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Disney100 ★ *Hang the Moon* ★ Reducing emissions

COSTCO **Connection**

THE MAGAZINE FOR COSTCO MEMBERS

Grow zone

Plant hardiness zone maps
will help your garden thrive
in your region's climate **32**

APRIL 2023



HOME & GARDEN

Artificial turf

New Kirkland
Signature grills

Bower & Branch

COSTCO **Connection** *April*

April 2023 | Volume 38 | Number 4



The livin' is easy,
especially when your
outdoor space is set
up the way you like it.

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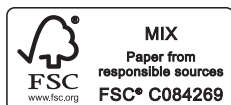
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Personal growth

Gardening is my happy place. Planting things in the ground, watching them grow, tending to their needs—it's a joy, a peaceful discipline, a meditative break from the stresses of my day. I know there are a lot of others out there who feel the same need to get their hands into the soil, to watch plants and flowers bud and bloom or to grow their own produce and see the efforts of their harvest on the dinner table.

That is just one of the reasons why our April issue, with its Special Section focus on home and garden topics, is near and dear to my heart. This month we look at two Costco suppliers: CedarCraft and Bower & Branch. CedarCraft creates innovative planters made from rescued cedar, while Bower & Branch, a supplier through Costco Next, provides everything from full-grown trees to flowering plants and shrubs. Bower & Branch also offers consultants (they call them "plant whisperers") who can help you plan your new landscape.

Most likely, those plant whisperers will talk to you about the zone you live in, and how it pertains to what you should be selecting to grow and thrive on your property. This is the topic of our cover story, which lays out how to use plant hardiness maps to identify your zone and choose the right plants that will stand a better chance to survive, grow and thrive. (By the way, if you aren't into maintenance or have water challenges or live in a no-grow zone, be sure to check out the article on artificial turf.)

After a day of gardening, it's time to relax and (in my case, because my talents do not extend to the kitchen) have my husband crank up the new Kirkland Signature™ grill and enjoy a well-deserved outdoor meal, as we take in our lovely backyard landscape. ■



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Sandy Torrey is Senior Vice President, Corporate Membership, Marketing and Publisher, *Costco Connection*.

Coming next month Bestselling novelist Danielle Steel is our May cover story.

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MEMBER
COMMENTS



DENISE LIPPE

Collectors cover story

Thank you for the article and photos of the collections in your article “Amazing amassing” [March 2023]. I was amazed to see a fellow snail collector among the list and have taken the liberty to [name] the collector of snails a “gastropodilist.”

Thanks for the fun of seeing other real people who do interesting things. Is a collector of Costco goods a “Costcologist”?

Peggy Watters, West Linn, Oregon

Optimum oral health

Thank you for [the article] about oral health [“Bits and bites,” March 2023].

I felt like I was reading my own words. As a dental hygienist, I talk with patients on a daily basis about the oral-systemic connection.

It’s amazing how few people realize that a little bit of bleeding during brushing or flossing is not healthy. It’s also amazing at how effective an electric toothbrush and water flosser are at achieving great oral health. I direct patients to Costco because you have the best deals on the best oral care products.

Kristen Bottger, Escondido, California

Shingles awareness gratitude

I received the March issue in the mail and it’s fantastic! Please tell Joanne Ellis that her article [“A shingles story”] was superb—and that’s coming from someone who had shingles this past year. All her

TELL US YOUR STORY!

Are you a member who has found a new career, discovered or rediscovered a new passion in the latter part of life? We want to hear from you for possible inclusion in an upcoming feature. Please send an email to connection@costco.com that briefly shares your story. Please put “Second Chapter” in the subject line.

information was bang on and closely mirrored my personal experience. It is a highly unpleasant condition, so I’m glad this article exists to promote awareness, prevention and getting the vaccine.

Kristi York, Toronto, Ontario

Hearing Aid Center

Great article about a great department [“Keep your ears open,” February 2023]. During my physical six years ago, my internist realized I was having some problems with my hearing. The [hearing] test proved him to be correct, and I needed hearing aids. My internist said to check out Costco. I made an appointment with the Costco in Lone Tree, Colorado. The Costco specialist was great and his testing was even better than the specialist my intern had sent me to. The price and warranty were great.

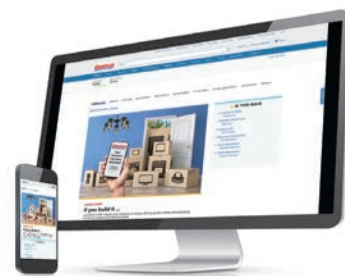
Jack Kiner, Denver, Colorado

Quick & Easy
THE COSTCO WAY



SPAM® Less-Sodium Fried Rice

Savory and mouthwatering, this fried rice dish comes together quickly—just in time for dinner. View this recipe and others at Costco.com. Search “Quick & Easy” and click “Entrees.”



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All advertisements will indicate whether a product is available in a Costco warehouse, at Costco.com or both. Products are scheduled to be available at the time of publication unless otherwise noted. Items may not be available in all locations and selection can vary. Costco.com carries many of the products available at the warehouses and much more. Prices may vary in AK, HI, PR and at Costco.com. Applicable tax laws may require sales tax on pre-discounted prices. These taxes are in addition to product price.

