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Magazine*

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to view this
section!

Letter from the Editor

Dear Readers,

Summer is here and it's time to enjoy a little rest and relaxation.

Heading out of town for a fun-filled vacation? This month's fashion feature showcases some of the season's best beachwear and accessories. But if your backyard is calling you for a calming summer stay instead, our write-up on how to grow your own tea garden will have you feeling the herbal Zen in no time.

This time of year, there is no shortage on produce in the Garden State. Take a look at our spotlight on area farmers' markets to see the bountiful selection of local fruits, vegetables, meats, and more.

Do you want to elevate your summer menu? From local, fresh fish to popsicles for grown-ups, we've got plenty of ideas to take you from dinner all the way through dessert.

Lastly, if your fitness routine could use a refresh, our guide offers seasonal health and wellness tips for feeling your best.

Have a wonderful summer and see you in September!

Kara Sibia, *Editor*

In this issue: special features

Best Beachwear:

Cool Looks for Warm Weather 6

Summer Fitness:

Tips for a Healthy Season 10

DIY Popsicles:

11

Farmers' Markets 2025:

14

Catch of the Day:

Best Local Seafood Spots 17

Grow Your Own Tea Garden:

20

COOL LOOKS *For Warm Weather*

By Naomi Gruer

Summer's invitation is on its way, and we're invited to soak up the sun at a beach house or backyard pool, lake house or lazy river, vacation or staycation. It's the season for swim-suits, cover-ups, sun hats, beach bags, and barely-there footwear. Keeping us cool and shaded, lightweight fabrics and natural fibers are a given, but what's sure to be a hit down the shore? Three key trends that say fun and fashionable are polka dots, brights, and crochet. Wear patterns, colors, and textures to personalize your seaside ensemble and to reel in a lively summer vibe.

Poolside Polka Dots

Polka dots are having their day in the sun. This summer, and especially in black-and-white, they rival stripes—a perennial favorite. The popular pattern is named after the lively Czech peasant dance, known as the polka, which gained international attention along with polka-branded goods in the 1830's and '40s. This trend was—umm—spotted on runways when luxury labels paraded their Spring and Summer collections. Louis Vuitton, Dolce & Gabbana, and Carolina Herrera's collections featured polka dots on everything from gowns to accessories, and swimwear designers took the cue, echoing them on swimsuits and cover-ups. Dots adorn classic swim silhouettes on J.Crew's "Gemma Ruched Bandeau One-Piece in Dot



The Sak's "Lanie Market Hand Tote Bag"

J. Crew Gemma "Ruched Bandeau One-Piece in Dot Print"



Natori's "Palm Caftan Cover-up Dress with Tassel"

Print" and Peony's "Summer Polka Dot Halter One-Piece Swimsuit." Edikted's "Leigh Polka Dot Triangle Bikini Top and matching string bikini bottom accent dots with pastel pink bows. While most polka dots are printed, fabric itself can create the



San Diego Hat Company's "Crochet Raffia Bucket Hat"

illusion of dots—think crochet and eyelets. Ramy Brook's "Caya Eyelet-Embroidered Sun Dress Coverup" is an after-swim example. There's no wrong way to wear this bold pattern. Whether swimsuit and cover-up coordinate, dots are combined with a contrasting print, or a pop of color is added to the outfit, summer's polka dots give a playful, retro '60's vibe.

Beachy Brights

Catch some rays with bright florals, vibrant stripes, and printed scenes. Fruit-salad shades of citrusy orange, pink grapefruit, zesty yellow, lime green and berry blue adorn swimwear and cover-ups. Pair tropical petal, triangle, and bandeau bikini tops with matching or solid-colored bottoms. Striped bathing suits stand out under solid-colored, quick-drying shorts and drawstring pants. And gauzy cover-ups complement swimsuits

printed with summer scenes. La Blanca's "Tropi Flage Half Zip Rash Guard & Tropi Flage Board Shorts" perform as both swim-wear and cover-up, and feature a matchy-matchy, bold tropical print. Lightweight, loose-fitting, colorful caftans make a splash on the beach or off. They come in different lengths and with various necklines, waistlines, and trim. Natori's "Palm Caftan cover-up Dress with Tassel" is described as "Beach-ready palms for day to night wear." BLEU by Rod Beattie's





La Bianca's "Waverly Crochet Swim Cover Up Tunic"

"Ombre Chiffon Caftan" is eye-catching in a day-at-the-beach colorway. Bright blooms embellish crocheted hats and beach bags. Even shoe designers—Betsey Johnson, Birkenstock, and Kurt Geiger London to name a few—feature flowers on their slides. This summer's chromatic, garden-inspired swimsuits, cover-ups, shoes, and accessories make for fetching fashion.

