



# WELCOME



Welcome to the first EWP Interiors newsletter! I am so excited to bring you all along on this journey as EWP Interiors grows. My hope is that this newsletter brings you inspiration for your own homes, can give you updates on what we are working on and adds a smile to your face. Enjoy and be sure to check the Newsletter section on our website for future newsletters!

# *WE ARE OPEN FOR BUSINESS!*



We are open and ready to help with your design projects (big or small). From my own personal experience I understand firsthand that hiring an interior designer can feel like an afterthought or excessive. I offer an approachable price model and can accommodate my services based upon your needs and budget. You deserve to come home to a beautiful space!

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# *CREATING A HOME YOU LOVE: QUIET SPACES*

Winter in New England inevitably means more time indoors and with COVID still around us it inevitably means more time with family, roommates, young children?! While we all love our families, finding spaces where we can have a little solitude and calm is important. This does not mean you need a designated room or need to kick your family out (though that would be nice at times I know). I have a space in my bedroom right by the window that I use as my "quiet space" when I need a little time. I have a blanket here, my book, a candle and it's my go to place when I need a little escape during the day. Here are some tips to create your own quiet space:

1. **Do you have a favorite place in your home? Think about it. It could be a special corner of the couch, your favorite stool at the kitchen island, a chair that brings you calm, or the bathtub.**
2. **What time of day will you be able to have the most peace in this space? I know in my house at 5pm finding quiet anywhere is impossible. But early in the morning before the kids wake up or the quiet just after they leave for school is a perfect time.**
3. **Make the space yours. It does not have to be much. Place a special pillow there or your favorite candle. If the space does not make sense to keep those items there during the day, then putting the items in a small basket to take out when you need the calm is a good idea.**
4. **Have fun and tell me about your spaces you created!**



<https://nestingwithgrace.com/fall-front-room/>

# Recipe Ideas

BECAUSE THE SMELL OF SOMETHING COOKING ALWAYS  
MAKES A HOME FEEL COZY

## Coconut Carrot Curry Soup

\*taken from Amie Valpone's cookbook Eating Clean. It is considered a "clean" (no sugar, dairy, gluten, meat) recipe but tastes really rich and creamy. This is one of my favorites – this page from her cookbook I own is all crinkled and stained with use

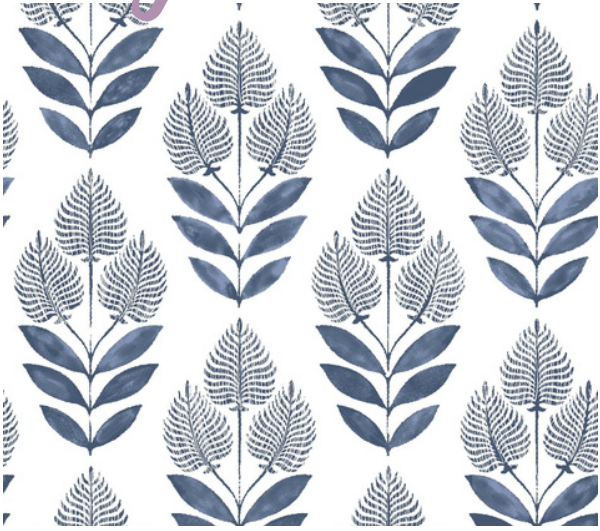


- **2 tbsp. coconut oil**
- **3 cuts peeled and diced carrots**
- **1 large sweet potato, peeled and diced**
- **1 large Vidalia onion, chopped**
- **¼ teaspoon sea salt**
- **¼ teaspoon freshly ground black pepper**
- **1 tablespoon peeled minced fresh ginger**
- **3 cups low sodium vegetable broth (I am not vegan so I also add chicken broth if that's what I have on hand)**
- **2 cups coconut water**
- **2 tablespoons freshly squeezed lime juice**
- **1 ½ teaspoons curry powder**
- **¼ teaspoon ground cardamom**
- **¼ cup unsweetened coconut flakes (lightly toasted for garnish)**

In a large stockpot, heat the oil over medium heat. Add the carrots, sweet potato, onion, salt and pepper. Cover and cook, stirring occasionally, until the vegetables are soft, about 10 minutes. Add the ginger and cook for 30 seconds more. Add the broth, raise the heat, and bring to a low boil, about 3 minutes. Reduce the heat to a simmer and cook, covered for 10 minutes more. Let the soup cool slightly, and then, in batches, transfer to a blender and puree until smooth. Return the soup to the pot and add the coconut water, lime juice, curry, and cardamom; mix well to combine. Taste and season with salt and pepper if necessary. Serve warm garnished with toasted coconut flakes.

Serves 4 to 6

# *Inspiration from the fun projects we are working on*



**Love this wallpaper print for a powder room!**



**Making tile picks for a new bathroom!**



**Love these neutral rug choices!**



# Color of the Year!

*Pantone's 2022 Color of the Year is Very Peri and I am loving it!*

*Pantone reflected on their choice on their website stating - "The Pantone Color of the Year reflects what is taking place in our global culture, expressing what people are looking for that color can hope to answer." added Laurie Pressman, Vice President of the Pantone Color Institute. "Creating a new color for the first time in the history of our Pantone Color of the Year educational color program reflects the global innovation and transformation taking place. As society continues to recognize color as a critical form of communication, and a way to express and affect ideas and emotions and engage and connect, the complexity of this new red violet infused blue hue highlights the expansive possibilities that lay before us".*

**PANTONE®**

17-3938 TCX

Very Peri

## *Some Very Peri Inspiration*



Bloom Wall Art | Furniture ([annieselke.com](https://www.annieselke.com))

From Emily Dobbs Interiors Instagram - [@emilydobbsinteriors](https://www.instagram.com/emilydobbsinteriors)  
Paradise Stripe Multi Woven Wool Rug | Dash & Albert  
([annieselke.com](https://www.annieselke.com))