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Talk to us

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Brunch bunch

April is filled with holidays and celebrations, including National Brunch Month. From omelets to pancakes and everything in between, Costco's got you covered for brunch and beyond.



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An ode to brunch

HAVE YOU EVER wondered how brunch became a Sunday tradition? The portmanteau of “breakfast” and “lunch” was first seen in 1895 in a lighthearted article titled “Brunch: A Plea,” by writer Guy Beringer. He described brunch as “cheerful, sociable and inciting ... it sweeps

away the worries and cobwebs of the week.” It’s good to know that some things remain constant even with the passing of time. Now pile on the eggs Benedict and raise a mimosa to toast Mr. Beringer. Cheers to brunch!

Did you know that Costco Hearing Aid Centers constitute the largest retailer of hearing aids in North America?



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A PASSION FOR PEOPLE

Attitude is everything



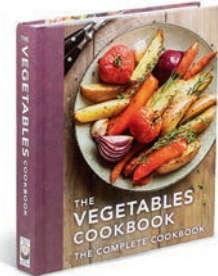
At age 90, Alberta Cardova, who works full time in the Hearing Aid Center at the Costco in Concord, California, continues to inspire her co-workers, coming to work every morning with a smile on her face and dressed to impress. “Why should I retire?” says Cardova, who is passionate about taking care of members. “If you are happy and enjoy what you are doing, why would you stop doing it?”

PEAS ON EARTH

Spring Pea Soup with Lemon Ricotta

The Vegetables Cookbook from Appleseed Press features this recipe. It will be available on April 10 in most Costco warehouses (Item 1729705) and at Costco.com (Item 1729704).

- 12 cups water**
- 1 Tbsp plus 2 tsp kosher salt**
- 1 cup ricotta cheese**
- ¼ cup heavy cream**
- 2 Tbsp lemon zest**
- 6 strips of lemon peel**
- 3 cups peas**
- 3 shallots, diced**
- 6 fresh mint leaves, plus more for garnish**



Place the water and 1 Tbsp of the salt in a saucepan and bring to a boil over medium heat.

Place the ricotta, cream, lemon zest and remaining salt in a food processor and purée until smooth. Season to taste and set the mixture aside.

Add the strips of lemon peel, peas and shallot to the saucepan. Cook for 2 minutes, until the peas are just cooked through. Drain, making sure to reserve 2 cups of the cooking liquid, and immediately transfer the peas, strips of lemon peel and shallot to a blender. Add the mint leaves and half the reserved cooking liquid, and purée until the desired consistency is achieved, adding more cooking liquid as needed.

Season to taste, ladle into warmed bowls and place a spoonful of the lemon ricotta into each bowl. Garnish with additional mint and serve immediately. Makes 4 servings.



COURTESY OF APPLESEED PRESS

NEVER GIVE UP

Say yes to life after limb loss

According to the Amputee Coalition, about 185,000 Americans lose limbs through amputation each year. April is Limb Loss and Limb Difference Awareness Month. Whether a person's limb difference is from an amputation or a congenital condition, the journey to living a full life is often difficult. To learn how to better support those with limb loss and limb difference, visit Amputee-coalition.org.



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According to research by career-advancement website Zippia, only 48% of employees view their company's leadership as "high quality."

FOR YOUR BUSINESS

Humble leaders

How you see others is a key factor for success

by MARILYN GIST



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Should you care about being a leader everyone admires? Absolutely. When we admire our leaders, we want to work with them. We care about the direction they set and we commit to giving them our best. When everyone does this, we produce great results. And because our attitude is so positive, enthusiasm spreads and the workplace climate thrives.

At a time when many organizations are struggling to hire and retain talent, widely admired leaders have an edge. They provide inspiration, not just direction. They enlist commitment, not just compliance. And they create healthy and successful organizations.

How does a leader gain admiration? The following attributes come to mind: accomplished, decisive, strong, visionary, with charisma to achieve results. These characteristics are indeed important. But another quality that is extraordinarily powerful in inspiring support is leader humility.

Leader humility is a tendency to feel and display a deep regard for the dignity of others. It offers great value within an organization, because supporting others' dignity is the essential foundation of healthy relationships. Healthy relationships lead to results, because we get work done through others. And results lead to successful organizations.

This all becomes clear if you consider what happens when a leader lacks humility: Relationships aren't strong and stakeholders are less inclined to lend their full support. There's less consensus and enthusiasm toward a shared goal. Employees don't want to stick around.

Research has shown that people have three key questions for leaders in their companies and organizations:

Who are you? Ideally, you're a person with integrity and a balanced ego.

Where are we going? You make clear a compelling vision and ethical strategies to get there.

Do you see me? How you answer this question plays an unexpectedly large role in determining your success. Specifically, what do you do to recognize that everyone needs a sense of self-worth (including your employees, customers and suppliers)? How do you and your managers bring people along so they can succeed in their positions and grow? Is it clear that your business truly believes its workers are its most important asset?