Coastal Crochet

Make waves wearing texture, color, and pattern-rich crochet. This lightweight, breathable fabric is sewn into swimsuits, cover-ups, beach bags, and bucket hats. Fully crocheted swimwear is best suited for land-lovers, while bathing suits edged in crochet have no problem taking the plunge. Crocheted cover-ups promise to be comfortable and



BLEU by Rod Beattie's "Ombre Chiffon Caftan"

Rag & Bone's "Jade Rollable Hat"

versatile. Go from beach to brunch in L*Space's "Coast is Clear Cotton Crochet Swim Cover-Up Top" and matching skirt or La Blanca's "Waverly Crochet Swim Cover Up Tunic." Choose from of a large variety of crocheted beach bags, primarily made from raffia, but also straw, cotton, and yarns made from recycled ocean-bound plastics such as The Sak's "Lanie Market Tote Hand Crochet Bag." Take note of totes comfy enough to carry on sun-kissed shoulders and roomy enough to hold essentials like a towel, sunglasses, sunscreen, water bottle, and book. The beauty of crocheted beach bags lies not only in their texture, but in the ease of shaking out sand. The same goes for crocheted bucket, fedora and sun hats. Stand-out styles are rag & bone's "Jade Rollable Hat" and San Diego Hat Company's "Crochet Raffia Bucket Hat." However it's incorporated into beachwear, it's easy to get hooked on crochet's laid-back summer style.

Cont. on page 8



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Cont. from page 7



Mango South Kikoi



Sand Cloud
Del Mar Bundle

Beach Towel Fabric Guide

Gauze—Layered gauze is soft, springy and quick drying due to its loosely woven fibers, usually cotton or cotton/linen blend.

Kikoi (also spelled kikoy)—The cotton fabric traditionally worn by East African fishermen is known for its lightweight, sand-resistant, quick-drying, and colorful properties.

Microfiber—Lightweight, moisture-wicking microfiber dries quickly as a result of fine fibers woven tightly allowing air to circulate.

Terry cloth—Terry cloth can absorb 20 to 30 times its own weight in water because its loops are woven in two directions: vertical and horizontal.

Woven—Durable, dobby loom fabric is woven to create a textured surface which incorporates small, geometric patterns such as dots, stripes and diamonds.

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Tips for a Healthy Season

By Patricia Lombardo

Welcome Summer! While this season provides a range of natural health benefits thanks to longer days, more sunlight, and seasonal foods, the warmer months are a great time to support your physical and mental well-being. Here are some important tips that will keep you feeling in tip-top shape all summer long.

Physical Fitness

Staying physically fit is a great way to strengthen your heart and improve circulation, lowering the risk of heart disease and stroke. Active fitness burns calories, builds muscle, and maintains a healthy metabolism which can also be optimal for weight management. This not only boosts heart and lung function but can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol.

These goals can be reached in just 30 minutes a day by: brisk walking, cycling (outdoor or stationary), swimming, yoga, jogging or light running, hiking or hill walking and even dancing (think Zumba, aerobic dance, or just for fun!). Beat the heat by exercising early in the morning or later in the evening when temperatures are lower. And if you're feeling sluggish—keep in mind a fitness regimen will not only boost your oxygen flow and stamina, but will reduce fatigue and increase daily energy levels. Pick your favorite and get moving!

If you belong to a gym or have some light weights at home—resistance and weight-bearing exercises greatly improve bone density and reduce the risk of osteoporosis.

