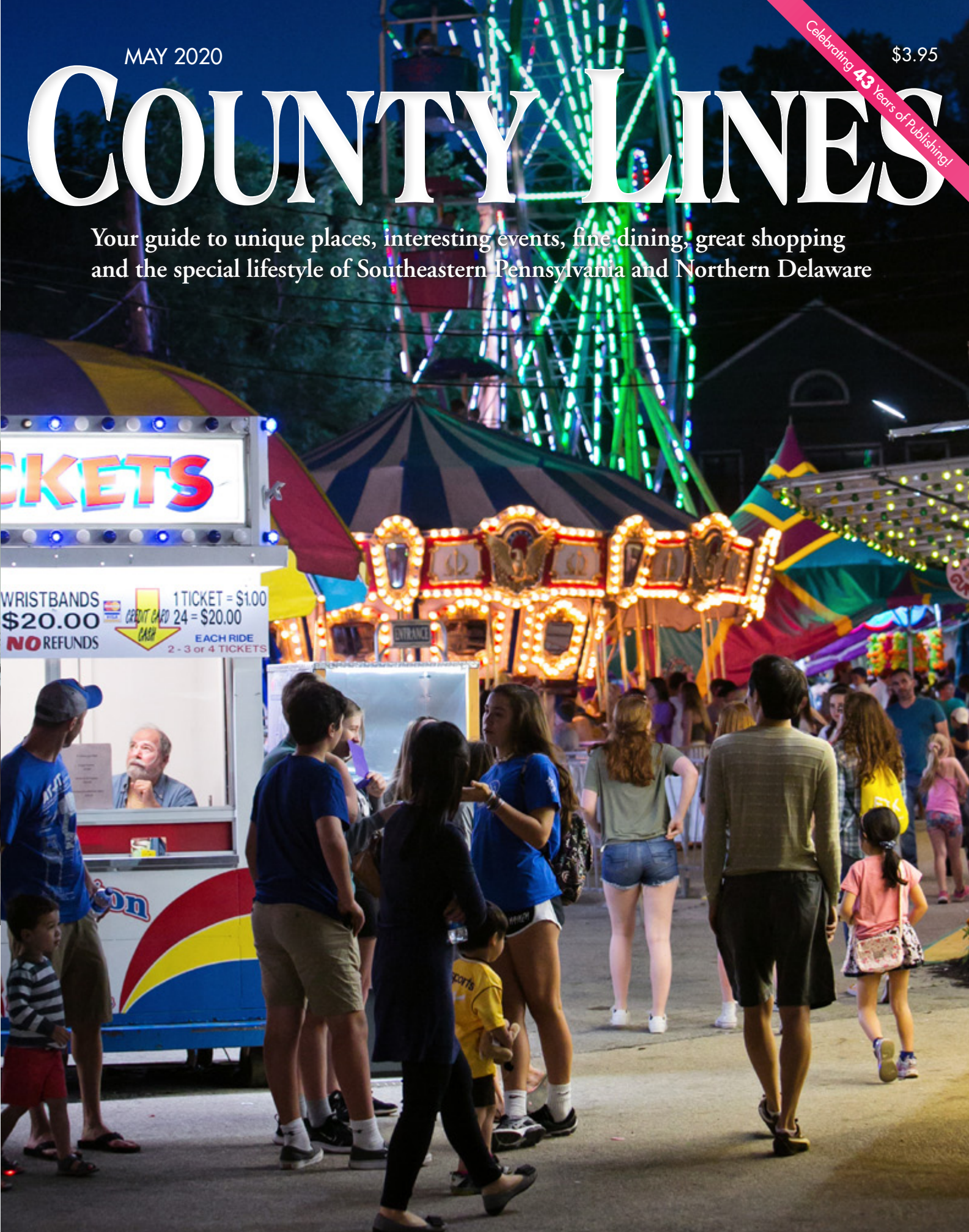
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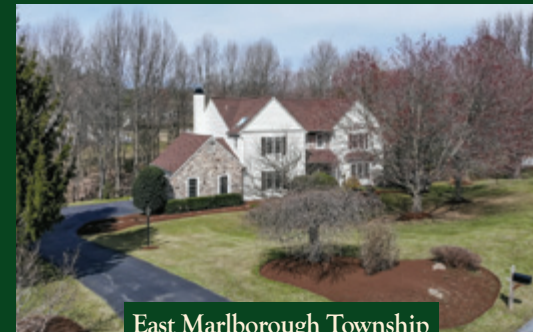
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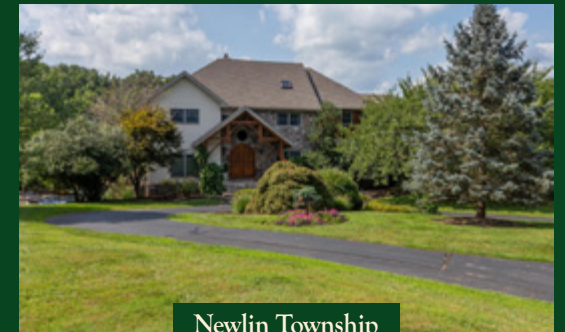
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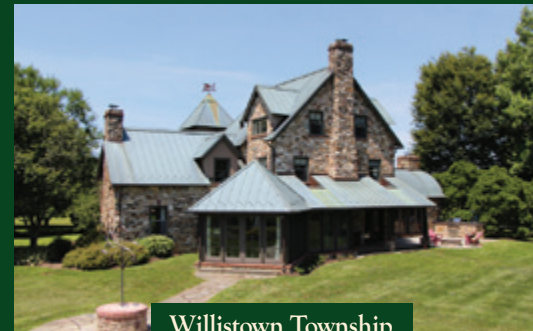
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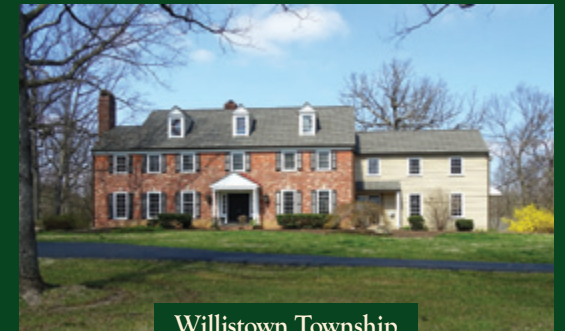
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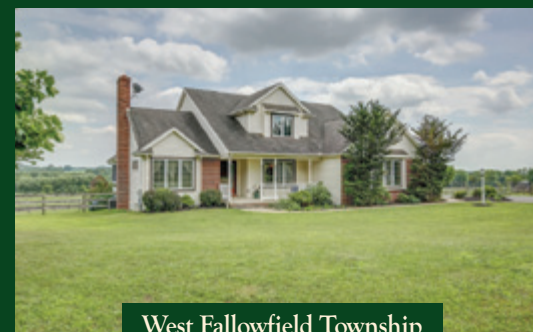
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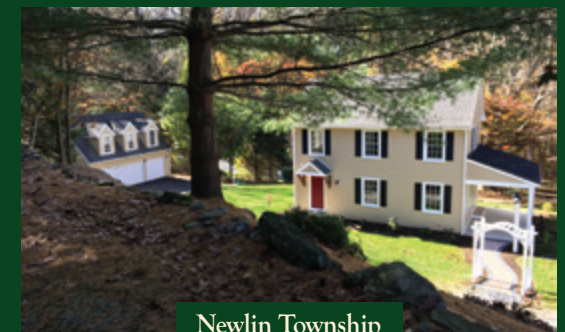
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## from the EDITOR

Our May issue is normally filled with stories about horses, art shows, gardens, spring events. Sadly, not this year.

The coronavirus and public health measures have profoundly changed every aspect of our lives. We're still confined largely to our homes—WFH (working from home), following the news, binging online content, exchanging phone calls, emails and texts. And looking forward to a return to something like normal. We expect that sometime in May or June, we'll be able to start enjoying *some* aspects of summer.

Like polo, for instance. At the Brandywine Polo Club you can enjoy a match and still have plenty of social distance. And the Brandywine Horse Show at the Devon grounds is still scheduled for June 24-28.

For now, we're reading CANCELLED or POSTPONED on many event announcements, though we secretly read that to mean RESCHEDULED and look forward to a time when we can enjoy our favorite activities again.

At *County Lines*, we're remaining optimistic. This will end. At the same time, we ask that you protect yourselves and your neighbors and practice safety. We want to get through these days, as quickly as possible.

If you haven't yet, be sure to subscribe to our weekly electronic newsletter, filled with things to do at home and to enjoy virtually, all while staying connected and supporting local. Subscribe at [CountyLinesMagazine.com](http://CountyLinesMagazine.com).

Many locations where you normally get *County Lines* are effectively closed. You can read most of the content, however, online at [CountyLinesMagazine.com](http://CountyLinesMagazine.com). And we're making the May issue, along with others, available free digitally at [Issuu.com](http://Issuu.com). Links are on our website. We hope you'll support local publishing and subscribe (also on our website).

The only good news we can take from our current situation is that it has drawn us together. We will come through this, stronger than before.

In the meantime stay safe and healthy. Thank you for reading and supporting *County Lines*.

  
Ed Malet  
Publisher

  
Jo Anne Durako  
Editor

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May 2020  
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**PUBLISHER**  
Edwin Malet

**EDITOR**  
Jo Anne Durako

**ART DIRECTOR**  
Alex Bianco

**ASSOCIATE EDITOR**  
Marcie Tomassone

**ASSISTANT EDITOR**  
Mercedes Thomas

**FOOD EDITOR**  
Alyssa Thayer

**ACCOUNT EXECUTIVES**  
Susan Gillespie  
Kim Ross  
Suzanne Willis

**BUSINESS MANAGER**  
Debra M. French

**CONTRIBUTING WRITERS**  
Laurel Anderson  
George Fitzpatrick / Matt Freeman  
Emily Hart / Carol Metzker  
Fred Naddeo / Cindy Walker

**CONTRIBUTING PHOTOGRAPHERS**  
Brenda Carpenter  
Wil Moore / Timlyn Vaughan

**INTERNS**  
Maria Marabito  
Lindsey Miller

**CONTACT US AT**  
ValleyDel Publications, Inc.  
893 S. Matlack Street, Ste. 150  
West Chester, PA 19382.  
610-918-9300. [Info@ValleyDel.com](mailto:Info@ValleyDel.com)  
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We look forward to the day when our residents can return to enjoying their favorite activities like golf, swimming, or book club. Perhaps some will pick up a new hobby, such as quilting, pickleball, or woodworking. Making new friends and once again seeing long-time friends over dinner will be such a welcomed occasion!

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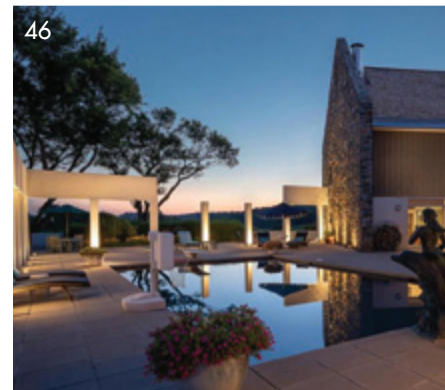
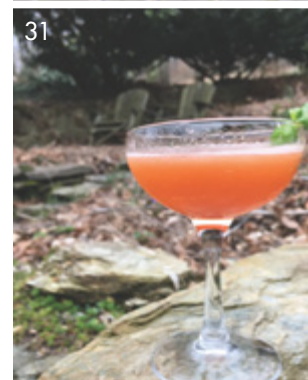
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# CONTENTS

VOLUME 43, NUMBER 9 • MAY 2020

COUNTY LINES  
MAGAZINE



- 15 **"NURSE! COME QUICK!"**  
From Florence Nightingale to COVID-19  
Ed Malet
- 24 **HOME & GARDEN GUIDE**  
Some of what you would have been enjoying  
Edited by Marci Tamassone
- 26 **BOOKS TO FEED THE SOUL**  
There are times when a great book is the best nourishment.  
John McManus, Main Point Books
- 28 **DISCOVER THE BRANDYWINE POLO CLUB**  
A place for family fun for 70 years!  
Cindy Walker
- 31 **HOME-GROWN COCKTAIL GARDENING**  
Add a new dimension to your garden planning.  
Maddison Perzel, Jenkins Arboretum & Gardens
- 34 **#DEVONSTRONG**  
For its 124th year, Devon Horse Show goes virtual  
Jo Anne Durako
- 42 **RAIN GARDENS—DIGGING DEEPER**  
Learn how to add one to your yard.  
Andrew Kirkpatrick, Willistown Conservation Trust
- 46 **HOME OF THE MONTH**  
Trimble Worth—A Modern Chester County Farmhouse  
Laurel Anderson
- 50 **SHRUBS & MOCKTAILS**  
Mocktails are in, and not just in Dryary.  
Mercedes Thomas
- 52 **BEST OF THE BEST DINING WINNERS 2020**  
A recap of some of our favorite places to eat and drink
- 58 **ADD SOME SPARKLE TO YOUR LIFE**  
This summer enjoy a sparkling rosé.  
Jessica Roberts
- 62 **BRANDYWINE TABLE**  
Cinco de May  
Alyssa Thayer

## departments

19 **GOOD TO KNOW**  
21 **MAY PICKS**

22 **BEST LOCAL EVENTS**  
23 **FARMERS MARKETS**

61 **FOOD NEWS**  
62 **INDEX**

Cover photo and top Contents photo of the Devon Horse Show by Brenda Carpenter.





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# “Nurse! Come Quick!”

Edwin Malet

## FROM FLORENCE NIGHTINGALE TO COVID-19

“NURSE! COME QUICK!” THAT CRY CAN BE HEARD in emergency rooms, in nursing homes or in our own homes where people are hurt, disoriented or suffering. And it’s heard more often now in the time of COVID-19. Nurse practitioner John Waters says hospital staff are “overwhelmed and overworked” even in the best of times. Elaine Scott says “new information every day about COVID demands different approaches.” Often nurses working in hospitals don suits, gloves and masks. As doctors have increasingly become our mentors and guides to health care, nurses have become our front-line against disease and pain. It’s ironic that this year earmarked to be a major celebration—

the International Year of the Nurse and Midwife—should fall on a year of their dire necessity.