Answering these questions will reveal how much you and your organization support the dignity of others. In doing so, your business will achieve great things. ■

INGRID PAPESHEDDON



Marilyn Gist (marilyngist.com), the author of *The Extraordinary Power of Leader Humility* (Berrett-Koehler, 2020; not available at Costco), assists leaders in showing deep regard for the dignity of others.

COSTCO CONNECTION

Costco warehouses and Costco.com offer a variety of essentials for small businesses, from products to services, at great value.

Hiring good talent

Are you struggling to hire good people? Most leaders know how to screen applicants for skills, but that is not enough. Leaders

also need to show genuine interest in the dignity of work—and workers.

Ask about the values, goals and needs of workers. Also explore what they seek in terms of autonomy and

advancement. It's important to be honest about your constraints, but thinking of employment as top-down is a mistake. Workers have multiple opportunities today.—MG

An organic light-emitting diode is a semiconductor that is about 200 times thinner than a human hair, according to HowStuffWorks.com.

Crystal clear

Laptops with OLED screens have jaw-dropping displays and emit less blue light

by MARC SALTZMAN



No doubt you've seen super-slim televisions with gorgeous screens powered by OLED (organic light-emitting diode) technology. These amazing displays are also found in some premium smartphones and computer monitors—and now, laptops.

Because they display clean, stunning images, OLED laptops are ideal for content creators, such as digital artists, graphic designers, photographers, video editors, game designers and animators. Computer gamers and movie lovers will appreciate the up to 120-Hertz refresh rates of most OLED screens, which allow fast-moving images to be rendered smoothly.

Dream screen

OLED (pronounced “oh-led”) is a carbon-based semiconductor film layer that emits light when electricity is applied. The result is an amazingly beautiful image; in part because each pixel is its own light source, there's no backlighting required, unlike other screen technologies, including LCD (liquid-crystal display). As a result, OLED screens produce incredible contrast levels.

Along with producing deep, dark blacks, colors on an OLED display seem to pop off the screen. This is primarily because of the high contrast levels and

the ability to display more colors, and with greater color accuracy. According to laptop manufacturer ASUS, its OLED screens can display more than 60 times more colors than its LCD laptops can. That amounts to 1.07 billion compared to 16.7 million.

Other OLED advantages

OLED screens also display a greater consistency of brightness across the screen. They produce up to 600 nits (a unit of brightness); most laptop LCD screens only produce up to 250 nits. This technology provides wider viewing angles and is easier on your eyes; you're exposed to up to 70% less harmful blue light than with most LCD screens, because OLEDs use only the light needed without the white backlight.

Several factors should go into deciding which laptop is right for you: the processor (the engine that drives your computer's performance), graphics capabilities (important for gamers), the amount of storage and the kind of drive (hard drive or solid-state) and how much system memory (aka RAM) you need—and you can add screen technology to that list.

Once you use a laptop with an OLED display, it will be difficult to go back to anything else. ■

Priced perfectly

OLED laptop prices have started to drop, but they still cost a little more than their LCD counterparts—on

average \$100 to \$200 more—with all other specs being equal. Some OLED laptops have ultra-high-definition 4K displays and/or touch screens, too, which will also add to the

price. You may conclude the advantages of a laptop with an OLED screen far outweigh the extra cost.

—MS

SEVAG SAGHERIAN



Marc Saltzman

is a tech journalist and host of the *Tech It Out* podcast. He answers selected questions in this column and regrets that all questions can't be answered individually.

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Please include “Tech Connection” in the subject line.

COSTCO CONNECTION

You'll find a selection of OLED laptops at Costco.com.

A century of magic

The Walt Disney Company marks its 100-year anniversary with the Disney100 celebration at the Disneyland Resort

by SAMANTHA DAVIS-FRIEDMAN



SAMANTHA DAVIS-FRIEDMAN

Samantha Davis-Friedman has spent the last 12 years writing about Disney theme parks around the world.



The Disney Brothers Cartoon Studio was founded in Burbank, California, on October 16, 1923, by brothers Walt and Roy Disney. Over the following century, the name Disney and everything connected with it have become synonymous with imagination, innovation and magic. Today we know the enterprise as The Walt Disney Company.

With the 100-year milestone in 2023, it's no surprise that Disney is pulling out all the stops for what chairman Josh D'Amaro bills as "the biggest celebration in Disney's history."

The Disney100 Celebration is centered, appropriately, at the Disneyland Resort in Anaheim, California, just 35 miles from the original studio.

The celebration includes two new nighttime events ("spectaculars" in the Disney vernacular), a version of Mickey & Minnie's Runaway Railway (a popular Orlando attraction) and the return of a magical daytime parade (see "Magic Happens"). Here's a look.

Two nighttime spectaculars

One of the events is Disneyland's fireworks and projection show "Wondrous Journeys," which showcases all 62 Disney animated films to date.

"Wondrous Journeys," described as a love letter to 100 years of Disney animation, can be viewed from Sleeping Beauty Castle, Main Street U.S.A., the "it's a small world" boat ride and Rivers of America.