Prioritize hydration and drink more water than usual; add electrolytes if you're doing intense workouts. Eating foods like watermelon, cucumber, and berries are extremely hydrating, as well.

Summer Fitness



Now is the time to choose lighter meals with lean proteins (grilled chicken, tofu, fish) and whole grains and avoid heavy, fried, or high-sugar foods before (and after) workouts in the heat.

Better sleep patterns will also come from physical activity. Regular movement helps regulate your sleep-wake cycle, leading to deeper, more restful sleep and you'll feel more refreshed upon waking.

Mental Health Boost

Mental health is crucially important for physical fitness—they're deeply connected and influence each other in powerful ways. With a healthy mind you are able to combat stress. Choose any form of exercise and release endorphins (feel-good chemicals) which naturally reduce anxiety.

Physical activity can help fight depression which can, in turn, improve confidence, self-esteem and mood.

The Long Run

All activities are great for an immune boost. Staying fit reduces the risk of chronic diseases (type 2 diabetes, high blood pressure, and certain cancers) and helps maintain independence and mobility as you age, making daily activities easier and reducing the risk

of injury. It can also improve memory, cognitive function, and even sharper thinking for more creativity. Active people often have stronger immune systems and get sick less often.

Keeping habits of self-discipline encourages consistency and commitment. These habits can be easier met by making your fitness practices into social activities. You can join a summer fitness group or local sports league or try planning active outings with friends—group hikes, sunrise yoga, or fitness meetups. This inspires healthier choices.

It's not just about looking good—fitness is preventive healthcare. Investing in fitness now reduces future medical costs, hospital visits, and reliance on medications.

Listen to your body and don't push through any signs of overheating such as dizziness, nausea, or cramps. Always take your time to cool down and hydrate and adapt your intensity based on the weather and how you feel.

Keep your sunscreen, a hat, and sunglasses handy to protect against UV exposure and you're ready to go. With summer fitness, you have the perfect opportunity to energize your body, uplift your mind, and build healthy habits that will last all year.

DIY Posh Popsicles

By Patricia Lombardo

With the warmer weather headed our way, you'll be looking for a cool and decadent treat. Perfect for summer and an alternative to wine, a cocktail, or beer - "boozy" popsicles are sure to please. Fun and summery, these can be prepped in advance, can double as a dessert, and are great for parties, brunches, barbecues, and hot weather!

Here's a simple guide to making your own popsicles at home with no fancy equipment needed

You'll need popsicle molds (or small paper cups + wooden sticks), a blender or mixing bowl, the use of a freezer (with space to keep the molds upright), your favorite juices or fruits, and your alcohol of choice.

An extra basic rule to follow is with the alcohol-to-mix ratio. Alcohol does not freeze well and too much of it in a serving will not freeze and only produce a slushy mixture. So, use no more than 1 to 1.5 oz of alcohol per cup (8 oz) of liquid. With portion-control it is easier to pace alcohol intake, as well.

Looking for a refreshing way to enjoy sophisticated flavors without the booze? Non-alcoholic adult popsicles are an invigorating option. They're perfect for parties, warm weather, or just a treat that feels a little elevated.

Balancing sweet and bitter when making these popsicles is helpful as most adults often prefer less sugary treats—use citrus, herbs, tea, or spices instead. You can steep full-flavored and zesty teas into your base (like rosemary, ginger, or chai). Try layering flavors or swirl in coconut milk or yogurt for texture and contrast. Using natural sweeteners like honey, maple syrup, or agave give a more refined taste.

Helpful tips include adding chunks of fruit for a denser texture, pairing your alcohol with coconut water for extra hydration, and freezing the popsicles overnight for best results. Popsicles can store for up to 2-3 weeks in freezer-safe bags or containers. Want to feel like a kid again this summer? Start freezing ...and enjoy!

