











One of my favourite memories as a small child was going to a sugarbush and watching the steam rising from the huge vats of freshly tapped sap. But the best part was when they poured the new syrup onto the snow, making it into instant candy as it solidified. A science lesson and a treat, all in one outing.

This year's tapping season is already underway, so turn to page 21 for some maple syrup ideas.

Spring is also a good time to rethink various aspects of our lives. See inside for the latest trends to invigorate your kitchen. Find tips to deal with the different types of clutter in your home. Learn to avoid an unexpected surprise in your investment portfolio. And try our make-ahead recipe for a relaxing breakfast.

It's the best time of year to think about renewal!

Bill Roebuck, Editor

GETTING ORGANIZED How to deal with different types of clutter.

8 PEN POINT |

The biggest change for most of us would be realized if we were more grateful and thankful.

10 HOME DECOR Trends that can make your kitchen more inviting.

**16** HEALTHY EATING Prepare this Maple Ham and Asparagus Strata the night before and relax the next morning while it bakes.

20 MONEY MATTERS Avoiding a surprise in your investment portfolio.

DID YOU HEAR? It's maple syrup season!

Cover photo: Stephanie Buchman. Kitchen by Toronto-based celebrity designer Dvira Ovadia (www.dvira.com).

#### **Publisher**

Kelly L. Duncanson

# Editor

Contents | EARLY SPRING 2016

Bill Roebuck

# Art Director

Barbara Burrows

# Food Editor Roslyn Ralph

Contributors

Hellen Buttigieg Jim Campbell Linda Mazur Warren MacKenzie

## V.P. Sales and Marketing Kelly L. Duncanson

**Advertising Sales** Rebecca Middleton

# Administration

Kimberlee A. Robinson Steve Evagelou

# Proofreader Peter Stanbridge

Ad Design/Prepress Ad Com Advertising Harris Media

Established 1995 ISSN 1208-557X





This edition of HOME digest is published six times a year. All rights reserved.

HOME digest reaches over 5 million homes per year in Southern Ontario.

# HOMEdigest International Ltd.

A division of KLR Media Concepts Inc.

### www.homedigest.ca

**Business and Advertising** 

224 Wilcroft Court, Pickering, ON L1V 6N5 Tel.: 905-509-9900 | E-mail: admin@homedigest.ca

#### **Editorial Inquiries**

E-mail: homedigesteditor@sympatico.ca

Copyright © 2016. Contents may not be reproduced or transmitted in any form whatsoever without written permission of the publisher.