**ONCE THERE WAS FLORENCE**

Born in 1820, Florence Nightingale is credited with beginning the nursing profession and a major reason the World Health Organization designated 2020 as this special year. Of course, much has changed in the profession over 200 years. For one, the number of nurses has spiked. In 1900, there were just under 11,000 nurses. Today, it’s about 3 million—71,000 in the Philadelphia metropolitan area alone—and the number of nurses is expected to increase at about 12% annually for the next



decade. Yet, their numbers will fall short by about 200,000 of the growing need. And that doesn't factor in another pandemic like this one!

The media asks us to celebrate them as heroes. But who are these heroes? They're people like Debbie Thomas, a Registered Nurse (RN) who worked as a maternity nurse in Lankenau, Lancaster, Bryn Mawr and Chester County Hospitals. She enjoyed every moment. Her daughter, also

a nurse, is now working on front lines of the COVID outbreak.

### HEALTHCARE BOOMS ... AND SPECIALIZES

A nurse's duties in Nightingale's day included bathing, feeding, keeping order, monitoring and dispensing the very limited medicines of the day—relatively simple tasks. In the 20th century, as a myriad of medicines and procedures became avail-

able, nurses became more than caring assistants. They became facilitators of these health-giving processes. And only after mid-century did education of nurses flower, involving initially two-year, then four-year and finally advanced degrees and certifications.

Today, nursing is less a single vocation than a constellation of health care specialties. By far—about 92% or 71,000 nurses—in the Philadelphia area are RNs. They're the backbone of nursing, filling most of hospital nursing positions. Advanced practice nurses (APRNs), with masters' degrees, serve as midwives, anesthesiologists, clinicians and practitioners. There are over 5600 of them in our area today.

For 20 years, Elaine Scott worked as an RN. For the past 15, she's worked as an APRN, primarily giving vaccinations and performing physicals in group practices. As an APRN, she has broader authority, though it may depend on her supervising physician. She says her advanced training allows her to apply a "more complete range of her diagnostic and treatment skills."

Even an RN, though, has much more specialized training than years ago. "Medical News Today," for instance, lists 50 nursing specialties, ranging from burn care to psychiatric, from neonatal to geriatrics, from obstetrics to emergency care.

Some nurses now work in COVID research. But none were trained as "COVID nurses." They've had to learn about COVID on the job, under daunting conditions.

Other factors have also created a rising demand for nursing skills. The aging of our population has increasingly led to living with deteriorated health and the need for more medical care. Technology has also improved, and with it, the need to use, monitor and interpret medical data.

The 20th century brought medications, precision instruments, x-rays, ventilators, dialysis, magnetic resonance indicators, artificial limbs, organ and tissue transplants, and more. Each eventually has called on a nurse to implement its applications and be the final link to the patient.

### THE GOOD NURSE

Training, however, doesn't entirely define a good nurse. At the core, a good nurse has qualities that aren't learned in school—compassion, sympathy, patience plus stamina and resilience—skills sorely tested in the coronavirus era.

Nurses must deal with patients, as well as their families and friends, during difficult times to help them confront uncertainty, trauma and pain. COVID exacerbates all these. Patients may resist treatment. They may be nervous about upcoming procedures. Against this background, a good nurse must project calm and answer questions in terms that patients and family can understand.

Attention to detail and the ability to prioritize are also important. On the job distractions can be enormous. Yet, without focus, nurses may put lives at risk.

It's not often mentioned, but a nurse's physical and psychic endurance are also key. Typically, on their feet, under stress and time pressure, working with ambiguous information, they must work long days. Yet they must make exacting decisions. They must be physically and mentally fit.

Finally, in a world of scarce resources—even more scarce as COVID has taken it casualties—the ability to synthesize and integrate often fragmented and changing information is probably the good nurse's most important skill. Physicians are in limited supply. Critical thinking will help determine whether and when their intervention is needed.

### YEAR OF THE NURSE

Nurses, on the whole, report fulfilling careers. The COVID crisis, however, has called on them to "dig deeper"—to the roots of why they serve: the challenge of the enormous swell of patients; the shortage and rationing of equipment, testing kits and ventilators, the endless hours, the concerns of patients and the pull of nurses' own families.

In normal times, one complaint is with the business of medicine. Staffing ratios are an oft-cited sore spot. Often, nurses find

themselves at war with the demands of an institution's bottom line.

Another is with the attitudes of their workplace. They would prefer not to be viewed as merely "physician extenders" or "mid-level" professionals.

But these complaints are on the backburner for now. The nurse—even a good one—may seem rushed and impatient. Some will feel angry. But rarely will the full world of concerns be visited on a patient.

More likely, the good nurse will be available when needed, projecting warmth, sympathy and competence under the most trying of circumstances. Most importantly, the good nurse, by training and disposition, will make you feel better.

Let's take a moment and mark the International Year of the Nurse and Midwife. They certainly deserve at least that! ♦

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## [Good to Know] *Just a few things we'd thought you'd like to know this month*

.....

**#FairTrade.** Celebrate **Fair Trade Day** on May 9 to help reduce poverty and mistreatment of workers who make staple products like coffee and clothing. Better yet—work to extend the life-changing impact of this movement by educating yourself and shopping consciously. Start with Mother's



Day gifts and shopping in Media, the country's first Fair Trade Town. You can ask businesses to stock Fair Trade items, join an accountability watch and spread awareness for change! *More info at WFTO.com.*

.....

**Sensory Fun.** During these days at home, entertain your kids with a **sensory bin**. Ideal for little ones 3 to 5, this treasure chest combines hands-on fun with sensory development. Make your own using any container—start with a soft base like rice or sand, then fill with objects of different textures, colors, scents and sounds. Try natural items too—flower petals, rocks, leaves, sticks, even shells will work! Choose a theme and let your child have fun exploring. *Ideas on Pinterest.com.*



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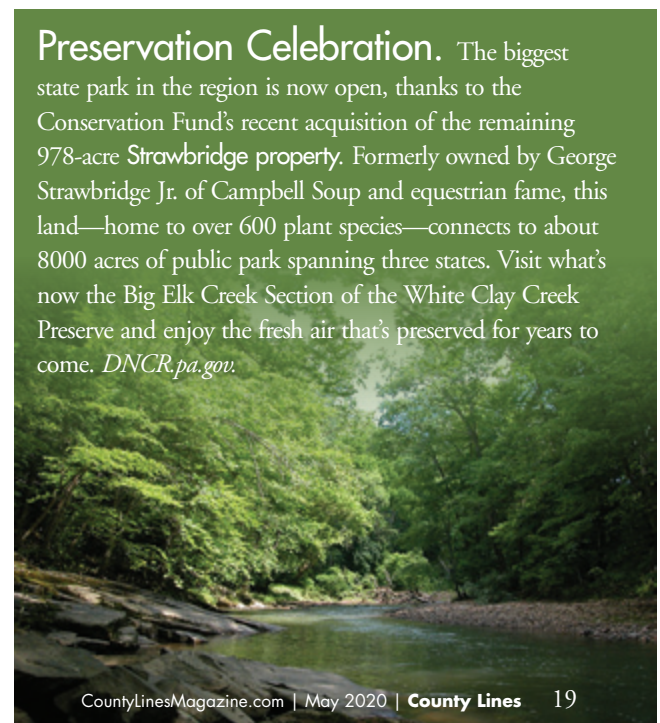
**County Lines' Newsletter.** Stay connected to all things local by subscribing to our weekly **Stay Home — Support Local newsletter**. We bring you the best news covering what's happening (virtually or at a proper social distance) or will happen when things get back to our new normal. We've got places to exercise, things to do with the kiddos, restaurants and farm markets providing for you and your family. We are all in this together, so let's stay connected. *Subscribe to our newsletter on our website, CountyLinesMagazine.com.*

.....

**Longevity Secrets.** Reaching the age of 100+ is a monumental feat. Thanks to Dan Buettner's **Blue Zones** research, we know what daily habits that takes. After studying places with large numbers of centenarians (a.k.a. blue zones), Buettner pioneered a lifestyle to increase longevity using simple changes—like walking daily, eating to 80% fullness and drinking wine with dinner. Read Buettner's books and take a longevity test online to start your plan for a century of life! *BlueZones.com.*



**Preservation Celebration.** The biggest state park in the region is now open, thanks to the Conservation Fund's recent acquisition of the remaining 978-acre **Strawbridge property**. Formerly owned by George Strawbridge Jr. of Campbell Soup and equestrian fame, this land—home to over 600 plant species—connects to about 8000 acres of public park spanning three states. Visit what's now the Big Elk Creek Section of the White Clay Creek Preserve and enjoy the fresh air that's preserved for years to come. *DNCR.pa.gov.*







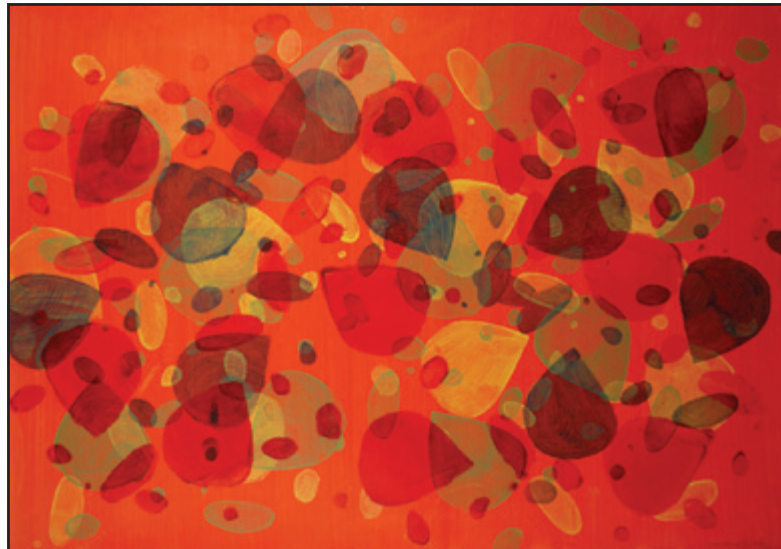
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Layered Abstraction:  
Margo Allman and  
Helen Mason

March 21 – September 6, 2020

Join us to celebrate Margo Allman and Helen Mason, two Brandywine Valley artists who have dedicated their artistic careers of more than 50 years to exploring the infinite possibilities of abstraction.

 DELAWARE ART MUSEUM  
2301 Kentmere Parkway | Wilmington, DE  
302.571.9590 | [delart.org](http://delart.org)

Layered Abstraction: Margo Allman & Helen Mason was organized by the Delaware Art Museum. This exhibition is made possible by the Emily du Pont Memorial Exhibition Fund. Additional support is provided, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on [www.DelawareScene.com](http://www.DelawareScene.com). Top to bottom: *Universal Possibilities*, 1980. Margo Allman. Acrylic on paper, sheet; 27 x 39 1/4 inches. Courtesy of the artist. © Margo Allman. | *High Speed*, 2012. Helen Mason. Rubber and wood, 21 x 52 x 6 inches. Courtesy of the artist. © Helen Mason.

[May Picks] *Our Picks for top events this month*

THIS MONTH'S PICKS ARE A BIT DIFFERENT.  
Because this month is very different from other months in the past.

Nevertheless, we wanted to share with you some of the great events we would have recommended you enjoy in May. These are the things that make life in our area so special. Some events are postponing or cancelling for this year. But others are working on ways to be enjoyed virtually. Because plans are ever-changing, for the latest updates, check out event websites before you go. For May, we've picked the three area steeplechase races and the Devon Horse Show & County Fair—clearly top picks just about any time and any place!

42nd Winterthur Point-to-Point  
Originally scheduled for May 3

A highlight of Delaware's social calendar, for over 40 years the races have brought fans to Winterthur's lush rolling hills. In addition to the races, you'd find a horse-drawn carriage parade, antique car display and plenty of tempting upscale boutique shops. Benefits the museum, garden and library.



28th Willowdale Steeplechase  
Originally Scheduled for May 9

Planned for a day earlier than its traditional Mother's Day date, this year's Willowdale races promised to be another joyous community gathering filled with fun and family. Set on a course designed for spectator viewing and highlighted by the distinctive water jump. Benefits several area nonprofits.



90th Radnor Hunt Races  
Originally scheduled for May 16

A milestone year, this Race for Open space, benefitting the Brandywine Conservancy, would have been another spectacular day of fun, fashion and fabulous memories. Rooted in the spirit of philanthropy, this event draws over 20 thousand supporters to the rolling Chester County hills.



124th Devon Horse Show  
& County Fair

Originally Scheduled for May 21–31  
Another 11 days planned with lemon sticks, carnival rides, beautiful horse, exceptional competitions and endless family fun. A tradition, powered by generations of volunteers, behind the Devon blue walls, for the benefit of Bryn Mawr Hospital.





# best Local Events {They'll be back!}

## FAMILY FUN

### THROUGH MAY 24

**Disney's The Jungle Book Kids** at The Media Theatre. The jungle is jumpin' with a jazzy beat and a host of colorful characters singing your favorite songs from the movie. 104 E. State St., Media. Noon. \$14-\$17. 610-891-0100; MediaTheatre.org.

### THROUGH MAY, Wednesdays

**Story Time, Reads & Company.** Every Wednesday morning at 11 am back at the Reading Rocketship. Reads & Co. Bookshop, 234 Bridge St., Phoenixville. 484-920-3695; ReadsAndCompany.com.

### MAY 2

**Sheep and Wool Day** at Springton Manor Farm. The sheep are losing their winter wool, and you're invited to the shearing. Enjoy live music, demonstrations and animals. 860 Springton Rd., Glenmoore. 11 to 3. Free. 610-942-2450; ChesCo.org/CCParks.



### MAY 3

**May Day Festival of the Arts in West Chester.** A celebration of the arts with artisans displaying and selling their hand-crafted wares. The family-friendly event includes a moon bounce and children's rides. Everhart Park, 100 S. Brandywine St., West Chester. 11 to 4. Free. 610-436-9010; West-Chester.com.