Other ideas tailored to an adult's taste are:

- Cucumber Mint Limeade (cucumber, fresh mint, lime juice, honey or agave, soda)
- Blueberry Lavender Lemonade (blueberries, lemon juice, steeped lavender, honey, water)
- Peach Ginger Tea (peaches, chilled ginger tea, lemon juice, honey)
- Cold Brew Coconut Cream (espresso, coconut milk, vanilla, maple syrup)

Tequila Sunrise Pops

Here is a delicious recipe to attempt from *Delish* magazine:

INGREDIENTS

- 2 cups pineapple juice
- 1/2 cup tequila
- 1/4 cup lime juice
- 1/4 cup grenadine
- 2 limes, sliced 1/4" thick

INSTRUCTIONS



Photo Credit: Brandon Bales for *Delish*

- Use popsicle molds, or put nine (3-oz.) paper cups on a rimmed baking sheet. Whisk together pineapple juice, tequila, and lime juice. Pour into molds or paper cups until they are each $\frac{3}{4}$ full, then pour about 1 teaspoon grenadine on top.
- Create a slit in the center of each lime slice and insert a wooden spoon or popsicle stick. Place on top of each mold/cup.
- Freeze about 6 hours or overnight.
- When ready to serve, cut open the paper cup and peel them away from the pops.

Some other refreshing flavor ideas and combinations are:

Piña Colada (coconut milk, pineapple juice, rum)

Frosé (rosé wine, strawberries, lemon juice)

Watermelon Vodka (watermelon puree, lime juice, vodka)

Spiked Lemonade (lemon juice, sugar, water, bourbon or vodka)

Mojito Popsicles (non-alcoholic)

Here's a classic from the health and wellness platform eatbeautiful.net that's refreshing, subtly sweet, and just a little fancy:

INGREDIENTS

- 1-1/2 cups filtered water
- 1/2 to 2/3 cup diced cucumber
- 1/4 cup raw honey; or agave for vegan (or if preferred); or allulose (zero-calorie sweetener) for keto
- 1/2 lime or lemon, juiced – about 1-1/2 tablespoons
- 1 to 2 drops spearmint essential oil



Photo Credit: eatbeautiful.net

INSTRUCTIONS

- Puree all ingredients in a blender until smooth, about 30 seconds.
- Pour into popsicle molds, securing the bases and sticks. Add thin slices of lemon, lime, cucumber and/or fresh mint leaves, if desired.
- Freeze at least 3-6 hours, until fully frozen and serve.

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After patiently waiting many months, farmers now have the opportunity to display their ripe and glistening produce at local markets across New Jersey—along with other vendors highlighting artisanal and handmade goods. Consider taking part in this season of local delights—in doing so, you can inspire a healthier and connected community.

Benefits of farmers' markets:

1. Lower your carbon footprint

According to Waste360, “U.S. grocers generate 16 billion pounds of food waste annually.” Expired “sell-by” dates and “outdated seasonal items” are some of the driving factors behind food waste says FoodPrint, a food advocacy program by GRACE Communications Foundation. Since seasonal produce is almost always fresher when procured directly from the farm—and travels shorter distances to local markets—waste is less likely.

2. Uphold sustainable farming practices

Farmers' markets prioritize locally sourced produce, often grown organically and free of harmful pesticides and fertilizers. Their use of thoughtful farming practices promotes healthy soil, protecting nutrient availability and water-holding capacity.

3. Preserve farmland

Shopping locally supports farmers, ensuring that they'll be able to continue growing beautiful produce for years on end. These markets provide direct sales for farmers and artisans, strengthening local economies.

4. Fresh and nutritious food

A University of California study found that vegetables can lose 15-55% of vitamin C within one week.



Farmers' Markets 2025

By Isabella Bickenbach



It takes less time for locally grown produce to reach our plate, resulting in fresher and wholesome food.

Below is a guide of local markets to help you find your favorites:

Bernardsville Farmers' Market

Route 202 and Claremont Road
Bernardsville
Saturdays 9am - 1pm

Since 1994, the Bernardsville Farmers' Market has continued to provide easy access to local Jersey produce and products. They contain a variety of goods during both summer and winter markets, such as freshly prepared and frozen meals, fruits, vegetables, baked goods, soup, empanadas, olive oil,

pickles, flowers, and more. Additionally, they run two lively events each year: the Peach Festival in July and an Apple Festival in October. If interested, you can sign up to volunteer through their website.