"We use the whole park as our canvas," explains Walt Disney Animation Studios creative director Roger Gould. "There's no one place where you can see every movie represented, but you'll experience the emotional throughline and incredible music no matter where you watch."

The other spectacular is "World of Color - ONE" at Disney California Adventure Park, which illustrates how a single action, like a drop of water (or starting an animation studio),



PHOTOS COURTESY OF © DISNEYLAND RESORT

Clockwise: Mickey Mouse, Minnie Mouse and their pals pose in front of Sleeping Beauty Castle at the Disneyland Resort in Anaheim, California; Mickey & Minnie's Runaway Railway attraction in Mickey's Toontown; "Wondrous Journeys" is the new nighttime spectacular at Disneyland Park.

can create ripples that grow into waves of change. "I want guests to walk away [from 'World of Color - ONE'] with a sense that they can make a difference by doing something they love," says Disney Live Entertainment director Wendy Ruth.

Mickey & Minnie's Runaway Railway

Already a favorite at Disney Hollywood Studios in Orlando, Mickey & Minnie's Runaway Railway takes guests into the wacky world of Mickey Mouse cartoon shorts. The all-new Disneyland-exclusive queue experience features an exhibit curated by Minnie and the Toontown Hysterical Society

celebrating "all things Mickey."

"This is where Mickey and his friends watch premieres of their shorts, so being able to walk through the space is really what makes it special here at Disneyland, especially for the 100th anniversary of The Walt Disney Company," says Sarah Kibler, an Imagineering interior designer.

The Disney100 Celebration continues through 2023, with The Walt Disney Company's official 100th anniversary on October 16. Disney fans are advised to keep their mouse ears to the ground (Disneyland.disney.go.com/100th-anniversary) for updates on more celebration news. ■

COSTCO CONNECTION

Costco Travel offers theme park vacation packages, as well as cruises, vacation packages, rental cars and hotel-only options for destinations in the United States and around the world. To learn more, visit CostcoTravel.com or call 1-877-849-2730.

"Magic Happens"

Disney100 includes the return of "Magic Happens," which debuted shortly before parks closed in 2020. The whimsical

daytime parade features moments from favorite Disney movies and presents them in innovative and artistic ways.

"The creative goal was to combine nostalgia for

beloved characters and stories with updated twists to engage today's parkgoers," says Disney Live Entertainment show director Jordan Peterson.—SDF

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MEMBER
POLL

How do you welcome springtime?

Costco members respond to our poll, posted to Costco's Facebook page

When the snow melts and we have our first day in the 50s, we have a family picnic.

Sara Hobbs Willard

I'm ready for spring training and St. Louis Cardinals baseball!

Bob Davis

This year, we are having a cousins get-together on Earth Day [to] welcome the new season!

Sandra Momalu

With open arms!!! I love spring!!!

Sheryl Hayley

Not a favorite task, but I open my blinds and clean my windows to let all the sunshine through.

Anne Looke Shivley

I drive into town. I enjoy seeing the large magnolias and the differently hued dogwoods—[they're] so beautiful!

Karen Hull

I buy myself a bouquet of daffodils for the table!