### MAY 3

**It's Tea Time! At Rock Ford Plantation.** Kitty Hand, wife of Revolutionary War Gen. Edward Hand, welcomes guests to tea and sweets and learning about historical fashion plus activities, games and a craft. 881 Rockford Rd., Lancaster. 2 pm. \$12-\$15. Rec. for ages 5 and up and their family members. 717-392-7223; RockFordPlantation.org.

### MAY 14, 28

**Books & Boots at Myrick Conservation CjCenter.** Children 3-5 listen as Potter the Otter reads a book. Next, the story continues into a real-life, outdoor adventure. Adult participation optional; snack provided. Register by Wed. before class. 1760 Unionville-Wawaset Rd., Conowingo. 1090-1090. **MAY 14, 28** **Newlin Grist Mills Public Archaeology Days.** Assist professional archaeologists with site excavation, artifact screening and more by the 1704 Grist Mill and the 1730s Archive Building. 219 S. Cheyney Rd., Glen Mills. Free. 610-459-2359; NewlinGristMill.org.



### MAY 28-31

**The Strawberry Festival.** The Rotary Club of Coatesville now hosts the Festival, offering the same family fun, rides, kids activities, crafts, Friday fireworks and more. Benefits the Coatesville community. Brandywine Hosp. at Rt. 30 Bypass, Coatesville. Thurs, 5 to 10; Fri, 5 to 11; Sat, noon to 11; Sun, noon to 6. BrandywineStrawberryFestival.com.



## ANTIQUES, ART, CRAFTS.....

### THROUGH MAY 10

**47th Annual Yellow Springs Art Show.** A juried exhibit featuring works by artists from the Delaware Valley and beyond this benefits the arts, education, preservation and environmental protection of the village of Yellow Springs. Apr. 24, Opening Gala, 6 to 9, \$75. 1685 Art School Rd., Chester Springs. Sat-Thurs, 10 to 4; Fri, 10 to 8. Free. 610-827-7414; YellowSprings.org.

### APRIL 30-MAY 3

**The Potters Guild Spring Sale.** Annual sale offering handcrafted functional and decorative pottery. Duke Gallery, Community Arts Center, 414 Plush Mill Rd., Wallingford. Preview Thurs, 6:30 to 9, \$5. Fri, 10 to 8, Sat-Sun, 10 to 5. Free. ThePottersGuild.com.

### MAY 1

**Gallery Walk in Downtown West Chester.** The Greater West Chester Chamber of Commerce hosts its Spring Gallery Walk presented by Sunset Hill Jewelers & Fine Arts. Receptions and exhibits provide the perfect opportunity to experience downtown West Chester. 5 to 9. Free parking after 5. 610-696-4046; GreaterWestChester.com.



## DESIGN HOMES.....

### APRIL 26-MAY 24

**45th Bucks County Designer House & Gardens.** Tour Creekside, a circa 1850 farmhouse, outbuildings and gardens after premier area designers and landscapers transform this 17-acre property. Apr. 26, Opening Night Gala, 6 to 10, \$165 and up. Show: Mon-Wed, Fri-Sat, 10 to 4; Thurs, 10 to 7; Sun, noon to 4. \$30-\$35. 215-345-2191; BucksCountyDesignerHouse.org.

## FOOD & BREWS.....

### APRIL 7-JULY 14

#### Every Other Tuesday

**Food Truck Tuesdays in King of Prussia.** Eat to the beat with live music and food trucks during your lunch break for King of Prussia District's roving food truck series. Locations TBA. See website for details closer to event. VisitKOP.com.

### MAY 2

**Phoenixville Food Truck Festival.** Over 30 food trucks grace the streets with globally influenced eats. Both city-based and local trucks and vendors participate. Free shuttle service from Phoenixville Area Middle School and Schuylkill Elementary School. Bridge St., Phoenixville. Noon to 6 pm. 610-933-3070; PhoenixvilleFirst.org.

## FUNDRAISERS.....

### MAY 1

**Chester County Fund for Women and Girls Luncheon.** It's the biggest fundraiser of the year and a celebration of the Centennial of the passing of the 19th Amendment giving women the vote. Bid on a silent auction with luxury trip offerings as well as other items. The Desmond Hotel, 1 Liberty Blvd., Malvern. Reg. 11 am, luncheon, 12:30. CCFWG.org.

### MAY 2

**Canine Partners for Life Unleashed & Uncorked: Dogs & Derbies.** Join your favorite CPL pups for an exciting and fun-filled evening featuring all things Kentucky Derby! Chester Valley Golf Club, 430 Swedesford Rd., Malvern. K94Life.org.

### MAY 2

**American Helicopter Museum—12th Annual Fundraising Gala.** "A Night at the Stage Door Canteen," a 1940s swing theme featuring cocktails, dinner, entertainment and dancing. Costumes are encouraged. 1220 American Blvd., West Chester. 5 to 10 pm. \$150. 610-436-9600; AmericanHelicopter.Museum.

### MAY 2

**Chester County Hospital Gala—Caribbean Night.** An evening of cocktails, hors d'oeuvres, dinner and entertainment at Longwood Gardens. Benefits the Neonatal Intensive Care Unit, The Abramson Cancer Center at Chester Co. Hospital, Emergency Department and Operating Suites. Cocktails and hors d'oeuvres, 7 pm, dinner at 8:15. 1001 Longwood Rd., Kennett Square. ChesterCountyHospital.org.

### MAY 7

**Willowdale in White.** Kick off Willowdale's race weekend in style. Wear white, bring

dinner and drinks, table settings and decorations, then dance under the stars. Secret location is emailed that morning. Benefits Stroud Water Research Center, Penn. Veterinary Medicine's New Bolton Center. Willowdale.org.

### MAY 7

**Bringing Hope Home 19th Annual Great Guys Dinner.** Offering financial assistance to families dealing with the financial hardships due to a cancer diagnosis. Join the great guys (and gals) for dinner, cocktails, auctions and more. Springfield Country Club, 400 W. Sproul Rd., Springfield. 6 to 9 pm. \$175. BringingHopeHome.org.

### MAY 8

**Bridge of Hope National Spring Gala Luncheon.** Silent auctions, luncheon. Benefits the mission to end homelessness for local families. Doubletree Resort, 2400 Willow Street Pk., Lancaster. 10:30 to 1:30. \$55. BridgeOfHopeInc.org.

### MAY 9

**Willistown Conservation Trust Barns & BBQ.** Join an exclusive tour of Willistown's beautiful barns and farms, followed by cocktails, hors d'oeuvres, barbecue dinner and auction. Benefits the Trust's conservation works. WCTrust.org.

### MAY 18

**FORE Health Golf Invitational for Chester County Hospital.** Benefits the Women's and Children's Health Services and the Women's Auxiliary's pledge towards the Heart and Vascular Program at the Hospital. Chester Valley Golf Club, 430 Swedesford Rd., Malvern. Reg. 11 am; lunch, 11:30; shotgun start, 12:30; cocktails at 5:30. \$300. ChesterCountyHospital.org/Giving.

### MAY 18

**Paoli Hospital Auxiliary Golf Tournament.** Play a round of golf before heading for the cocktail reception with an open bar, silent auction, raffle and dinner. Benefits Paoli Hospital. Waynesborough Country Club, Paoli. Visit website for more information. 484-565-1380; PaoliAuxiliary.org/Golf.

### MAY 20

**Brandywine Health Foundation's Annual Garden Party.** Enjoy the "Tournament of Treats" as local chefs compete to create luscious desserts. Enjoy music, cocktails, hors d'oeuvres, a light supper and desserts. Benefits Brandywine Health Foundation's priorities to help people in the Greater Coatesville community. Springbank Farm, 301 Five Point Rd., Coatesville. \$150. 610-380-9080; BrandywineFoundation.org.

## Local Farm Markets

MANY LOCAL FARM MARKETS ARE CONTINUING TO OPERATE, BUT WITH PREORDERS OR CURBSIDE PICKUP. CHECK THE WEBSITES FOR THE LATEST.

**Artisan Exchange,** 208 Carter Dr. Unit 13 B, West Chester. Sat, 10 to 2. Order online for delivery or pickup. ArtisanExchange.net.

**Bryn Mawr Farmers Mkt.,** Lancaster Ave. Bryn Mawr train station parking lot. Sat, 9 to 1. Advance pay and pickup only. FarmToCity.org.

**Downingtown Farmers Mkt.,** Log Cabin Field, Kerr Park, Penna. Ave. Sat, 10-12. Pre-order and pickup only. 610-836-1391; GrowingRootsPartners.com.

**Eagleview Farmers Mkt.,** Eagleview Town Crt., Wellington Sq., Exton. Thurs, 11-1. Pre-order and pickup only. 610-836-1391; GrowingRootsPartners.com.

**Kennett Square Farmers Mkt.,** 113 E. State St. Fri, 3 to 7. Pre-order and pickup only. 610-444-8188; HistoricKennettSquare.com.

**Lancaster County Farmers Mkt.,** 389 W. Lancaster Ave., Wayne. Wed, Fri & Sat, 6 to 4. Check Facebook to phone for pickup. 610-688-9856; LancasterCountyFarmersMarket.com.

**Malvern Farmers Mkt.,** Warren Ave. & Roberts Rd. Sat, 2-4. Pre-order and pickup only. 610-836-1391; GrowingRootsPartners.com.

**Pete's Produce Farm,** 1225 E. Street Rd., West Chester. Plans to reopen 4/31. Check for update. 610-399-3711; PetesProduceFarm.com.

**Phoenixville Farmers Mkt.,** 200 Mill St. Sat, 9-10 for seniors; 10-12 for all. PhoenixvilleFarmersMarket.org.

**Pottstown Farmers Mkt.,** 100 E. High St. Plans to reopen 5/30. 484-948-6061; PottstownFarm.org.

**Swarthmore Farmers Mkt.,** 121 Park Ave. Plans to reopen 6/6. 215-733-9599; SwarthmoreFarmersMarket.org.

**Thornbury Farmers Mkt. & CSA,** 1256 Thornbury Rd. Sat, 9-5; Sun, 11-5. Pre-pay only, bag your own. ThornburyFarmCSA.com.

**Thornton Farmers Mkt.,** 330 Glen Mills Rd. Sat, 10 to 1. Facebook.com/ThorntonFarmersMarket.

**West Chester Growers Mkt.,** Chestnut & Church Sts. Sat, 10-12. Pre-orders available. 610-436-9010; WestChesterGrowers-Market.com.

**Westtown Amish Mkt.,** 1165 Wilmington Pk., West Chester. Open for shopping and curbside pickup. (\$7). Thurs & Fri, 9 to 6 Sat, 8 to 4. 610-492-5700; WestChesterAmishMarket.com.



# Home & Garden

**S**PRING AT LAST! DON'T WASTE A MINUTE. We're lucky to have so many outstanding public gardens right in our backyard—Welkinweir, Jenkins Arboretum, Scott Arboretum, Brandywine Conservancy, Longwood Gardens, Stoneleigh, Tyler Arboretum, Chanticleer Garden and many more. Make a note to visit one during National Public Gardens Week, May 13–19, though it's likely to be a virtual visit this year.

Azaleas at Welkinweir



Arasapha Garden Club's May Market



Willistown Conservation Trust Barns & BBQ



Scott Arboretum Spring Sale



Jenkins Arboretum Plant Sale

## Through May 24

**Bucks County Designer House & Gardens.** Tour Creekside, a circa 1850 farmhouse, outbuildings and gardens after premier area designers and landscapers transform this 17-acre property. Mon–Wed, Fri–Sat, 10 to 4; Thurs, 10 to 7; Sun, noon to 4. \$30–\$35. 215-345-2191; BucksCountyDesignerHouse.org.

## May 1–2

**Arasapha Garden Club's Annual May Market** in Historic New Castle. Unique, flowering plants and herbs, shrubs and artisan crafts. Market Square, 201 Delaware St., New Castle, DE. Fri, noon to 5; Sat, 9 to 4. 302-322-7895; Arasapha.org.

## May 1–2

**DE Nature Society Native Plant Sale.** More than 300 rare varieties of native plants, trees, shrubs, ferns and aquatic plants for sale. Some from nearby Mt. Cuba Center and many species that attract wildlife. Ashland Nature Center, 3511 Barley Mill Rd., Hockessin. Fri, 3 to 7; Sat, 9 to 3. 302-239-2334; DelNature.org/NPS.

## May 1–3

**Jenkins Arboretum & Gardens Annual Plant Sale.** A large sale offering plants suited for gardens in our growing zones, native perennials, wildflowers, ferns and slow-growing conifers, as well as donated plants from Society members' gardens will be for sale. 631 Berwyn Baptist Rd., Devon. Fri preview, 6 to 9, visit ValleyForgeARS.org for tickets. Sat, 9 to 3; Sun, 11 to 3. 610-647-8870; JenkinsArboretum.org.

## May 2

**73rd Wilmington Garden Day.** Homes and gardens are featured at this rain-or-shine event. Benefits Delaware's children in need. 10 to 4. \$35. WilmingtonGardenDay.org.

## May 2–3

**Rushton Farm Plant Sale.** Shop for organically started early vegetable and annual flower seedlings, raspberry canes and a limited supply of wildflowers and perennials. 911 Delchester Rd., Newtown Square. Free. Visit website for times. 610-353-2562; WCTrust.org.

## May 2–3

**Tyler Arboretum.** Hard-to-find plants, perennials, annuals and herbs—an inspiration for the whole garden. 515 Lanter Rd., Media. Daily, 9 to 3. 610-566-9134; TylerArboretum.org.

## May 3

**Chestnut Hill Home & Garden Festival.** Explore plants, crafts and artwork from over 150 vendors as home and garden design and supplies take the spotlight. Germantown Ave., Chestnut Hill. 11 to 5. Raindate May 17. 215-247-6696; ChestnutHillPa.com.

## May 7–9

**Wilmington Flower Market.** Benefits dozens of nonprofit Delaware children's agencies. Carnival rides, art, gifts, entertainment, flowers and plants of all kinds are available. Rockford Park, Wilmington. Thurs–Fri, 10 to 8; Sat, 10 to 7. Free. 302-995-5699; WilmingtonFlowerMarket.org.