The Boonton Farmers' Market

Plane Street, Boonton
Saturdays 9am - 1pm

Like I mentioned above, farmers markets are a great way to stay connected to your community. The Boonton market furthers this idea. Besides housing a variety of goods, they also feature picnic tables, lawn games, crafts, and live music from local musicians.

Chatham Borough Farmers' Market

54 Fairmount Avenue
Chatham
Saturdays 9am - 2pm

This market is one I will always treasure - I grew up eagerly tugging my parents along from stall to stall, picking out whatever looked interesting enough. Earlier this year, a town committee was formed to tackle the dwindling number of vendors. They were able to pass a resolution that eliminated all vendor fees for the 2025 season, hoping to prevent the decline. Opening day will begin on June 21st and will run until November 15th.

Dutch Country Farmers Market

9 Commerce Street
Flemington
Thursdays - Saturdays

For over thirty years, Dutch Country Farmers Market has only served the best, highest-quality items. The market spotlights Amish vendors, featuring anything from delicious produce, meats, breads, and desserts to stylish home furnishings, artisanal jewelry, and even tie dye. Make sure to try one of their homemade pretzels when you get the chance!

Cont. on page 16



farm & artisan market

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For thirty-three seasons, our commitment to making this a community-centered event with great vendors, diverse product offerings, family-oriented activities, entertainment, and opportunities for local non-profits and businesses to participate has never wavered

Please don't hesitate to reach out with any questions. New vendors will be accepted throughout the season. Email Lisa Ellis at ddc@rosenet.org or call 973-245-3493.

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Farmers' Markets

Cont. from page 14

Hunterdon Community Farmer's Market

111 Mine Street, Flemington
Sundays 9am - 1pm

Hunterdon Community Farmers Market continues to uphold their mission of providing a vibrant marketplace where consumers can access high-quality, locally grown produce and products while connecting with the farming community. Market Manager, Suzanne (Suzy) Hlinka, first became involved with the market in 2020 as a volunteer. She saw the importance in deconstructing food systems to build stronger local economies and to make healthy food accessible to all.

Madison Farm & Artisan Market

50 Kings Road
Madison
Saturdays 9am - 2pm

Charming and welcoming, this farmers market presents an endless number of

items, from fresh produce, handmade products, and specialty foods. Past vendors included Bijou Greens, Empanada Lady, Feasty Vegan, and more. The live music and kids activities create a more engaging experience than simply shopping for the week's groceries.

Morristown Farmers Market

10 Wilmont Street
Morristown
Sundays 8:30am - 1pm

Come discover and sample delectable artisan cheese, kombucha, spirits, fresh-caught fish, spices and herbs, sweet peaches and corn, wild mushrooms and more! This year the market contains an exciting set list from artists such as Maribyr Music, Gabby Toledo, Tim Stevens, and Holland Brook Hillbillies.

Morris Plains Farmers Market

531 Speedwell Avenue
Morris Plains
Saturdays 9am - 1pm

Enjoy a Saturday morning at the Morris Plains Farmers Market and explore weekly vendors Ort Farms, Hoboken Farms, Pickles & Olives, Coniglios, Monrroy Floral Design, Autodidact, Sourland Mountain Spirits, Paolo's Kitchen, and Krakus Deli.

Stangl Factory

50 Stangl Road
Flemington
Saturdays 9am - 3pm

This indoor market is home to more than thirty artisanal vendors, proudly displaying locally-sourced vegetables, grass-fed meats, artisan breads and cheeses, pastured eggs, specialty prepared foods and desserts, hand-made baskets, turned wood, soaps and bath products, and hand spun yarn.



Bernardsville Farmers' Market

**Saturdays
through Dec 13th
9am to 1pm**

Every Saturday, our market offers a wide variety of fresh fruits and vegetables, baked goods, gourmet prepared foods, pasture-raised meats, flowers, and specialty items.

www.bernardsvillefarmersmarket.com



**Located in the Bernardsville NJ Transit
Station on Route 202 and Claremont Road.**





JDawnInk / Getty Images

By Judy Palermo

BEST LOCAL SEAFOOD SPOTS

Fire up the grill, but leave the burgers and dogs behind. For your next al fresco gathering, think fresh seafood: steamed lobster, grilled shrimp, wild-caught salmon, flash-fried scallops, or the catch of the day. Add coleslaw, corn on the cob, asparagus salad, and a blueberry pie for dessert, and your menu is complete. But for any gathering where seafood is the star of the show, the most important ingredient is freshness. Discerning chefs want seafood caught on the same day it is served. Here are some local spots where you can be sure your seafood is as fresh as the tomatoes you just plucked from the vine.

