

MAY 2010

House Beautiful

the **BIG Advice** ISSUE

what nobody ever tells you about decorating

GREEN KITCHEN IDEAS!



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As Seen in House Beautiful

KITCHEN OF THE MONTH

MOUNT KISCO, NEW YORK

You don't have to scream "green." Robert F. Kennedy Jr.'s big family kitchen is full of eco-friendly ideas.

Kitchen by ROBIN WILSON & MARY RICHARDSON KENNEDY

Interview by
CHRISTINE PITTEL

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Produced by
SAMANTHA EMMERLING
& ROBERT RUFINO



The Kennedys have six children and many friends, so "this kitchen is more like a community center," says Mary Richardson Kennedy. The large island, big enough to serve a buffet dinner, is equipped with a microwave, two dishwashers, and a warming drawer, all by Electrolux, who also makes the 48" Professional Series cooktop. Rustic wooden barstools from Go Home. PS Maskros lights from Ikea hang over an old church pew.

CHRISTINE PITTEL: *You and your husband, Robert F. Kennedy Jr., are outspoken environmentalists. Was it easy to go green?*

MARY RICHARDSON KENNEDY: We had no choice. We suffered a flood, and mold infiltrated every porous surface in the house. So we decided to turn this catastrophe into an opportunity and rebuild in a more responsible way. I'm trained as an architect and promised Bobby that we could do the whole thing in 16 months. We worked with Green Demolitions to salvage anything we could. We used recycled Sheetrock and reclaimed brick. And we switched to geothermal, solar, and solar thermal energy to get off fossil fuels. During a recent storm, we had all our neighbors over here because we were the only ones with power.

No wonder you need all this room. This kitchen gets a lot of traffic, and a lot of boys. Everything had to be extremely durable—and healthy. Robin Wilson was recommended to me as a designer who knew the latest eco-friendly products. She introduced me to Holiday Kitchens, who made all the cabinetry.

ROBIN WILSON: They use recycled wood, formaldehyde-free glues, and low-VOC paints and stains. People tend to equate eco-friendly design with plain and ugly, but this is no longer the case. They've got over 100 different door styles.

That island looks more like a continent. How big is it?

MRK: Six feet by 17 feet. And Barbara Piazza, a kitchen designer, made sure every square inch was available for storage. On Sundays, we usually have 100 to 150 people here playing capture the flag. I've got big serving bowls and coffee-pots and a dinner service for 200 stored in there.

What's the top made of?

RW: This amazing material called Eco that looks like granite but isn't. It's made of all this stuff that

would normally go into a landfill—porcelain tubs, sinks, glass, mirror. It's all mushed together, and then with a great amount of pressure and corn resin it's turned into a countertop.

MRK: It's incredible. It doesn't stain, scratch, or scorch, and it doesn't need sealers.

How does the layout work?

RW: On the left side, you've got the classic work triangle with sink, cooktop, a full-size refrigerator on one end, and a full-size freezer on the other. On the right, those square doors above the counter fold back into the cabinetry, and there's your appliance garage. The kids can make toast and pour cereal while someone else is making omelets, and they'll never get in the way of the cook.

MRK: We do a lot of cooking—we're never less than 12 for dinner—and our pantry is 95 percent organic. My one concession is Heinz ketchup and Hellmann's mayonnaise for my husband, who thinks there's no substitute.

What appliances did you choose?

MRK: They're all Electrolux. I've had an Electrolux vacuum since the day I was born, and their commitment to service is exemplary. They're reliable, energy-efficient, good-looking, and affordable.

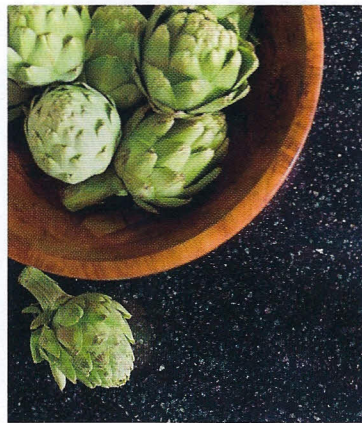
Wait a minute. Isn't that a gas cooktop?

MRK: Ouch. I actually have a portable induction cooktop that I pull out when I want to feel totally free of fossil fuels. But cooking on it drives me mad. So far, nobody, in my opinion, has come up with anything that's as good as gas. But here's my plan. I'm working with a lot of world-class chefs as part of the Food Allergy Initiative, and I believe in cross-pollination. They can offer appliance makers good advice. Look how far lighting has come in just a few years, with all these energy-saving LEDs. We can do it for cooktops! There are a lot of great minds working on all of this. >>



BACKSPLASH

Rittenhouse Square subway tiles in Arctic White are by Daltile. The company tries to minimize waste by recycling scrap tile back into the manufacturing process.