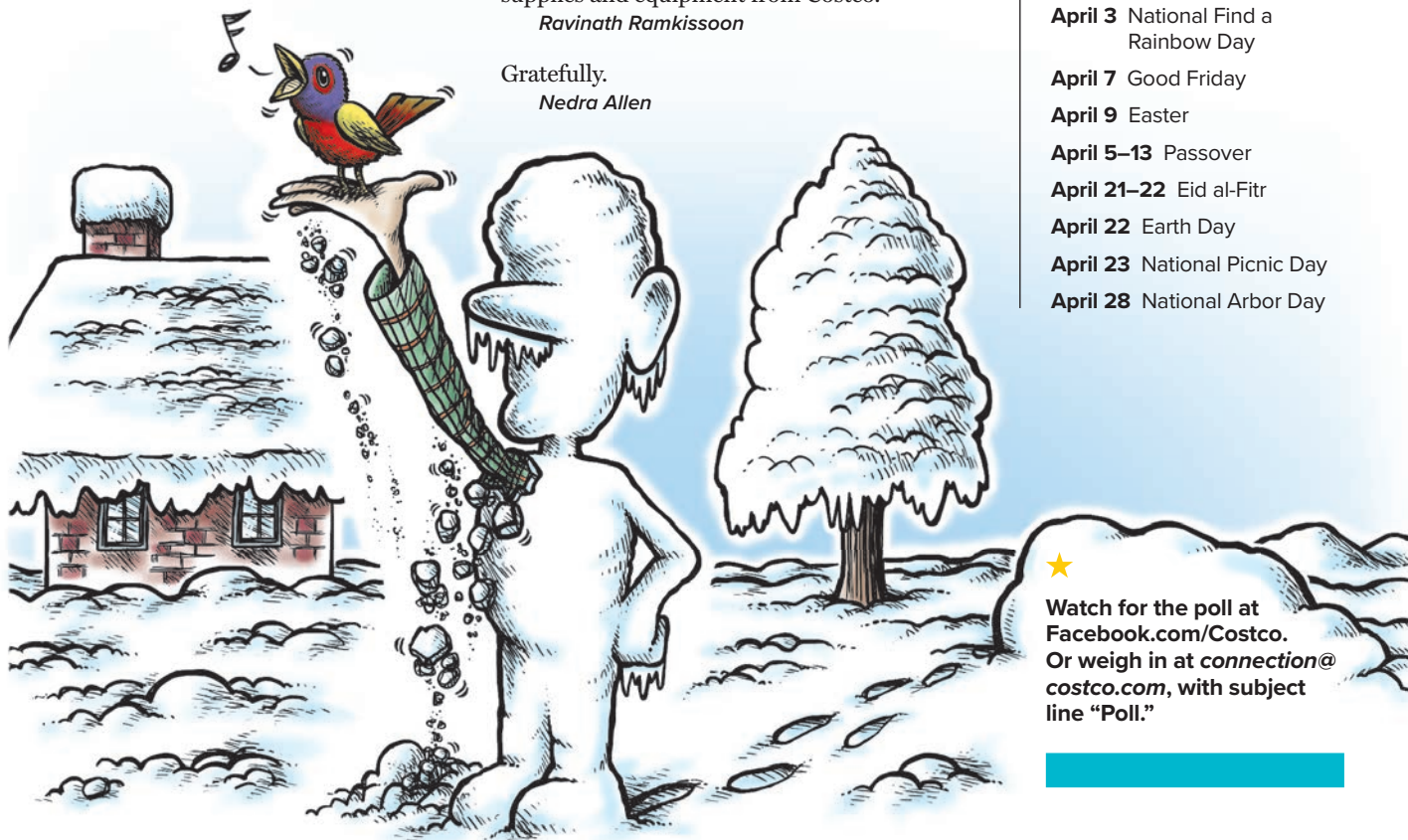
MaryEllen Botsford

[I] set up the patio and grill and get set to do some gardening [with] supplies and equipment from Costco.

Ravinath Ramkissoon

Gratefully.

Nedra Allen



ILLUSTRATIONS: STEVEN LAIT



Open season

The word "April," according to Britishmuseum.org, stems from the Latin word *aperire*, which means "to open."

New beginnings

As we emerge from the cold winter months, the world comes alive again. Here are some days and ways in April to celebrate the season:

April 3 National Find a Rainbow Day

April 7 Good Friday

April 9 Easter

April 5–13 Passover

April 21–22 Eid al-Fitr

April 22 Earth Day

April 23 National Picnic Day

April 28 National Arbor Day

★ Watch for the poll at [Facebook.com/Costco](https://www.facebook.com/Costco). Or weigh in at [connection@costco.com](https://www.costco.com), with subject line "Poll."



COVER
STORY

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Get in the zone

Choosing the right plants for your garden and landscape can be overwhelming. Plant hardiness maps with zones based on average seasonal temperatures can help you select vegetation that is more likely to thrive seasonally or year-round in the area where you live.

by **Melinda Myers**

CONTINUED ON PAGE 34





Y

ou can't control the weather, but you can increase your gardening success by selecting plants that survive and thrive in the cold of winter and the heat of summer. Unlike annual plants that grow, reach maturity and die in one growing season, perennial plants—those that grow for multiple years in the garden—need to survive the extreme temperatures to return each year.



Use structures, such as cold frames, cloches and floating row covers, to protect young seedlings and transplants from chilly temperatures and frosts.

Stay in the zone

A plant's tolerance to temperatures is reflected in its zone hardiness. Most plant tags, seed packets and other gardening resources contain growing information on the sunlight, soil type, wind and, most importantly, weather that an individual plant needs to thrive. Compare this number to your area's hardiness zone, which you can find on the U.S. Department of Agriculture's Plant Hardiness Zone Map (planthardiness.ars.usda.gov) covering the United States.

The USDA Plant Hardiness Zone Map is broken into 13 zones. Each zone represents areas within a 10-degree F range of the average minimum winter temperatures. These areas are then subdivided into narrower 5-degree segments. The lower the zone number, the colder the average winter temperature.

As you look at the USDA Plant Hardiness Zone Map, you may notice islands of warmer or colder zones within the larger zone hardiness swath. Large bodies of water, urban heat islands, mountains and valleys influence the surrounding climate and growing conditions. These microclimates also exist within your landscape.