Metropolitan Seafood

Metropolitan Seafood in Lebanon has been serving customers under the watchful eye of Mark J. Drabich, aka the Funky Fishmonger, for over three decades. Their fresh fish inventory is updated on their website every morning and they will happily take orders by phone. This store has become more than a place to purchase a wide variety of fresh-off-the-boat fish—the Funky Fishmonger has created over 2,000 recipes for his customers, showing them step-by-step how to prepare fresh seafood for the best results. His videos and recipes have become so popular, Metropolitan Seafood now offers a subscription-based cookbook, offering eight new recipes each month.

Metropolitan Seafood

1320 Route 22 West, Lebanon
(908) 840-4432 metroseafood.com

Cont. on page 18



Our 18th Season!

The Chatham Borough Farmers' Market opens for the 2025 season on June 21! Come and see our great variety of new vendors, with all kinds of products, ranging from local produce, prepared meals, artisan goods, and more!



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Catch of the Day

Cont. from page 17

Denville Seafood

Denville Seafood, owned and operated by the Aguanno family, has been serving their community the freshest fish from the Fulton Fish Market for almost 75 years. Their knowledgeable staff offers recipes and cooking tips for their customers. Now operated by the second and third generation of Aguannos making the same daily trips to the Fulton Fish Market, the original storefront has expanded to include Codmother's Café. The BYOB restaurant serves the same fresh-caught fish available in the store, prepared with the same love and pride the family has showered on its customers throughout the years.

Denville Seafood

61 Broadway, Denville
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denvilleseafood.com

Burrini's Olde World Market

Another family business offering locals a selection of fresh fish right off the boat, Burrini's Olde World Market has been a Randolph staple for more than 30 years. Focusing on quality and a small market neighborhood feel, Burrini's welcomes special requests and offers house-made marinades that pair beautifully with seafood selections. They also offer prepared seafood choices, including scrumptious crab cakes and an unbeatable shrimp cocktail.

Burrini's Olde World Market

1204 Sussex Turnpike, Randolph
(973) 895-6100
burrinis.com

Uncle Guiseppe's

Uncle Guiseppe's opened their Parsippany location just a few years ago, but it has quickly become a go-to gourmet shopping experience for locals. One of its biggest attractions is its seafood market, which gets deliveries from around the world—all caught fresh and delivered within a day. If you don't feel like cooking, in addition to its fresh seafood, Uncle Guiseppe's offers prepared seafood dishes that rival those found at top seafood restaurants, and at a great price point. And if you need to grab and go, look for a lobster roll or the Feast of Seven Fishes salad.

Uncle Guiseppe's

1711 Route 10 East, Morris Plains
(862) 242-8320
uncleg.com

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Grow Your Own Tea Garden

By Judy Palermo

Iced or hot, lemon or milk, morning, afternoon, or sleepy time, tea is on the menu. For tea drinkers with a green thumb, right now is a wonderful time to stock up on herbs and grow your own tea garden. You might have some fresh rosemary or sage in a container on your deck right now, always adding them to dinner preparations. Now is the time to take advantage of the dehydrate setting on your air fryer and turn those herbs into herbal teas. Purchase additional containers for lavender, peppermint, lemon grass, or other herbs found at your local farm, and have a supply of tea on hand for whatever mood strikes you. And when making your own tea, get creative. Mix and match herbs to brew a tea that is just right—for you.

For those who don't have the time or inclination to grow your own tea, there are other ways to enjoy these fragrant herbs—either by taking a stroll through one of the many beautiful botanical gardens found in our area, or by sipping handcrafted teas—perhaps paired with a scone or cucumber sandwich—at a local tea room. However you choose to take your tea, the one common denominator is the relaxation enjoyed with each cup. Look below for suggestions on where to buy, experience, or sip local teas.