COUNTERTOP

Eco in Black Forest by Cosentino is a durable quartz-like surface made of 75 percent recycled content and bound by an eco-friendly corn-oil resin.



FAUCET

Kohler's HiRise bridge faucet is equipped with an aerator to reduce water consumption while maintaining a steady flow.



LIGHTING

The 365+ Brasa pendant from Ikea and the cabinets are fitted with energy-saving LED lights by Ozniium that generate less heat and last for years.



WINDOWS AND PAINT

Marvin windows are double-paned and made of Low E 366 glass, for energy efficiency. Paint is Benjamin Moore's low-VOC Aura in Hancock Green.



WALL OVENS

The Electrolux Icon convection double wall oven has a control panel that lights up when you need it and dims when you don't.



COMPOST PAIL

"Our chickens, falcons, peacock, and crow are fed bits from the compost pail, and the vegetarian compost is put aside for the garden," Kennedy says.



RECYCLING BINS

"I'm militant about waste, and my children are very well-trained," says Kennedy, who had one end of the island fitted with six recycling bins.



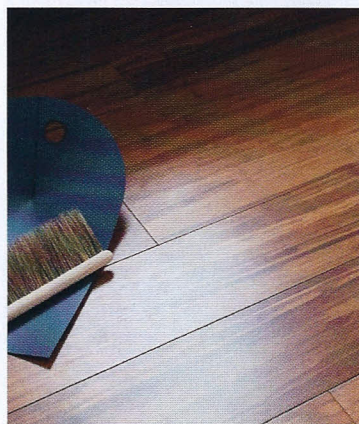
REFRIGERATOR

The Electrolux Icon Energy Star refrigerator uses less power. Look for the Energy Star rating on dishwashers as well.



CABINETRY

Petersburg Square cabinets by Holiday Kitchens are designed to use less wood in the construction process.



FLOORING

Carbonized Strand bamboo flooring from Dragonfly Bamboo has an anti-scratch UV coating to prevent fading.



HEATING

A geothermal pump supplies radiant heat to the floors and will save energy in the long run. >>

WHAT'S COOKING?

"This is my friend Renée Loux's recipe, and it's to die for," says Mary Richardson Kennedy. "No one has ever guessed the ingredients."

CHOCOLATE OF THE GODS MOUSSE WITH RASPBERRIES AND MINT

Serves 4 to 8

- 2 cups Hass avocados (about 2)
- ½ cup plus 2 tablespoons maple syrup
- 2–4 tablespoons organic evaporated cane juice or organic sugar (optional, for the sweeter tooth)
- 2 tablespoons Omega Nutrition coconut oil (optional)
- 1–2 teaspoons nonalcoholic vanilla extract
- 1 teaspoon balsamic vinegar (aged balsamic is best)
- ½ teaspoon shoyu (soy sauce)
- 1 cup pure cocoa powder (Green & Black's is choice)
- 1 pint raspberries
- Handful of fresh mint leaves, chopped
- Scharffen Berger's Cacao Nibs (optional, for garnish)

1 In a food processor, blend the avocados, maple syrup, cane juice or organic sugar (if desired), coconut oil (if desired), vanilla, balsamic, and shoyu until smooth and creamy.

2 Add the cocoa powder and blend until smooth. Sifting the cocoa powder before adding it is a good idea to prevent lumps. A simple metal strainer works well.

3 Distribute half of the raspberries evenly among four to eight wine goblets or martini glasses. Follow with a dollop of mousse, a sprinkle of mint, the remaining raspberries, and more mint. Top with cacao nibs, if desired.

4 *Mmmm!* Euphoria.... Leftover mousse can be stored in a tightly sealed container for up to a week in the fridge or frozen for up to a month.

RECIPE FROM *THE BALANCED PLATE*,
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GET THE LOOK...
Cabinetry by Holiday Kitchens:
715-736-9200.
Eco countertop by Cosentino:
800-291-1311.
Appliances by Electrolux: 877-435-3287.
Sinks and faucets by Kohler:
800-456-4537.
Tile from Daltile: 214-398-1411.
Windows by Marvin: 888-537-7828.
Church pew from Anderson Pews:
616-292-4125.
Geothermal pump from B&D
Manufacturing: 712-652-3424.

The kids can wash their hands at this bar sink before getting a snack. Undertone sink and HiRise two-hand faucet in polished stainless steel by Kohler. The blue tumblers, made from reclaimed wine bottles, and Umbra's Frosine stemware—reclaimed wineglasses that have been sandblasted—are from Green Depot.

FOR MORE DETAILS, SEE RESOURCES