**MOST EARLY EVENTS HAVE BEEN POSTPONED OR CANCELLED. CHECK WEBSITES FOR UPDATES.**



# Books TO FEED THE Soul

John McManus, Main Point Books

**THERE ARE TIMES WHEN A GREAT BOOK IS  
THE BEST TYPE OF NOURISHMENT.**

IT HAS BEEN A CHALLENGING SPRING AND GREAT books are needed now more than ever. The chance to escape into new worlds and gain insight into the world we live in always make reading a wonderful adventure.

Here are some recommendations for deeply engaging stories—whether you crave fantasy, fiction, politics or biography. Plus there's a local author to support.

Be transported by a good book!

## Senlin Ascends

by Josiah Bancroft

Thomas Senlin is a recently married teacher in a village of fishmongers. For his honeymoon, he brings his wife to the Tower of Babel—the renowned center of arts and culture—and loses her. People disappear from the Tower all the time. Horrified by the prospect of returning home alone, and pessimistic that his wife



will return on her own, Thomas journeys into the Tower, facing the rules and challenges that each level offers. He ultimately arrives at the realization that the Tower grinds away everyone's will for its own purpose. A simple story set inside a massive, evocative world, written by a local author.

## Deacon King Kong

by James McBride



This is a wonderfully brash American novel. Set in the tenements of South Brooklyn in 1969 when an aging church deacon, Sportcoat, shoots the housing project's drug dealer in front of a crowd of witnesses. Written in a Dickensian style, the book sketches the inhabitants of the

Five Ends Church and the community around them. From the Italian gangster in a boxcar by the docks to the mysterious cheese delivery, the characters and heartfelt story are immersive and highly enjoyable.

## All Adults Here

by Emma Straub



A sudden and shocking occurrence jolts small town stalwart Astrid Strick, a widowed mother of three, into reassessing her life, especially her failings with her three children. Even as she tries to find a path towards redemption, it's clear her offspring are nursing different hurts. Is it Astrid's fault each of her children is struggling in a different way, or are they tilting at imaginary windmills? Straub's lovely and charming comic novel explores the messy dissonant truths that

underpin the illusions we maintain about those closest to us. Even adults have to grow up. Charming and engrossing.

## Why We're Polarized

by Ezra Klein

Ezra Klein's timely and critically important *Why We're Polarized* examines the American political system in a well-researched, highly readable way that few other books have in recent memory. Too many current affairs books focus on Trump this, or Bernie that. Instead, Klein focuses on the why and system of American government: where America has been as a people and as a governmental system, how we got there, and where we go from here. Klein's research is deftly woven into a narrative that all of us, wherever we sit on the political spectrum, need to



read and have an honest conversation about. If you read one book about American politics before the November election, let it be this one.



## You Never Forget Your First

by Alexis Coe

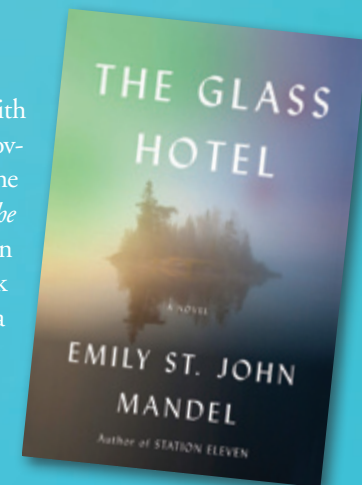
A whip smart, hilarious and important look at the life of ... George Washington.

Coe tells Washington's

story with great pace and research. All too often, histories and biographies are dry, boring and too long. Not this one. It's books like this that make Americans of the past come alive for us and future generations. A must read!

## The Glass Hotel

by Emily St. John Mandel

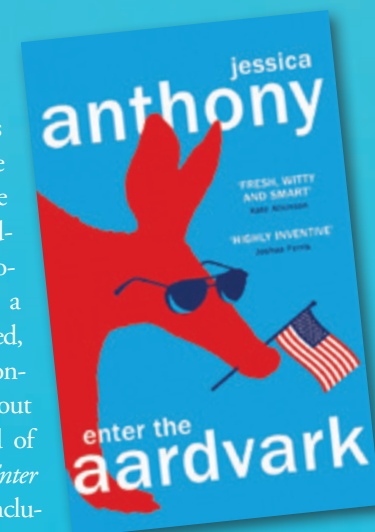


Crafting compelling stories with memorable characters is something novelist Emily St. John Mandel has done throughout her writing career. In *The Glass Hotel*, Mandel deftly weaves an international narrative, moving back and forth through time. Vincent is a bartender at a hotel made of glass in Caiette, British Columbia. A wealthy New York City investor, Jonathan Alkaitis, comes in for a drink, and soon Vincent is in the kingdom of money as his new "wife." Turns out, Alkaitis's business is not what it appears. Mandel's characters all have flaws, and the narrative twists and turns unexpectedly. *The Glass Hotel* is not another *Station Eleven*, but that fact is to be celebrated. It's a compelling, cinematic tale of taking advantage of opportunities and the consequences of doing so.

## Enter the Aardvark

by Jessica Anthony

Wow! Well, I've never read a novel quite like this one. The story connects two storylines, one revolves around the stuffing of an aardvark, and the other storyline revolves around a repressed, Reagan-obsessed, Republican millennial Congressman. What I loved most about this novel was that, yes, it is kind of ridiculous (in a great way!) but *Enter the Aardvark* is by the novel's conclusion very poignant and leaves the reader changed. Bravo, Jessica Anthony! ♦



John McManus is a bookseller at Main Point Books, an independent bookstore with a handpicked selection of books for every member of the family. Check out their great events, book groups and children's activities at [MainPointBooks.com](http://MainPointBooks.com) or on Facebook, Instagram and twitter. Order on-line for delivery or pick-up. 116 N. Wayne Ave., Wayne.



# DISCOVER THE BRANDYWINE POLO CLUB

Cindy Walker

A PLACE FOR FAMILY FUN FOR 70 YEARS!



EQUESTRIAN FANS IN CHESTER COUNTY EAGERLY anticipate the month of May and the start of the steeplechase season. Winterthur's Point-to-Point is followed on successive weekends by Willowdale and Radnor Hunt steeplechase races culminating in 11 days of the Devon Horse Show rounding out the month.

But sadly, for 2020 all four major events have been cancelled because of COVID-19 concerns.

So we suggest this is the year to satisfy your equestrian yearnings by discovering what's happening at the Brandywine Polo Club.

Marking their 70th anniversary, our well-regarded regional polo club offers the tradition and thrills of this exciting game in a long season that may be extended into October. (The schedule for 2020 will, of course, be adjusted as necessary to keep everyone safe and healthy. Check the website for updates.)

## WHY POLO?

Polo is a passion. With players ranging from Winston Churchill and British royals to Argentine heartthrob Nacho

Figuera and talented local players, the sport of kings has earned a special mystique.

Current Brandywine Polo Club president Dixon Stroud caught the bug after the late George "Frolic" Weymouth sent him to take a lesson at the polo fields in Toughkenamon. "That's all it took. Just once and I was hooked," says Stroud. "I even got a polo pony as a wedding gift."

Stroud has worked 30 years to elevate the level of polo at the club to draw more fans and add excitement. Now, many years after that first lesson, this former Maryland Hunt Cup winner and polo-convert is preparing to turn over the reins to the next generation, including his son-in-law, Michael Bucklin, a more recent polo fan.

Growing up on the coast of Maine, Bucklin describes himself as more at home on the water. "I got started riding polo ponies during visits to Dixon's farm," says Bucklin. "That, plus personal polo tutorials, did the trick." He, too, is hooked.

"It's addicting. The animals, the speed down the field, then the quick turn," says Bucklin. And it didn't hurt that he could play polo down the road from home. From

one of his first visits to the polo fields—Bucklin expected a tour but instead got an invitation to mow the fields—he's been working to improve the slice of southern Chester County heaven that is the Brandywine Polo Club grounds.

## WHAT IS THE POLO CLUB?

But you don't have to play polo to love it. The matches draw long-time fans and first-time visitors to watch the fast-paced action as riders from around the world ride agile polo ponies down fields covering the space of nine football fields to the sound of the twack of the mallet. All in a bucolic setting where tailgating and champagne sipping are encouraged.

Mixing a passion for polo with the spirit of the community, Brandywine Polo Club host a four-month season with seven competitive tournaments, plus three concerts and a polo school on their 122-acre grounds outside Kennett Square, explain Elizabeth Hedley, club marketing guru.

"The club invites spectators to visit for one match or the full season—watching from the sidelines or enjoying a tailgate spot," says Hedley. Membership is another option to join the community and get more involved. "Kids are welcome to enjoy the grounds, as are dogs on leashes. It's a family affair," says Hedley.

Want to learn more? Hedley suggests signing up for polo school or the OTP program—Orientation to Polo—that gives

men, women and youngsters four lessons and a chance to play in a match. There are even barn tours for those who like the behind-the-scenes experience.

## POLO 101

Some liken polo to ice hockey on horses—the speed, intensity, constant action to get a small object through the goal. All done on horseback, on a field that's 160 by 300 yards and wielding a mallet over 4 feet long. Others prefer analogies to croquet or golf—with the emphasis there on hitting a ball on a green field, but *much* faster.

Polo—one of the oldest team sports in the world, dating back to nomadic tribes—has many variations, from arena polo to beach, snow and cowboy polo. It's also been played on elephants, donkeys and bikes.

We'll stick to the more common outdoor match on horses.

Some specifics: two teams of 4 compete, in a match with 6 or more periods, called chukkers, of 7 minutes and 30 seconds. There are 4-minute breaks between chukkers for players to change horses (hence the term "string of polo ponies"), and a 10-minute half-time intermission. In all, it's about two hours of thrills.

*Spectator note:* half time involves audience participation when fans are invited to help with divot stomping to flatten the field







after the action. Champagne toasts and socializing are part of the tradition. Tip: don't stomp any steaming divot. It may not be grass.

A goal, earning 1 point, is scored by getting the baseball-sized ball through the goal posts. After each goal, the teams reverse field. You'll notice all players hit with their right hand, for safety's sake. No lefties in polo!

Referees call infractions—most involving line of the ball fouls (right of way) or dangers to players or horses.

*Fashion points:* players wear helmets, polo shirts (of course) numbered 1 through 4 (1 is up front offense, to 4 defense), white jeans, gloves, pads and high boots. Horses have shaved manes and short braided tails to keep clear of the mallets.

And the horses are called ponies because of their smaller size, generally around 14 hands and most are thoroughbreds. These fast, agile sprinters can run 1 to 2 miles during each chukker, another reason players change their mounts.

#### CLUB ACTIVITIES

No club could attain Brandywine Polo's 70-year legacy—including surviving a barn fire and tornado—without evolving to reach a growing audience. In addition to memorializing ponies lost in the fire with an annual match, the polo club also sponsors an annual Chester County Hospital Charity match fundraiser (likely postponed until September) and Chukkers for Charity, among other events.

Three concerts are planned for 2020 to take advantage of the grounds: Horses and Horsepower, featuring a local band; Horses and Honky Tonk with country and western music; and Hoses and Hops, working with local brewery, Wacker Brewing.

The Brandywine Polo Club hopes fans can join their 70th anniversary celebration on 122-acre grounds with room to spread out, enjoy the game while still minding social distancing. Here's hoping we can enjoy this part of the Chester County equestrian season! ♦



#### IF YOU GO:

**WHAT:** Brandywine Polo Club

**WHERE:** 232 Polo Rd., Toughkenamon

**WHEN:** Matches on Friday evenings, Sunday afternoon, May 22–Sept. 26 (subject to change)

**ADMISSION:** General adm., \$10–\$15; Tailgate spots, \$40; free for kids & seniors 70+; season passes and memberships available.

**MORE:** BrandywinePolo.com



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# Home-Grown Cocktail Gardening

Maddison Perzel, Head Horticulturist, Jenkins Arboretum & Gardens

Add a new dimension to your garden plantings this year.

**A**FTER A LONG DAY OUT TENDING THE GARDEN, I find it most satisfying to grab a handful of fresh herbs on my way inside. That's my favorite way to begin happy hour.

Gardening should always be a labor of love, and one of the best ways to enjoy the fruits of your labor is to incorporate the flavors and beauty of your garden into a relaxing moment to toast your garden and yourself with a special cocktail. There are endless possibilities for what to concoct once you begin muddling your classic cocktails with your fresh homegrown herbs.

You'll likely find that some of the most inspired gardening ideas come from a happy hour stroll through the garden with a fresh drink in hand!

#### COCKTAIL GARDENING

Cocktail creativity is flourishing these days, with endless combinations of complex ingredients. Yet, there are many simple ways to bring the refreshing flavors of the garden into your glass for some hyper-local enjoyment.

You can create many new cocktails, or variations on classics, by adding a few herbs to your garden or to a beautiful container garden for a smaller patio space. Cocktail gardening is a fun and easy way to get your hands dirty and spice up your happy hour

menu. Ideally, your home-grown cocktail garden is in sight of your favorite cocktail sipping spot so that inspiration can strike at any moment!

Although taste preferences may differ, there's a perfect cocktail herb list to delight every palate. But part of the fun of having a cocktail garden is experimenting with new combinations of some classic homegrown herbs.

I hope you explore new substitutions or simply add a handful of herbs to one of your favorite cocktails.

#### COCKTAIL HERBS

Here are a few of my favorite homegrown cocktail additions:

Mint is a classic cocktail plant. It may be best known for brightening up a whiskey on a hot summer day when used in a mint julep. Mint is one of my favorite homegrown cocktail herbs because it can be harvested throughout the summer, and it flushes back with new growth quickly. Mint is a vigorous grower and is always best confined to a container, unless you want an entirely mint-based garden!

**TIP:** Be sure to clap your mint, not muddle it (even in juleps), to release the plant's oils into your drink without destroying the leaves.





Basil has so many uses besides Italian dishes



Strawberries are a tasty choice to include in your cocktail garden.



Mint is a classic cocktail plant that's a must in your garden.



Jenkin's Basil Old Fashioned is garden fresh!