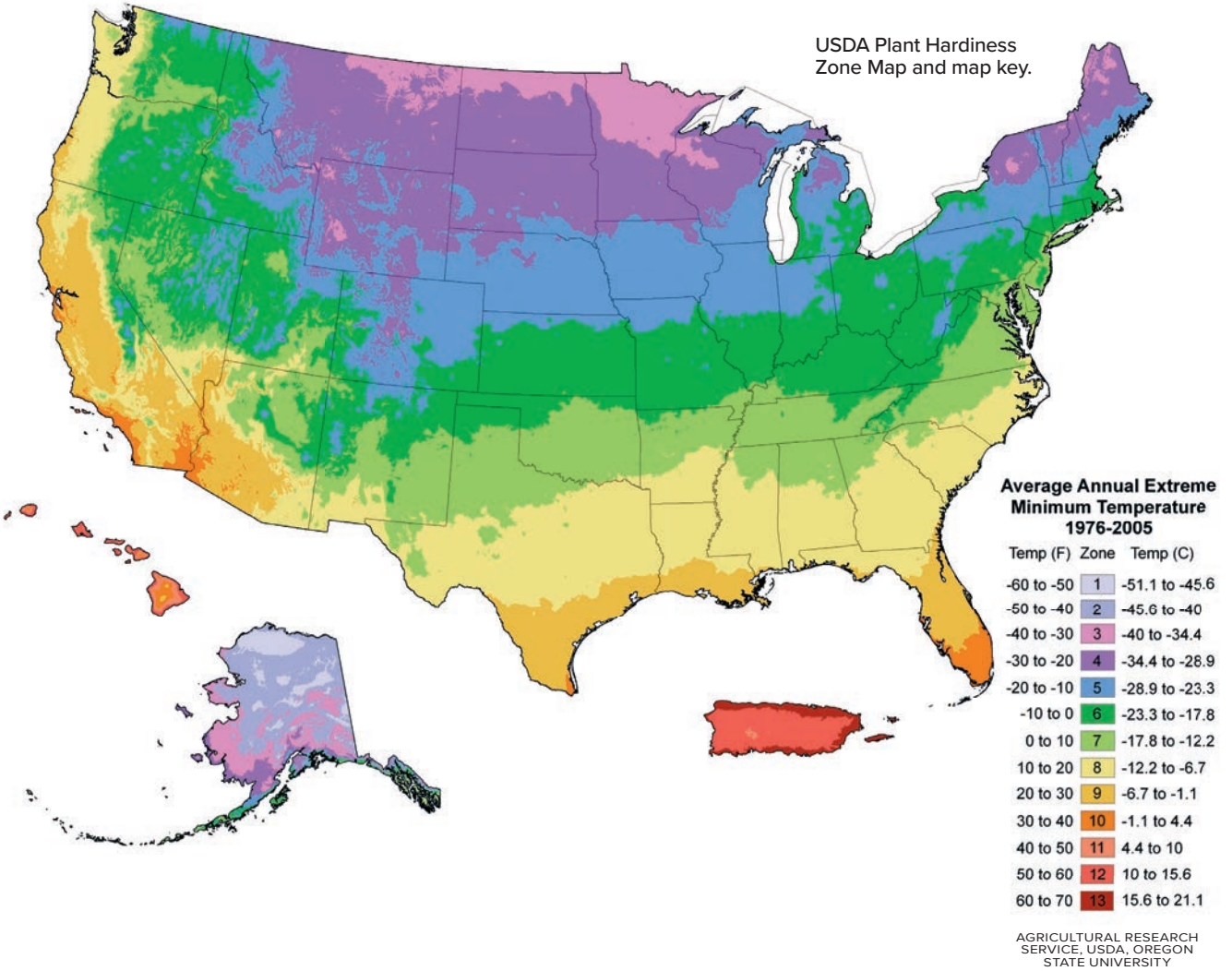
Properly caring for plants will help them thrive throughout the year.

Braving the cold

To help plants survive the cold, Costco member Bob Polowski, a horticulture specialist at Clemson University, in South Carolina, recommends identifying pockets of microclimates in your landscape where the temperatures may vary by several degrees. This difference can mean a plant's life or death in cold weather. Microclimates are influenced by sun exposure, existing plants and nearby structures, and low areas where cold air settles. Tree canopies, overhangs, arbors and fences also create microclimates in your landscape.

Use winter mulch to provide added insulation for plants that are not reliably cold hardy in your area and to discourage early sprouting during winter thaws. Cover susceptible plants with a layer of evergreen boughs, straw or marsh hay after the ground freezes. Use nearby plantings, screens and fencing to protect evergreens subject to injury caused by winter winds and sun. Burlap and other plant-protecting

USDA Plant Hardiness Zone Map and map key.



fabrics can also be used to shield sensitive plants from winter wind.

Winter cold does have some advantages. Certain spring-flowering bulbs, shrubs such as lilacs and some fruit trees require a certain number of cold days to flower and fruit. Nan Sterman (waterwisegardener.com), an award-winning garden writer, a TV host and a Costco member, reminds gardeners in milder climates, such as zones 9 to 10, that even though certain plants may be hardy in their area, those plants may not have the needed chill to flower and fruit.

A plant's tolerance of cold temperatures is just one factor to consider. Tiger Palafox, co-host of the *Garden America* radio show and a Costco member based in Southern California, references *Sunset* climate zones (sunsetplantcollection.com/climate-zones) when selecting and recommending plants. "We have so many different climate shifts due to geographical changes

in a small area; their zone map is the best way to determine what will grow in our areas," says Palafox. His *Garden America* co-host, garden writer John Bagnasco, agrees that California's microclimates make the *Sunset* zones absolutely necessary. For example, he lives 13 miles from the beach and can grow plants that do not thrive on the coast.