For the Tea Farmer

The bright, potent flavors of herbs straight from the garden set fresh tea apart from boxed teas. This taste difference is what motivates even



7 Clovers Herbal
Etsy.com

reluctant herb cultivators to continually harvest tea herbs, so they continue to grow and thrive. Look for a sunny spot, whether growing your herbs inside in containers or outdoors on a plot of land. To find the best herbs for your locale, begin at a local farm or garden center. Here are a few choices:

Morris County Farms

Founded 75 years ago as a roadside stand on Route 46 in Parsippany, Morris County Farms moved to its Denville Location in the early 1970s, and has grown into a premier location for herbs, plants, flowers, shrubs, and trees for both hobbyists and landscapers. Their greenhouses and display tables offer a wide variety of herbs for a tea farmer, whether using containers or growing in flower beds. A knowledgeable staff can help select the best herbs for particular locations.

Morris County Farms
33 Smith Road, Denville
(973) 366-4448
morriscountyfarms.com

The Farm at Green Village

Boasting a 30,000 square foot glass greenhouse filled with a huge selection of the highest quality plants, the Farm at Green Village stocks an extensive assortment of herbs and flowers used in teas and is a must-visit annually for many locals. Very helpful to both new and experienced herb growers, the

Farm's website offers a search option so you know which herbs are available at any given time.

The Farm at Green Village
403 Green Village Road, Green Village
(973) 377-8703
thefarmatgreenvillage.com

Well-Sweep Herb Farm

Home to one of the largest collections of herbs and perennials in the country, the Well-Sweep Herb Farm is a worthy day-trip, as it also offers picnic opportunities and visits with farm animals. This small family business located in beautiful Warren County offers close to 2,000 different plants, from commonplace to exotic. The formal herb garden includes, among others, 39 basil, 66 lavender, 46 Rosemary, 80 thyme, and 84 scented-leaf geranium varieties.

Well-Sweep Herb Farm
205 Mount Bethel Rd., Port Murray
(908) 852-5390
wellsweep.com

For the Fragrance

No time to grow your own herbs, but love the fragrances they provide? Take a walk through one of the many arbore-tums found in northern and western New Jersey. Some provide signage, defining each plant, but don't forget to let your senses take over, and enjoy each scent as you pass by.

Tea Garden

Each of the following gardens provides a feast for the nose as well as the eyes:

Reeves-Reed Arboretum

165 Hobart Avenue, Summit
(908) 273-8787
reeves-reedarboretum.org

Frelinghuysen Arboretum

353 East Hanover Avenue, Morris Township
(973) 326-7601
morrisparks.net

Hunterdon County Arboretum

1020 NJ-31, Lebanon, NJ
(908) 782-1158
co.hunterdon.nj.us

Willow Wood Arboretum

300 Longview Road, Chester Township
(973) 326-7601
morrisparks.net

For the Feast

You don't need to travel to London to enjoy a proper cuppa—with or without a selection of cakes, pastries, and sandwiches. These tea rooms offer a lovely, relaxing environment with a wonderful selection of fresh teas and treats, brewed to your liking:

Sally Lunn's Tea Room and Restaurant

15 Perry Street, Chester
(908) 879-7731
sallylunns.com

Noon Tea Creperie

57 Main Street, Madison
(973) 520-8049
noonteachreperie.com

Teaberry's (reopening soon)

171 Main Street, Flemington
(908) 788-1010
teaberrys.com

Nai the Tea Lady

Rockaway Townsquare Mall, Rockaway
(973) 620-8799
naithetelady.com

Wisner House Tearoom at Reeves Reed Arboretum

165 Hobart Avenue, Summit
(908) 273-8787
reeves-reedarboretum.org/tea-room

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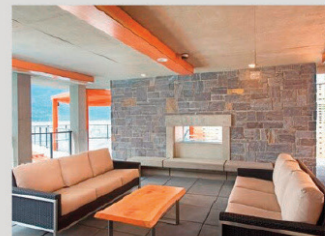
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