**Lemon balm** is related to mint and shares its ability to spread all over your garden. Not surprisingly, it has a lemony flavor. Lemon balm is great in cocktails or as an addition to iced tea. I'd recommend buying a starter plant at your local nursery, then dividing and sharing with your friends as it continues to grow!

**Nasturtiums** are beautiful trailing annual plants that bloom prolifically in summer. The flowers are edible and can range anywhere from red to orange to yellow, depending on the variety. They have a spicy, peppery flavor, making them tasty additions to salads. For cocktails, nasturtiums flowers float beautifully in a coupe glass, or they could be muddled into a margarita. I love to grow nasturtiums in containers throughout my garden because they spill out in trailing vines punctuated by colorful flowers.

**TIP:** Buy a packet or two of nasturtium seeds and plant some of the seeds in the garden once each month for continual summer blooms. And colorful cocktails.

**Strawberries** are great perennial plants to include in your cocktail garden. The best strawberries you'll ever taste are the ones you've grown in your own garden. And the varieties available are endless. My favorites, aptly called ever-bearing, continue to produce all summer long, allowing me to use a few strawberries in drinks well into August! Strawberries can also be used to infuse vodka or muddled with tequila to add fresh flavor to your favorite drinks.

**TIP:** As the strawberry plants scramble over the edges of your garden, share the runners with friends or plant them in a hanging basket.

### BASIL OLD FASHIONED

- 2 oz. gin
- 1 oz. lemon or lime juice (depending on preference and pantry staples)
- .5 oz. simple syrup
- A dash of bitters
- A few basil leaves

Add all ingredients, except for the basil, to a cocktail shaker.

Clap your basil leaves (don't muddle them) and add all but one to the shaker. Shake vigorously with ice.

Pour into a coupe glass.

Float the remaining leaf or flowers on the top.

Toast to your homegrown cocktail!

*Variation:* Muddle in strawberries



No surprise here—lemon balm adds a lemon flavor good in iced teas.



Edible flowers anyone? Nasturtiums add a spicy, peppery flavor.

**Basil** is often associated with Italian dishes, but it has so many other possibilities when it comes to cocktails. Throughout the summer, I pinch back my basil plants to help them fill out, and often find myself with a few spare basil leaves. Those few leaves aren't enough to create a batch of pesto, but they work beautifully for creating a Basil Old Fashioned. Why not incorporate the pinched leaves into something beautiful, while helping the plant on its way to pesto-making perfection?

**TIP:** Purchase several different varieties of basil at your local nursery center and get inspired to try them all in various cocktails! Taste test, anyone?

Incorporating the gifts from your garden into your cocktails is a great way to experiment with new uses for common herbs. Think about switching out different herbs in some of your favorite cocktails or experiment with creating your own specialty cocktail. For an extra level of difficulty, try to use all parts of these edible herb—from the leaves to the flowers.

As you continue to build your home-grown cocktail garden and recipes, be sure to share them with friends for a true happy hour. Cheers! ♦

*Images courtesy of Jenkins Arboretum & Gardens, taken by Maddison Perzel*

*Jenkins Arboretum & Gardens is a 48-acre public garden showcasing native flora of the eastern United States and a world-class collection of rhododendrons and azaleas. Explore the gardens virtually for now by visiting [JenkinsArboretum.org](http://JenkinsArboretum.org).*

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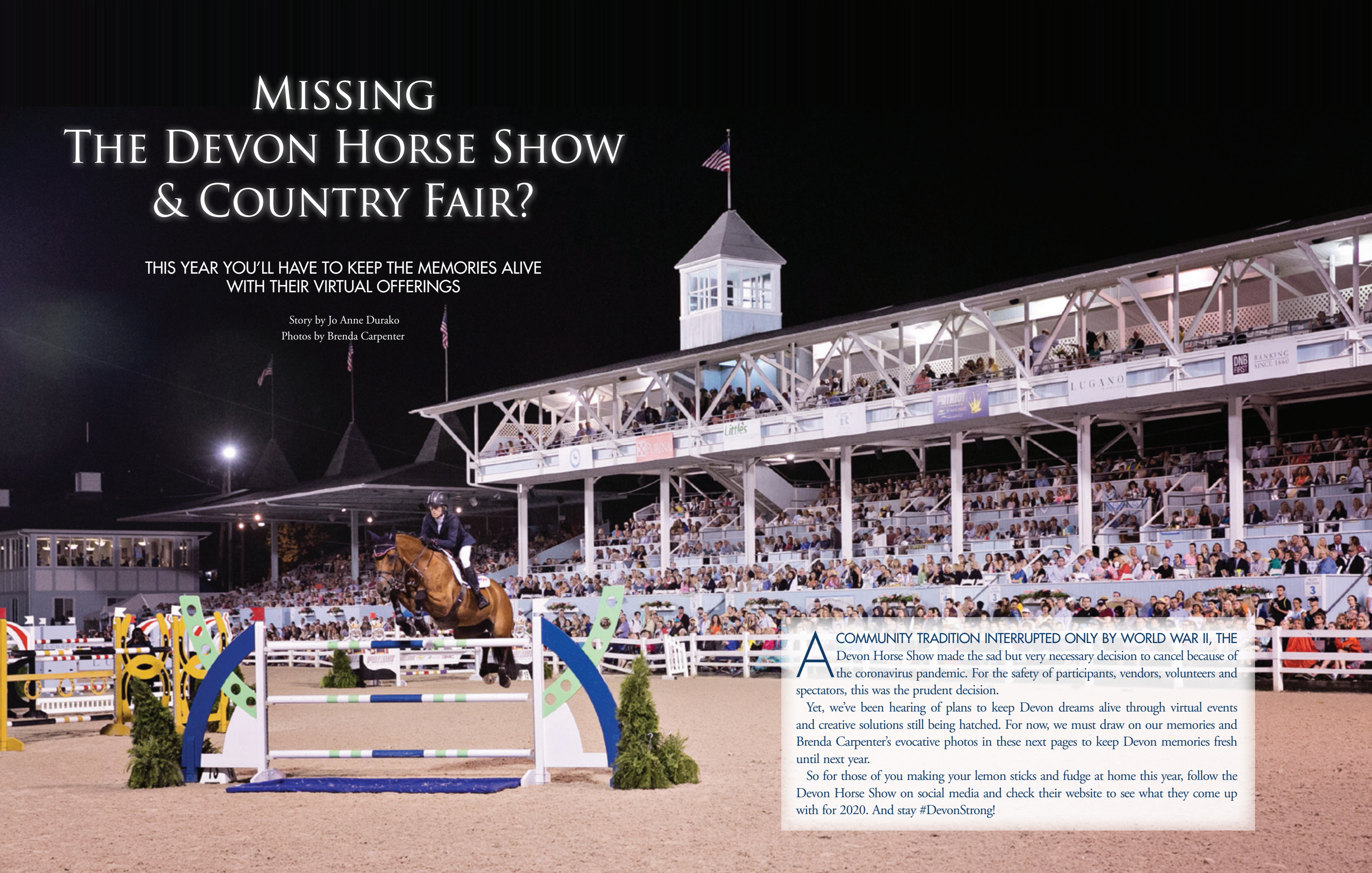
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# MISSING THE DEVON HORSE SHOW & COUNTRY FAIR?

THIS YEAR YOU'LL HAVE TO KEEP THE MEMORIES ALIVE  
WITH THEIR VIRTUAL OFFERINGS

Story by Jo Anne Durako  
Photos by Brenda Carpenter



A COMMUNITY TRADITION INTERRUPTED ONLY BY WORLD WAR II, THE Devon Horse Show made the sad but very necessary decision to cancel because of the coronavirus pandemic. For the safety of participants, vendors, volunteers and spectators, this was the prudent decision.

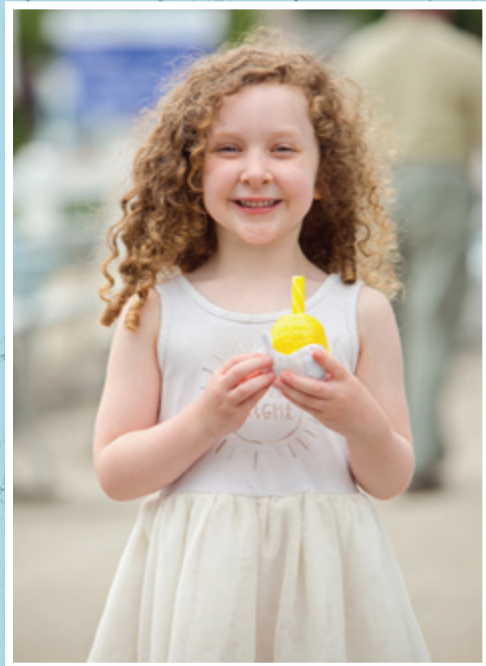
Yet, we've been hearing of plans to keep Devon dreams alive through virtual events and creative solutions still being hatched. For now, we must draw on our memories and Brenda Carpenter's evocative photos in these next pages to keep Devon memories fresh until next year.

So for those of you making your lemon sticks and fudge at home this year, follow the Devon Horse Show on social media and check their website to see what they come up with for 2020. And stay #DevonStrong!



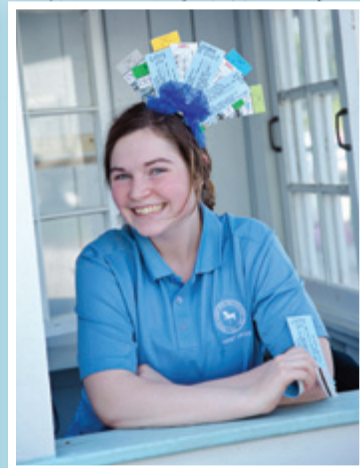
## Family Focus

Family is as an essential part of the Devon Horse Show as the horses. Yes, there are designated Family Days and Children's Day, but so much of what happens inside and outside the rings extends that family feeling. You'll see proud parents in the stands, watching Lead Line and Junior riders compete, generations volunteering together, kiddos petting their first horse, and others sporting their itty bitty hats. Even the family dog has a spot in the spotlight.





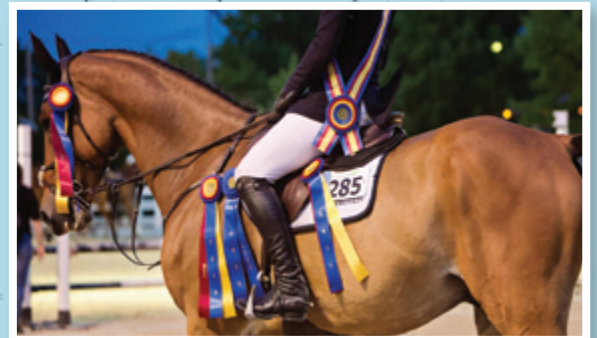
## Ladies Day



A virtual Ladies Hat Contest? Perfect for Instagram. These gorgeous photos from last year should inspire all who sharpened their DIY skills making COVID masks to try something more fun. Will Carson Kressley make a virtual appearance? Will you?

## In the Ring

Although the grandstand won't be filled with fans this year, we should take a moment to remember those who work all year for their moment in the spotlight. The riders, trainers, owners and horses that bring world-class entertainment and skill to Devon.



**WHEN YOU GO ... VIRTUALLY**  
**WHAT:** The Devon Horse Show & Country Fair  
**WHERE:** Online at [DevonHorseShow.org](http://DevonHorseShow.org)  
**WHEN:** May 23–June 2  
**INFORMATION:** [DevonHorseShow.org](http://DevonHorseShow.org) & Facebook  
**MORE AT DEVON:** Brandywine Horse Show, June 24–28  
**BENEFICIARY:** BRYN MAWR HOSPITAL



**SOME FAVORITE MEMORIES OF WHAT'S KEPT DEVON GOING  
FOR ALMOST 125 YEARS!**

**THE HORSES, RIDERS, VOLUNTEERS AND FANS WILL BE BACK  
NEXT YEAR BECAUSE THEY ARE ALL #DEVONSTRONG!**



Devon Photos Courtesy Brenda Carpenter





# Rain Gardens Digging Deeper

NOT JUST ANOTHER PRETTY GARDEN BED,  
RAIN GARDENS ENHANCE YOUR PROPERTY

Andrew Kirkpatrick, Director of Stewardship, Willistown Conservation Trust

**R**AIN GARDENS ARE POPPING UP EVERYWHERE. You'll find them on college campuses and office parks, in small parking lots, along city streets and multi-use trails. They've grown in popularity over the last several years in response to the many problems stormwater causes in the landscape.

When it rains—especially heavy rains—we often see flooding, erosion and pollution from stormwater runoff. Just the first inch of rain during a storm does the most harm.

The good news is local use of rain gardens (even on your own property!) can help reduce flooding, erosion and pollution over a broad region.

Here's how.

## THE BENEFITS OF A RAIN GARDEN

First, what is a rain garden? It's not just another garden bed, and it doesn't need to be limited to perennial wildflowers and grasses. Shrubs and trees can also be used in rain gardens to achieve increased absorption, retention and beauty.

A rain garden on your property provides many benefits, including:

- Intercepting water and provide habitat for birds and wildlife,
- Reducing stormwater runoff by 30% compared to a traditional turf lawn,
- Adding natural beauty when well designed.

## PLANNING YOUR RAIN GARDEN

When planning a rain garden, one of the first things you need to know is the infiltration rate of your soil, or how quickly water drains through it. This rate determines whether your soils can support a rain garden.

You can determine the infiltration rate yourself in four steps:

1. Dig a hole one foot deep, being careful not to disturb the sides or compact the soil in the hole.
2. Pour 444 mL (about 15 ounces, or 1 inch) of water into the hole and let it drain completely.

3. Fill the hole with water again. Place a ruler in the center, flush with the bottom to measure the depth later.

4. Wait 15 minutes and measure the water depth again. Then multiply the depth of the water in inches by 4 to determine the infiltration rate.

Rates of .5 to 8 inches in an hour are sufficient for rain gardens.

**Size:** Next, consider the location and size of your rain garden. The Philadelphia Water Department recommends creating a rain garden that equals 20–30% of your yard's impervious surfaces (roof, driveways, patios, walkways and other surfaces that don't allow rain to be absorbed).