Beat the heat

These resources can also help when considering the impact extreme heat has on plants. When temperatures exceed 86 F, many plants suffer short- or long-term damage such as withering, leaf and flower drop, stunted growth and more. The longer the heat wave persists, the greater the risk of damage.

Summer heat, humidity and drought are unavoidable issues that southeastern

CONTINUED ON PAGE 36

COSTCO CONNECTION

You'll find a variety of plants and garden supplies in Costco warehouses and at Costco.com.



gardeners face along with winter cold. In addition, high nighttime temperatures during the summer months pose problems for plants that originated in climates with cool summer nights, says Polomski. Providing afternoon shade, mulching the soil to keep plant roots cool and moist or designing landscapes that help create a more desirable environment can help.

Drought and water restrictions make selecting plants suited to your area's rainfall more important than ever. Established drought-tolerant plants, such as juniper, zinnia, portulaca, sedum and blanketflower, require less frequent watering. That means less work for you once these plants have formed a robust root system and adapted to their home in your garden.

Brian Minter, a grower and horticulture expert based in Chilliwack, British Columbia, recommends creating well-drained soil so plants develop deeper, more drought-tolerant roots. These plants are better able to survive winter cold, summer heat and drought conditions.

Again, plant tags and seed packets often provide helpful information on a plant's tolerance to drought. Many gardeners are incorporating native plants better adapted to their local climate conditions.

Extend your growing season

The average last spring and first fall frosts also influence plant selection and planting times indoors and out. The number of days between these two dates defines the frost-free growing days in your location. Compare this to the plant tag, seed packet or plant description. Most of these resources provide the number of days from planting to harvest or bloom. Match the number of frost-free days in your area with those required by the plant.

To overcome this limitation, grow varieties that require a shorter season, start plants from seeds indoors or purchase transplants of those plants that require a longer growing season.

Planting dates, indoors and out, are also based on a plant's ability to tolerate



TOP TO BOTTOM: © НАТАЛЬЯ ДОРОЖКИНА; CANDYBOX IMAGES; OKSANAMEDVEVA; WAVEBREAK3 / STOCK.ADOBE.COM



Clockwise from top left: Caring for plants may include sheltering them from cold weather; watering plants to keep roots moist; covering seedlings to protect them from the sun and birds; replacing faded annuals with those better suited to the weather.

cold soil and air temperatures. Grow cool-weather plants like pansies, sweet alyssum, radishes, peas and greens during the cooler months. Replace any that are struggling when warmer weather arrives. Zinnias, sunflowers, squash, tomatoes and peppers are among the plants that prefer the warmer weather.

Jump-start the growing season or extend it past the first fall frost with season-extending strategies. Use structures such as cold frames, cloches and floating row covers to protect young seedlings and transplants—or your harvest—from chilly temperatures and frosts. Vermont’s Charlie Nardozzi, an award-winning author, radio and TV show host (gardeningwithcharlie.com), has observed a shift in frosts in the Northeast, allowing gardeners to plant warm-season crops, such as zucchini, cucumbers, beans and basil, in midsummer. These will mature and produce a second crop in fall, and frost protection strategies can be used as needed.

Many gardeners choose to incorporate native plants, which are better adapted to their local climate conditions. Toronto-based Steven Biggs, co-host of *The Food Garden Life Show*, recommends talking with nearby gardeners to find out what works in your immediate neighborhood, as hardiness differences can exist within a small area. Visit your local botanic garden, seek plant recommendations from local university sources and consult with plant experts to help with plant selection.

Wherever you garden, select plants that match the growing conditions, space, your design and, perhaps most importantly, the time you have to care for your landscape. That way you will have time to relax and enjoy the efforts of your labor. With a little planning, your landscape can be an extension of your lifestyle, values and sense of ambiance that will help reduce the stress of daily life. ■

Melinda Myers (melindamyers.com) has a master’s degree in horticulture and is an author, columnist, and TV and radio host.



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Water wisely

Water new plantings often enough in the first few weeks to keep the roots moist but not soggy. Gradually reduce frequency so you will be watering thoroughly but less often. Watering frequency varies with the soil, climate and plants you are growing. Proper watering helps plants develop robust root systems that are better able to absorb water and nutrients from a larger area. Spread a layer of leaves, evergreen needles or wood chips over the soil surface away from tree trunks, shrub stems and the crowns of perennials. These organic mulches help conserve moisture, suppress weeds and improve the soil as they decompose and moderate soil temperature.—MM



Landscaping with plants

COURTESY OF BOWER & BRANCH

Enjoy the outdoors

This time of year, many of us are finally reconnecting with the outside spaces of our homes. Our Home & Garden Special Section aims to help.

For more outdoor playtime and less yardwork, read about the benefits of installing artificial turf. You'll also find a profile of CedarCraft, a company that reuses discarded wood to craft quality elevated planters. Bower & Branch is a Costco Next supplier of trees, plants, shrubs and more. And take in all that beauty while cooking up a meal on a new Kirkland Signature™ grill.