**Location:** For location, your rain garden should be a minimum of ten feet away from the foundation of your house and your property line and be placed in the lowest spot of the yard. The area for the rain garden should have a 1% slope away from your house to allow proper drainage.

The rain garden will need either an outflow or a drain to provide for water from large storms and to prevent flooding. Make sure that the direction of the discharged water is away from your house and your neighbor's property!

**Digging:** When digging the rain garden, if your soil is rich with organic matter, two to three inches of depth will be sufficient. If it's not and you need to amend the soil, dig down five to six inches and add compost.

Taper the edges of the rain garden toward the center to prevent erosion.

**Final advice:** Always check with PA 1-Call before you dig, to make sure you're clear of unseen obstacles underground.

## SELECTING PLANTS

Now for the exciting part: deciding what to plant. The funny thing about rain gardens is that most of the time, they're dry! While you might think wetland plants would be best, floodplain plants that can handle periods of heavy rains and drought are actually ideal.

Basically, a rain garden functions like a small floodplain where water can stop, slow down, infiltrate into the soil and be absorbed by plant roots.

So, what plants are common to floodplains?

**Trees:** If the size of your rain garden is large enough to allow for a tree, that can be a fantastic focal point. In our region, you have a variety of native trees to choose from:

- **Canopy trees**, such as red and silver maples, sycamore, river birch, pin oak, swamp white oak, and black gum.





- Understory trees, such as black willow and sweet-bay magnolia

Bald cypress is a great southern species, too. As our area continues to warm up, using more southerly species may be a way to increase the longterm vitality of your landscape.

**Shrubs:** Choosing the shrub layer of floodplain plants offers a rich palette of choices of plants, and once established, shrubs require little maintenance. Highbush blueberry, red chokeberry and black chokeberry look lovely and provide edible fruit. Buttonbush, arrowwood, winterberry holly, ninebark, meadowsweet, sweet pepperbush, possumhaw, red twig and silky dogwoods offer a variety of color, texture and seasonal interest to round out a rain garden.

**Design:** Thinking of your rain garden as a habitat with niches to fill can help guide your design and plant selection. Plan on a variety of heights and moisture tolerances between the center and edges. Plant low

growing cool season bunch grasses for early season cover, wildflowers for summer color, and shrubs for height and fruit.

Whether you plant trees, shrubs, wildflowers or grasses, rain gardens can provide beauty, functionality and habitat for wildlife for your landscape. Dig deeper and decide for yourself what type of rain garden fits your landscape and start helping your community by reducing stormwater runoff at home. Many small actions can really make a big difference.

*Willistown Conservation Trust's conserved land includes three nature preserves open to the public year round, free of charge. These preserves have scenic walking trails and abundant wildlife. Visit [WCTrust.org/land/preserves](http://WCTrust.org/land/preserves) for information, maps and directions and to learn more about their work. For more information on Nature Keepers, visit <http://bit.ly/KIDDOS>.*



## SEE A RAIN GARDEN

The Willistown Conservation Trust's Rushton Conservation Center features a rain garden designed by Jonathan Alderson Landscape Architects. It includes sweetbay magnolia and sweet pepperbush, along with a variety of wildflowers and grasses that were planted as plugs and seed. Swamp milkweed, butterfly weed, purple coneflower, bee balm, beardtongue, mountain mint and asters fill the basin with seasonal color and attract pollinators all summer long.

The circular driveway around the rain garden is pitched inwards to drain runoff during storms. A surface drain in the rain garden directs overflow to a nearby underground stormwater basin.

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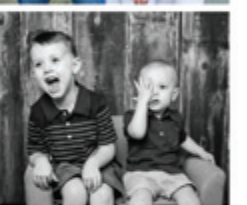
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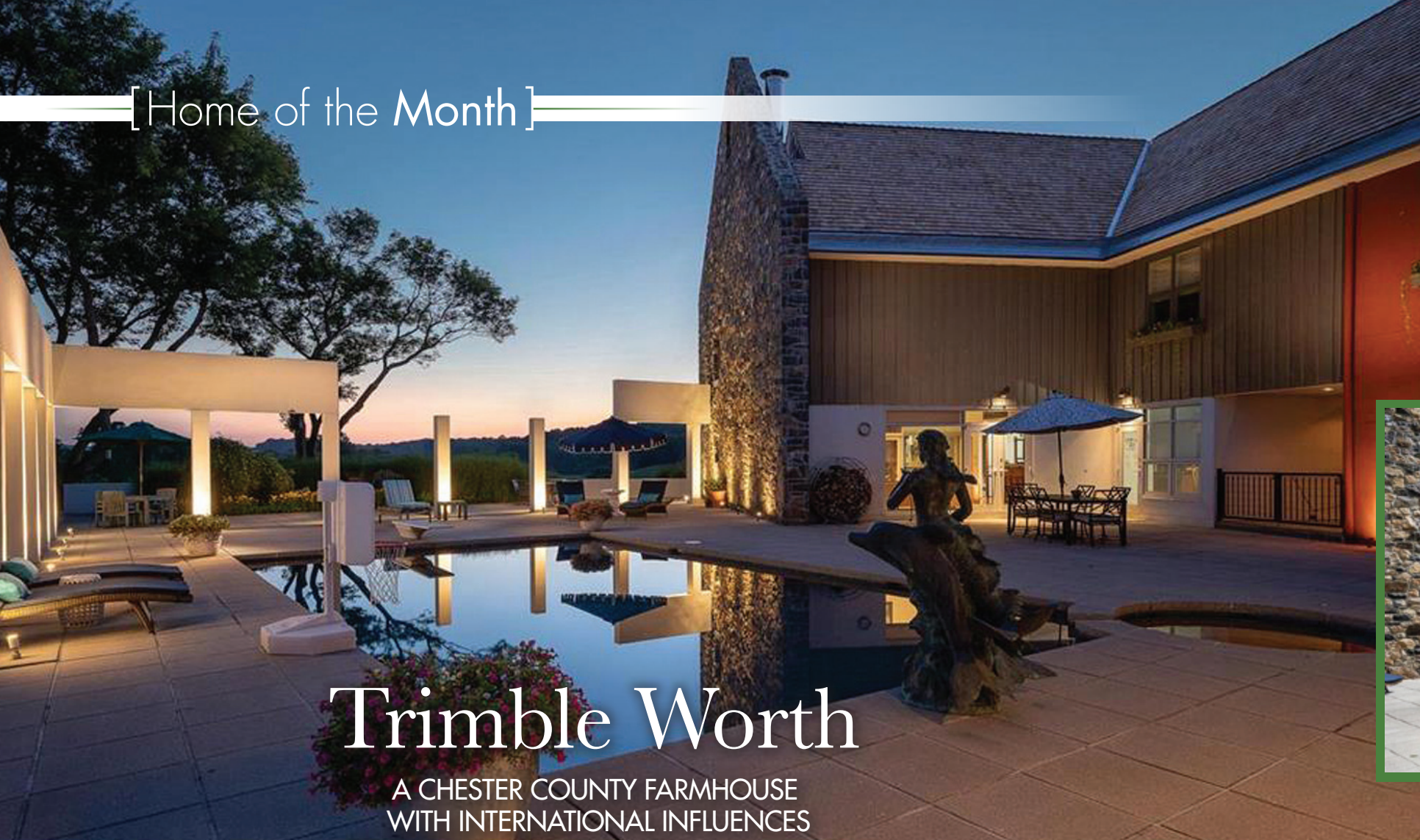


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# Trimble Worth

A CHESTER COUNTY FARMHOUSE  
WITH INTERNATIONAL INFLUENCES

Laurel Anderson

WHEN YOU FINALLY GET TO BUY PROPERTY along your favorite stretch of a river, it makes sense to build your dream home there. And even if it takes two years of Tuesday afternoon discussions with your architect before breaking ground, the result should be worth the wait. Trimble Worth clearly is.

"I'd canoed down the Brandywine for years and always loved this spot. Three times I tried to buy it," says the owner, a championship marathon canoe racer. Over the next 20-some years he accumulated more than 61 acres of land, protecting the viewshed around his unique home.

And so Trimble Worth was built, translating the owner's vision into his home of over 25 years. Oriented on a hill to capture sunset views, the home was designed to evoke the sense of a Chester County farmhouse, with a contemporary twist and details from the owner's international travels. The pool area—worthy of an *Architectural Digest* photo spread—is defined by a striking white brise soleil type structure the owner saw years ago in Hong Kong.

On our tour outside, the owner points to what appear to be remains of two towering local fieldstone walls from a historic barn—but these were built in 1994. "There's also board and batten siding on the exterior, part painted classic barn red, and a cedar-shake roof on the home and the stone perimeter walls," he says. Conical supports outside and inside are more examples of the barn feature architect Cee Jay Frederick helped create for the home.

A subtle homage to barns that casual observers may miss: a steel structure is attached to a west wall, evoking an Amish barn raising—a feature that's amazingly both sculptural and structural.

## INTERIOR

The home's interior is no less intriguing.

Enter though Spanish cedar double doors, with antique lockbox and strap hinges, to the bright foyer with a 37-foot cathedral ceiling with skylight and stunning views of the countryside. The diagonal slate floors lead you to the two-story sunken living room with walls of windows overlooking a private garden.



"The living room carpet was designed to show the course of a part of the Brandywine Creek nearby," says the owner, noting another example of the thoughtful custom details that also reference the home's historic setting and its connection to the Battle of the Brandywine.

To the left is the well-positioned formal dining room, with curved walls of windows and reclaimed wood from the landmark 1906 Sears Building

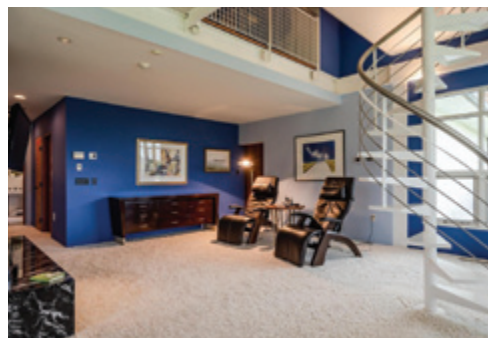
in Chicago. The honeyed wood extends into the soaring two-story great room, with large bar (granite counter, fridge, ice-maker, kitchen pass-through), walls of windows and modern fireplace. This grand room overlooks another private garden space, this one with tumbled glass resembling sea glass. There's also access to the pool area.

The adjacent chef's kitchen is as sleek as its lacquered Italian cabinets and stainless steel appliances. Granite countertops, custom wood cabinets, sandstone floors and a breakfast area complete the space. A mudroom leads to the heated three-car garage.

Two staircases, each original in design, lead to the second floor. The master suite's multiple levels







allow sunset views over the rolling hills, along with extra amenities—sitting area, fireplace, private balcony, and an intimate sanctuary for meditation, hobbies or home office, accessed by a spiral staircase and catwalk. A hallway with large walk-in closet with built-ins leads to the modern marble master bath complete with soaking tub with a view.

Also on this level are two additional bedrooms, joined by a Jack-and-Jill bathroom, plus a laundry room and guest suite at the far end of the home.

This guest suite, by the second staircase, sits above a first-floor home office, with custom cherry-paneled shelving and built-ins plus fireplace. These two more traditional rooms complement the otherwise minimalist interior.

A spectacular home gym—with stone wall, clear story ceilings, steam room, space for a dozen exercise machines (some with views through a huge circular window)—extends out over the pool area. A separate stairway allows direct access to the pool for a cool-down dip.

The third level has several finished rooms and attic space that allow for fur-

ther expansion. The lower level houses utilities, storage and a below-ground wine cellar, situated 20 feet down to maintain optimal ambient temperatures for wine storage.

#### EQUESTRIAN FACILITIES

And of course there's a working barn on the property, expanding the original barn. Now there's a 10-stall barn, with tack room, powder room, garage area and a massive loft space for storage and a workshop. Four grazing paddocks, plus five large pastures—all with water, three with sheds—complete the equestrian facilities.

Perhaps one of the most fascinating homes and unique contemporary expressions of the vernacular architecture in Chester County, Trimble Worth awaits its next owners. ♦

*For more on this unique 4-bedroom, 5-bath home with 10-stall barn, set on 61+ acres in West Chester, contact The Holly Gross Group, Berkshire Hathaway, Fox & Roach, 610-430-3030 (office), 484-883-0681 (cell); HollyGrossGroup.com.*

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# Shrubs & Mocktails

It's confirmed—mocktails are IN. And not just in Dryuary.

Whether you're the night's designated driver, not quite 21, or just prefer to hold the alcohol, you can join the fun of cocktail hour with these interesting and delicious drinks. There are so many more choices than that cloying Shirley Temple for alcohol-free drinks!

Try something a little different—think drinks with farm fresh flavors. Try Baba's Bucha zero-proof cocktail with flowery lavender and sweet grape juice that's great for an afternoon break. Or virgin sangria is always a hit. Or to wake up your taste buds and be on-trend, sip something with a shrub. It's noon somewhere!

## Flower Power Zero-proof Cocktail

From Baba's Bucha

- 3 oz. Baba's Bucha Flower Power kombucha
- 1 oz. white grape juice
- ½ tsp. dried lavender flowers
- Lavender sugar for garnish

Combine kombucha and white grape juice in the shaker filled with ice. Shake well. Strain into a martini glass rimmed with lavender sugar. Add dried lavender flower. Cheers!

## Virgin Sangria

- 1 lemon sliced, with peel
- 1 lime sliced, with peel
- 1 orange sliced, with peel
- 1 cored apple sliced, with peel
- 3 C. grape juice (dark or white)
- ¾ C. apple juice
- ¾ C. orange juice
- 1½ Tb. lemon juice
- 2–3 C. carbonated or sparkling mineral water

Clean and slice the fruit, then add it to a glass pitcher. Add grape, apple, orange and lemon juices. Gently mix. Refrigerate at least 4 hours, even better after 6–8 hours. Just before serving, add cold sparkling mineral water. Gently mix together and serve as is over ice.



Looking for something to add some pizzazz to your mocktails? Try shrubs. What ... shrubs?

A little history: Before refrigeration existed and fruits spoiled quickly, the Colonists mixed extra fruits in large crocks with sugar. This was left to ferment into vinegar, resulting in bright, fruity and flavorful elixirs called shrubs.

Today, shrubs of many flavors are still used as a tart and tasty ingredient in cocktails and mocktails alike.

For the simplest recipe, just mix the shrub of your choice with sparkling soda or pair it with a tall glass of iced tea or lemonade for a tangy and refreshing mocktail. Voila!

Experiment with this summery and fruity ingredient to create a new favorite.

## Make Your Own Shrub

For the DIY folks. Recipe from TheKitchn.com.

- 2 C. fruit, cleaned, peeled, seeded and chopped, if necessary
- 2 C. vinegar
- 1½ to 2 C. sugar

Sterilize a quart-size canning jar in hot, soapy water and rinse. Submerge in a pot of warm water by 1–2 inches, bring to a boil and boil for 10 minutes. Wash the lid in hot, soapy water, rinse well, and scald in boiling water. Remove the jar from the water using tongs and place on the counter. Put prepared fruit in the jar.

Heat vinegar in a saucepan to just below boiling point, or at least 190 degrees. Pour vinegar over fruit in jar, leaving at least ¼ inch head-space in the jar. Wipe rim clean and cap tightly. Let the vinegar cool completely.

Store the cooled jar in a cool, dark place (cupboard or the fridge). Let it stand at least 24 hours, or up to 4 weeks until desired flavor is reached.

Strain fruit from the vinegar through a damp cheesecloth or coffee filter. Do this once, or repeat until the vinegar isn't cloudy. Discard fruit or save for another purpose.

Place fruit-infused vinegar and sugar in a saucepan. Boil and stir to dissolve sugar. Remove from heat and let cool.

Pour into a clean, sterilized container and cap tightly.

Store in the fridge.

Shrub shelf-life is up to 6 months.

## Abstinence on the Beach

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- 1½ oz. orange juice
- 1½ oz. cranberry juice (unsweetened)
- 1 oz. Goya peach puree
- ½ oz. Tait Farm pineapple shrub
- Sparkling water or seltzer
- Pineapple wedge or orange slice for garnish

Add all ingredients to a shaker with ice and shake. Strain into a hurricane glass over ice. Garnish with a pineapple wedge or orange slice.







# Take Another Look at Our Best of the Best WINNERS

To help our local restaurants make it through these challenging times, we are showcasing some of our Best of the Best winners. We hope seeing the pride in the faces of the award recipients will remind you of the extraordinary restaurants we are fortunate to have in our community.

So, let's help make sure these folks who provide the food and hospitality that we so enjoy in better times are around when we are once again celebrating life with friends, family and great food.

Most are offering take-out, so call them up and get a special meal to mark Take Out Tuesday.

Just a reminder of some of our great community restaurants.  
Visit now for take out and plan your dream meal when they reopen!



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# Add Some Sparkle to Your Life

Jessica Roberts

THIS SUMMER ENJOY A SPARKLING ROSÉ.

THERE'S NO DENYING THE ARRIVAL OF WARMER WEATHER sparks an evolution in our palate's cravings along with the change of seasons. Wine fans may want a break from the heavy, hearty reds of cooler days and prefer a lighter, brighter choice.

Rosé—with its wide taste range from light and floral to rich and fruity—has long been a popular option for summer. But what would make these wines even more special? A little bit of pop with a sparkling rosé!

So let's look ahead and think about putting a little extra sparkle into this year's summer plans! Here's hoping we have some things to celebrate by then.

## WHY SPARKLING ROSÉ?

What makes a sparkling rosé appealing? To start, rosé pairs well with a range of food choices—from light appetizers to grilled chicken to spicy entrees and even some desserts. When you combine this versatile wine with a bit of sparkle, you increase the number of pairing options. In fact, the bubbles act as a fast-acting palate cleanser, making sparkling wines perfect for parties with a lot of food or a meal with extreme varieties of food.

And you don't need a big party or special occasion to enjoy a sparkling rosé. Sip this wine while relaxing at home, on the porch, with a good book in your hands. This is a true all-occasions type of wine. And it makes every occasion special.

## A LITTLE REFRESHER

As you may know, there are many methods for making rosé wine as well as for making sparkling wine. When you put the two together, you have even more possibilities for style, color and flavor. Plus many countries, regions and producers have their own unique approach to making distinctive sparkling rosé.

Before jumping in, here's a little refresher on bubbles. There are two main methods for producing sparkling wines (in addition to more obscure methods). First is the Traditional Method or Méthode Champenoise, characterized by a stronger presence of bubbles formed inside the bottle. These wines also usually have a bit of age, depending on the region where they're produced.

The second method, the Tank Method or Charmat Method, has less pressure in the bubbles from being made in a tank and tends to produce more of a fresh characteristic.

As for making rosé wines, most obtain their color from short periods of contact with the grape skin. Another technique, the Saignée Method, adds (or bleeds) a small amount of red wine into white wine to produce the distinctive rosé color.

## SOME RECOMMENDATIONS

Here are six options in a range of styles to help start your journey into this wine category. Remember, there are many more out there that deserve a sip, so be sure to continue your tastings.

Let's start in Provence, a region known for its outstanding rosé wines. Rivarose Brut Rosé Méditerranée at \$16.99 is an excellent choice if you're looking for a sparkler from that area. Rivarose is one of the oldest and largest producers of sparkling wine in Provence, making wonderfully light and herbaceous wines. Made from 100% syrah grapes in the tank method, this rosé has lovely notes of raspberry and white pepper and is an elegant sipper.

Next, from Catalonia, Spain—a region known for excellent value for sparkling wines—try a pale pink rosé cava made with in the traditional method. Roger Goulart's Coral Rosé Cava Brut at \$17.99, made from 70% garnacha and 30% pinot noir, is very fresh and intense with notes of red strawberry. The blending of these two grapes creates a bold fruit base that's paired with a citric acidity that keeps your mouth watering.

While California is producing many excellent sparkling rosé wines, New Mexico should also be on your radar—specifically family-owned and run Gruet Winery. Gruet Brut Rosé NV is made from 100% pinot noir, using the traditional and Saignée methods, priced at \$17.99. This garnet colored wine is bursting with juicy cherry, raspberry and wild berry fruit, finishing up with a delicate zesty acidity.

Interested in sampling a bolder style of rosé? Casina Bric 460 Nebbiolo Brut Rosé, from Piedmont, Italy, is perfect for fans of the barolo wines of that region. This antique pink colored sparkler, at

\$24.99, is made in the tank method and boasts an intense cherry palate with an underlying earthy quality that's unique in this category.

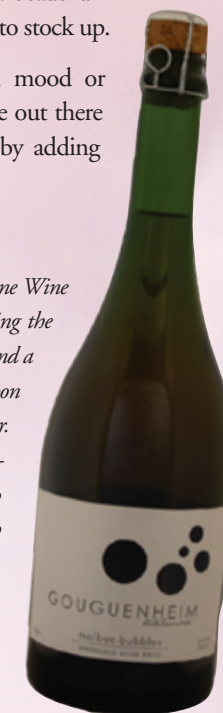
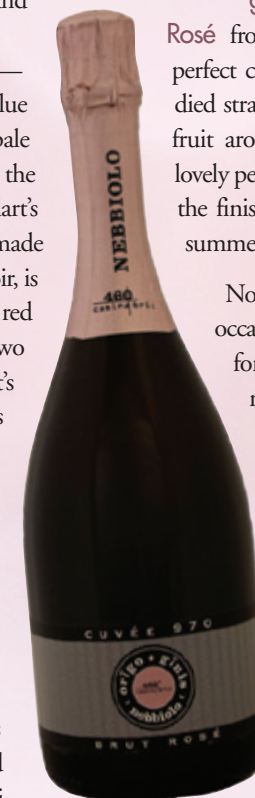
Of course, any sparkling wine list must include the Champagne region of France. Try Moutard Champagne Rosé de Cuvaison Brut at \$33.99, done is the traditional and Saignée methods from 100% pinot noir. The color on this wine is incredibly dark, hinting strongly that it's very fruit forward, full bodied and well balanced. For a seriously intense rosé, this is it.

And finally, here's a sweet sparkling rosé for those who like a bit of sugar in their wine. Gouguenheim Malbec Bubbles Sparkling Rosé from the Uco Valley of Argentina is a perfect choice for a wine that tastes like a candied strawberry. Tasting notes: delicate with red fruit aromas, very fresh in the mouth, with a lovely persistence of small and brilliant bubbles on the finish. A delicious dessert wine for a beautiful summer day, and at \$10.99, you'll want to stock up.

No matter your taste preferences, mood or occasion, there's a sparkling rosé wine out there for you. Make this summer pop by adding rosy bubbles!

Cheers! ♦

*Jessica Roberts has worked with Fine Wine & Good Spirits for six years, taking the position of Wine Specialist a year and a half ago. What began as a hobby soon blossomed into a satisfying career. Jessica works at the Premium Collection store in Phoenixville. Stop by for one of her tastings or just to ask a question. Learn more at FWGS.com.*







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Food News

*A few of our favorite things to share this month about local food and drink*



**Backyard Barbeque.** Get ready to fire up your grill May 16th for **National Barbeque Day!** Even if you're staying at home you can perfect your barbeque recipes before friends join in the fun later this year. Explore recipes for different types of sauces to find your regional barbeque fave—is it Memphis's wet ribs with tomato-based barbeque sauce, North Carolina's Eastern Style whole hog barbeque paired with a vinegar and pepper sauce or a Texas variation? Ask your friends for their favorite recipes.

.....

**Victory Gardens.** If you're looking for a solo outdoor activity to keep yourself occupied, luckily planting season is upon us! Gardening gets you out of the house, helps clear your mind and makes you productive, too. During World Wars I and II, citizens were encouraged to help the cause and grow their own "victory gardens." Now you can avoid grocery stores and start a new tradition with your 2020 victory garden filled with seasonal favorites like cucumbers, tomatoes, peppers and onions!



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**Food News Online.** Did you know there's even more tasty food coverage on our website? Our interns have been gathering the latest on your favorite local restaurants that are now serving up tempting take out. Check **Food News Online** to see who will deliver a six pack to your car along with your food and who will donate a meal to health care workers with your purchase. Check regularly to see what's happening. [CountyLinesMagazine.com](http://CountyLinesMagazine.com)

.....

**Tasty Remedies.** Ready to enjoy gorgeous weather without the headache of **seasonal allergies** but want a natural remedy? Eating local honey and bee pollen can help build your tolerance to the pollen that triggers some allergies. Add more onions to your diet for their natural antihistamines. Other tasty remedies include oily fish and citrusy fruits. Get creative and create a meal using only allergy-fighting ingredients. Then head outside for an after dinner walk.



.....

**Equestrian Eats.** We all know horses love snacking on carrots, hay and brown sugar. But if you want to treat your horses to something extra special, try **homemade treats** that double as a fun activity to keep both you and your kiddos occupied. Make Molasses Horse Treats using just four ingredients—carrots, flour, rolled oats and molasses. Or Apple and Carrot Ice Lollies made by freezing sliced carrots and coreless apples.











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# Cinco de Mayo

THE FLAVORS ARE SO GOOD YOU SHOULD ENJOY THEM ALL MONTH.

Alyssa Thayer



Taste of Puebla

Cristobal at Market

**W**E'VE TURNED THE CORNER INTO MAY, WHICH IN most years means one thing. Break out the margaritas, it's time for Cinco de Mayo!

As you may know, Cinco de Mayo commemorates the Mexican Army's victory over the French Empire at the Battle of Puebla. Now, it's become so widely celebrated that in our country it rivals the Superbowl in beer sales.

"People don't understand that it's only a big deal in the U.S.," says Isaias Castaneda, part of the family team behind *Taste of Puebla*, a food and catering business based in Kennett Square. "The main battle even happened in our family's hometown," he says "but it's still a bigger deal in this country."

Well, commercialized or not, we'll gladly accept any excuse to eat authentic Mexican food, and the Castaneda family is happy to serve it up.

Isaias' parents, Mariana and Cristobal Castaneda, immigrated from Puebla, Mexico in 1986 to work in the Kennett Square mushroom industry. After about 30 years in agriculture, Mariana wanted to do something different and had dreams of selling homemade salsa in the community. In 2010 the family opened up a small restaurant in West Grove. As popularity grew, they quickly outgrew the space, eventually moving to a larger one in Kennett Square.

Mariana has always been the culinary mastermind behind it all. She learned to cook back in Mexico out of necessity, as she helped care for all her siblings. "She grew up cooking with whatever she had... Now that she has her own kitchen, she basically can make anything," chuckles Isaias proudly.

But as anyone in the restaurant industry will tell you, the hours are brutal. In 2016 with a young family to think of, Mariana and Cristobal made the difficult decision to close the brick and mortar location and focus on their catering and farmers market business.

Although Isaias refers to this move as "sizing down," they continued to cook an expansive menu out of their commercial kitchen in Kennett Square, offering everything from guacamole to tamales at the 16+ farmers markets they attend.

When I asked how they manage to cover all the market locations with just their family, Isaias says, "We have two other employees who help out on weekends, my best friends. They're basically family."

This spring, due to an ever increasing following at markets and events, they planned to expand and open a food truck. The truck would allow them to offer ready-to-eat dishes at larger markets, as well as become their set up on wheels for large catering and food festivals. Isaias and his older brother Chris Jr. will be running the show and Isaias says they are "ready to go." Here's hoping that happens!



Taste of Puebla offerings



Isaias and his older brother Chris Jr. at market

## Pico de Gallo

*This fresh condiment can go on just about anything—tacos, quesadillas. But don't stop there, dump it on your favorite protein, like broiled fish, grilled skirt steak or even scrambled eggs!*



1/2 onion, finely chopped *TIP: raw onion can be sharp, but 5 min. in a cold water and vinegar bath takes the edge off*  
1 clove garlic, minced  
1 fresh green chile, finely chopped (seeds optional)  
1/2 lime, juiced (can substitute 1 Tb. red wine vinegar)  
4 medium tomatoes – Romas have less juice, but get whatever looks the ripest, particularly when buying out of season  
Coarse sea salt to taste  
1/3 C. fresh cilantro leaves chopped

Combine onion, garlic, chile and lime juice in a small bowl and let sit for 5 minutes.

While those flavors meld, start prepping your tomatoes. Use a paring knife to hull the tomatoes (cut a circle around the stem on an angle and remove). Slice the tomato in half and scoop out the seeds to prevent your salsa from being too watery.

Incorporate tomatoes into chile mixture and finish with salt and cilantro. Although you'll want to dig in right away, let the salsa stand for 10–15 minutes for the flavors to mingle.

Lasts in a sealed container in the fridge for up to 1 week, but fresh is best since tomatoes will soften and cilantro will wilt over time.

Makes 2 cups.

*\*\* The beauty of making this at home is that you can adjust to your liking. So feel free to kick up the spice, dial up the acid, or nix the garlic. Do whatever makes your taste buds dance!*

*To make it your own, here are some variations:*

*For fresh tartness:* sub tomatillos for tomatoes.

*For smokiness:* char fresh poblanos, cool, and add diced.

*For sweet and tropical:* add diced fresh pineapple.

*For crunch:* mix in matchsticks of fresh jicama.

## Chicken Enchiladas

*These cheesy crowd-pleasers won't disappoint. They're as tasty as they*

## Chiles

*The secret sauce of the best Mexican? Well, it's the sauce. Whether it's mole, salsa verde, fresh salsa... we love them all. The key ingredient that makes them so delicious? Chiles of course!*

*They are native to Mexico and have been an integral ingredient for centuries. With over 60 varieties, it can be hard to know where to start, but here are 5 varieties to get you started.*

**Jalapeño:** One of the more common chiles, this small to medium-sized green chile can be cooked with, but is often used as a fresh garnish or chopped in salsa fresca. Although they certainly bring some heat, they are less spicy than some of their other capsicum counterparts like the serrano.

**Chipotle:** These peppers are the smoked version of a jalapeño. While jalapeños are usually harvested and sold green, if left on the vine, they mature into a reddish hue come fall. They are then harvested, smoked and are then considered chipotles. They can be found in a variety of forms, from dried powder to canned in adobo sauce. They maintain their heat but it is less sharp than a fresh chile.

**Poblano:** These larger-sized chiles come in two colors, green and red. The dark green are more common and milder in spice level. They are often roasted to allow the removal of the waxy peel and can be stuffed to make delicious dishes like chile rellenos.

**Ancho:** Is actually the dried version of a poblano. They are brown and wrinkled from the process and have a deliciously sweet and earthy taste to them. Rehydrate or add straight into blended sauces for tremendous depth of flavor.

**Habanero:** This little firecracker packs a punch. Different varieties and colors of habaneros have started to hit the market, but the most common and spiciest are the bright orange/yellow. They can be minced up and added to a sauce for a nice glow or cooked down and blended into homemade hot sauce.

*\*\* When working with hotter chiles, be sure to wear gloves or wash hands quickly after handling, as they can irritate the skin and burn if they touch your eyes. To turn down the heat, carve out the seeds and membrane before adding it into the recipe.*

*are simple. Reinvent leftover rotisserie chicken, or make it fresh and lean with pan-seared chicken breasts.*

2 Tb. olive oil  
1/2 red onion, diced finely  
1 tsp. cumin  
1/2 tsp. chile powder  
1/4 tsp. salt  
1, 15-oz. can black beans, rinsed and drained  
4 oz. roasted, skinned and chopped green chiles (serrano or jalapeno for heat, poblanos for mild)  
Substitute canned green chiles if needed  
3 C. cooked chicken (diced or shredded)  
2 Tb. chicken broth (optional)  
10 corn tortillas  
2 1/2 C. Monterey Jack cheese shredded  
2 C. enchilada sauce (see below for recipe)





Preheat oven to 375°. In a large fry pan heat olive oil and add in onion. Sauté until translucent (about 5 minutes).

Add spices, beans and chiles to pan and continue to sauté over medium heat for 5–10 minutes or until beans start to lose their shape and chiles are softened.

Turn heat to low and add cooked chicken, making sure flavors and ingredients are well mixed and chicken is warmed through. If dry, add chicken broth 1 tablespoon at a time, The consistency should be a thick chunky paste.

Warm tortillas in an oiled cast iron pan until soft and pliable. Ladle ½ cup of enchilada sauce into the bottom of the pan and spread around. One by one, spoon chicken filling to the center of each tortilla and roll. Place seam side down in a large roasting pan leaning first wrap against side and the rest against each other so they do not unravel. Pour remaining enchilada sauce over the center of each rolled tortilla leaving an inch or two uncovered at each end. Top with shredded cheese and a drizzle of olive oil to help it brown.

Bake in 375° oven for 20 minutes, turning on broiler for last few minutes to achieve desired browning.

Makes 10 enchiladas.

*Top it off:* cilantro leaves, roasted pepitas, queso fresco crumbles, avocado chunks, radish slices, sour cream.

### At Home Smokey Enchilada Sauce

- 3 Tb. extra virgin olive oil
- 1 onion, diced
- 2 cloves garlic, chopped
- 1 tsp. cumin
- ½ tsp. garlic powder
- 1 tsp. dried oregano
- 1½ tsp. chili powder
- ¼ tsp. salt
- ¼ tsp. black pepper
- Optional: pinch of cinnamon
- 3.5 oz. chipotle chiles in adobo sauce  
(scale according to desired spiciness)

### A few tools of the trade:

#### Molcajete Pronounced: mohl-kah-HEH-teh:

a Mexican version of the mortar and pestle made from volcanic rock. This age-old tool is said to release flavors in a different way because it is actually grinding the ingredients rather than chopping finely (as with a food processor or blender).

#### Blender or food processor:

We admit these are less traditional options, however, they really can't be beat when it comes to creating finely chopped or smooth textured sauces from the complex assortment of chiles and aromatics.

#### Comal - Clay or cast iron griddle & tortilla press:

Although it is easy to go out and buy a bag of premade corn tortillas, the ingredients for making your own couldn't be more simple (water and masa harina) and it's a fun activity for the whole family. You can substitute a cast-iron skillet for the Comal, just make sure it is well-seasoned and your mixture is fairly dry so as not to stick.

- 1 Tb. honey
- 1, 28-oz. canned diced fire-roasted tomatoes  
(you can use regular or crushed tomatoes)
- 2 C. vegetable or chicken broth
- 1 tsp. apple cider vinegar



In a medium-sized pot sauté onion in olive oil until soft, about 5 minutes. Add garlic, spices and salt and pepper and continue to sauté until fragrant (additional minute). Add all remaining ingredients (except vinegar) to the pot, and keep at a low simmer for 20–30 minutes.

Stir in vinegar and blend.

Depending on what tools you have, you can do batches in a bender, or grab your immersion blender to blend inside the pot. Make sure consistency is silky smooth so it can easily be poured over your enchiladas.

*Notes:* Have some extra time? Simmer it down even longer to achieve a richer flavor. Want to dial back the spice level? Use less chipotle.



### Slow Cooker Tacos Al Pastor

*Al pastor translates to "shepard style" and was originally made from shaving crispy pieces of pork off the spit (yum!). The meat is sweet and succulent because of adding pineapple, which both gives it an amazing flavor and helps tenderize the meat.*

- 2–3 lb. pork shoulder, chopped into 3-inch cubes  
with extra fat trimmed off
- 2 tsp. salt, plus more to taste
- 1 Tb. vegetable or canola oil
- 2 chipotle peppers or 3.5 oz chipotles in adobo sauce  
(half of a standard size can)
- 2 C. fresh diced pineapple (or canned with juice)
- ½ red onion (rough chop)
- 2 cloves garlic
- 2 Tb. apple cider vinegar
- ¼ tsp. ancho chili powder
- 1 tsp. cumin seeds
- 2 tsp. dried coriander
- Juice of 1 lime

Pat pork portions dry and sprinkle generously with salt. Heat oil in a large skillet before adding pork in batches. (The goal is to get a quick browning on most sides, so it's important not to crowd the pan.) Once all pieces are seared, add them back into the slow cooker.

Put all other ingredients in the blender, blend on high until smooth. Pour blended sauce over the pork and set to cook on high for 4–5 hours or low for 7–8 hours.

Once cooked, remove the meat and shred roughly (leaving large chunks intact). Place the shredded meat back in the slow cooker to rehydrate with the juices.

Before serving spread the meat out on a cookie sheet with sides, and broil until crispy browned top edges begin to appear (4–6 minutes).

Serve in tortillas, over rice, or ladled over chips for ultimate nachos. ♦

*Alyssa Thayer found her love of food at an early age, frolicking around her mother's organic farm and*

*eating her weight in berries and snap peas each summer. She is a self-proclaimed urban farm girl, whose mission is to bring inspired ideas to life, passionate people together, and good food to every table.*



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Aquavita Pools.....	45	Delaware Art Museum .....	20	Period Architecture.....	44
Artisan Exchange.....	60	Delaware Park Casino .....	30	Peter Zimmerman Architects.....	18
B&D Builders.....	67	Dunwoody Village.....	11	Precise Builders .....	49
Ball & Ball.....	60	E. C. Tretheway.....	49	Ron's Original Bar & Grill .....	56
Barclay Friends .....	65	Eagleview Landing .....	16	SK Smith, DDS .....	2
Berkshire Hathaway Fox Roach /		Five Star Senior Living, DE .....	7	Sage Life .....	14
Country Properties.....	9	Flowing Springs		Sugarbridge	
Berkshire Hathaway Fox Roach /		Landscape Design .....	33	Kitchens & Baths .....	back cover
Holly Gross Group .....	5	The Gables .....	56	Tavola's Restaurant + Bar .....	56
Black Powder Tavern.....	56	General Warren.....	55	Tonino's Pizza & Pasta .....	55
Brandywine Fine Properties Sotheby's /		Iron Hill Brewery .....	55	Walter J. Cook Jeweler .....	12
Karen Nader.....	6	Key Financial, Inc.....	3	Welcome Neighbor .....	66
Chester County Hospital /		King Construction.....	18	The Whip Tavern.....	56
Penn Medicine.....	4	La Verona.....	55	White Horse Construction .....	17
Christopher Chocolates /Fine Foods... 56		Murphy Business .....	45	Winterthur Museum,	
Concept School.....	8	PA Cyber Charter School .....	60	Garden & Library .....	20

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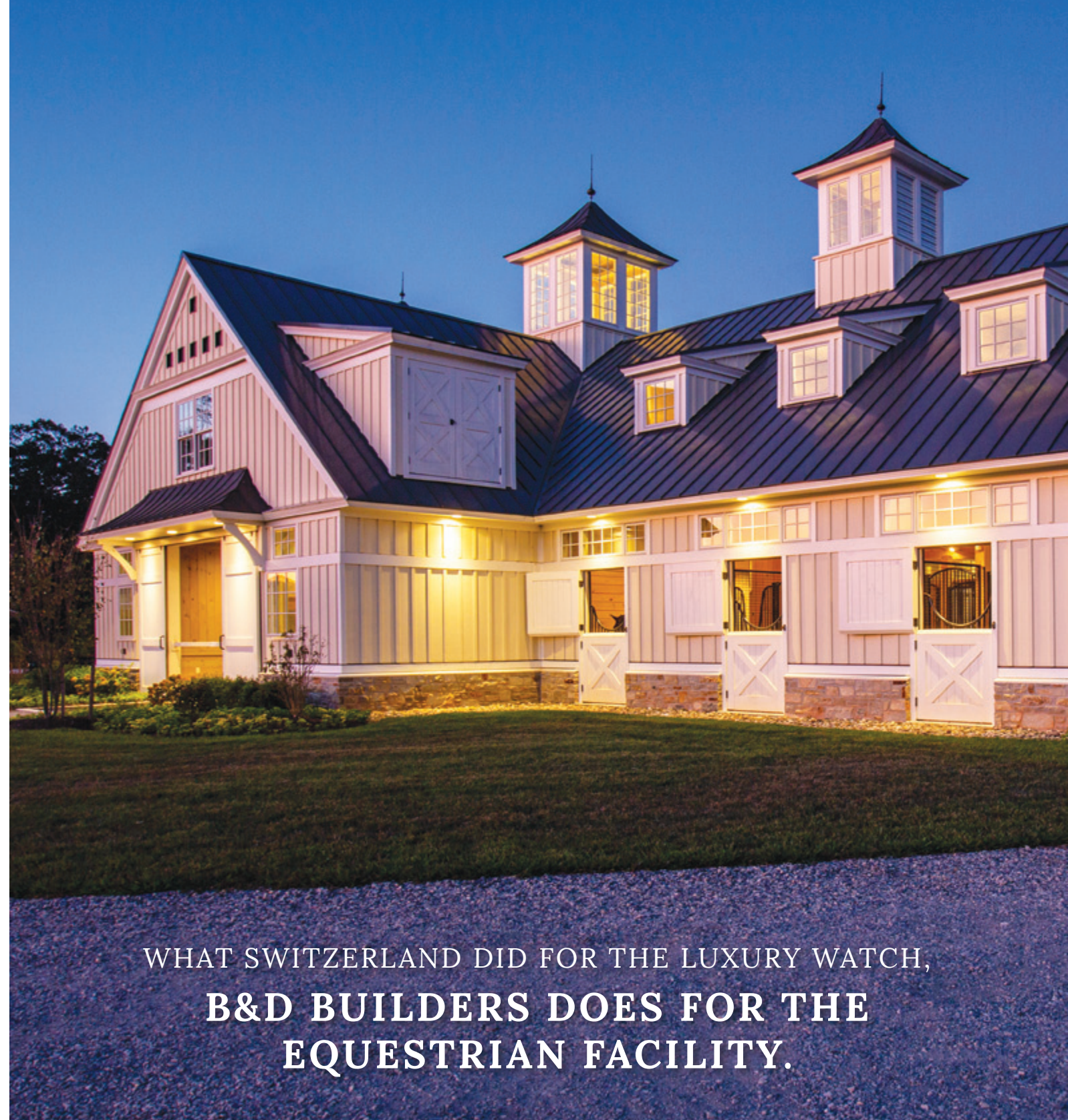
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