Get your grill on with Kirkland Signature



Ideal outdoor space setup

COURTESY OF TOMMY BAHAMA

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Ground cover

Artificial grass is a smart and sensible choice

by LAURA TOBIAS



COSTCO CONNECTION

Artificial turf, such as PreGra's Platinum Bermuda (pictured above; Item 1059876), and other lawn and garden supplies are available in Costco warehouses and at Costco.com.

Once the domain of sports fields, artificial turf is becoming a popular choice for homeowners, and for multiple reasons. Artificial grass saves water and reduces dust, insects and weeds. It doesn't require the upkeep of a traditional lawn and dries quickly after it rains, making it user-friendly. Best of all, it always looks good, even in problematic areas, such as shady pathways and corners, under outdoor play spaces and in tiny courtyards.

"Our backyard is on a bit of a slope and the grass never looked good with our mastiff and kids and weather issues," says Costco member Tyrone Harris, who installed PreGra artificial turf in his Southern California backyard last fall. "We'd be so embarrassed when company came that we'd ask them to please not look outside." That changed the day the artificial turf went in. "I was out there grilling that first night. It's given us an indoor-outdoor lifestyle, and I believe it's added value to our home too."

Turf selection

Several types of artificial turf are available in a variety of pile heights and color tones. Harris did extensive research before settling on his Costco product. "I talked to a lot of people and got four quotes over 10 months," Harris says. "Our yard gets heavy use, and I needed a quality product."

Many experts recommend that you start by choosing a manufacturer that offers UV protection on their product and backs it with a multiyear warranty. Next, consider the grass varieties found in your region and choose something that replicates what grows locally. A darker-toned fescue is commonly found in northern states, while in southern states closer to the equator, a lighter Bermuda grass is more common.

Then, manufacturers advise that you think about your personal aesthetic. If you're after a tidy, fresh-cut look, a shorter grass with a firmer feel is best. If you want a luxurious look, a longer, softer and lower-density grass will give you that. Finally, consider your lifestyle and needs. Will your grass see heavy



PHOTO COURTESY OF PREGRA ARTIFICIAL GRASS

Turf density and foot traffic are factors to consider in selecting artificial grass.

their most economical landscape grass for low- to moderate-traffic areas. “And all of our products are pet-friendly, but our 48-ounce Pet Turf has a short and dense blade structure, which makes waste cleanup easy,” Shirey adds.

If pets are a consideration, choose turf with a fully permeable backing to allow liquids to drain properly. A permeable backing is also important if your turf will be around a pool or other areas where water splashes.

Cleaning tips

Once installed, artificial turf is easy to maintain, provided you follow a few simple steps. (For installation tips, see “Prepare, measure, roll.”) To keep it looking great, remove fallen leaves or branches before they become ground in; a leaf blower or lawn vacuum makes fast work of the job. In dry climates, rinse the turf regularly with a hose to remove dust and pollen. Clean spills promptly, blotting up with a towel and rinsing with a mixture of soap and water.

Let solid pet waste dry before picking it up; afterward, rinse the area with water. Liquid pet waste will drain out, but dousing with water afterward is recommended.

Finally, brushing the grass against the grain in high-traffic areas every few weeks will keep your turf like new for years.

Artificial grass is an easy way to improve your outdoor living space and keep it looking its best. ■

Laura Tobias is a writer based in the Pacific Northwest.



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Prepare, measure, roll

To DIY install artificial turf, here’s what the pros advise:

- Remove natural sod, weeds and 3 to 4 inches of topsoil.
- Lay a sub-base of gravel, exposed aggregate or road crush. Compact it so the material is even, graded properly and there are no dips.
- Measure your space and plan the placement of each roll. Always face the blades of grass in the direction of your vantage point. In the backyard, the blades should run toward the patio and house. In the front yard, the blades should run toward the street.
- Lay out the grass rolls on top of the gravel base as you would carpet, stretching and snugging the pieces together and cutting with a sharp blade. Secure with spikes.
- Top-dress small holes in artificial turf with infill sand for a more natural look and added comfort. Brush with a broom until all the fibers are upright.

—LT

use, moderate use or no foot traffic at all? Will it be installed around a pool? Will it be used by children or a pet?

“The higher the traffic, the denser the product should be to ensure longevity,” says Tabitha Shirey, general manager of PreGra. “If homeowners associations [HOAs] are a concern, it’s important to remember that many HOAs have very specific guidelines regarding installing turf with a face weight over 70 ounces per square yard.” Shirey says PreGra’s Platinum 80-ounce products are the best fit for high-traffic areas and meet most HOA standards.

If HOAs are not a concern and traffic will be moderate, she says the Select 62-ounce products look amazing and plush, while the 46-ounce Bluegrass is

Weed control

Under the right conditions, any outdoor surface can nurture unwanted moss or plant germination. From time to time, seeds carried

by wind or birds may fall on your artificial turf or where the turf meets walkways or stones. Rain may cause the seeds to germinate, especially in spring. If that happens,

you can pull the weeds by hand or eliminate them with vinegar and water or your preferred treatment.

—LT



Planter power

CedarCraft is as dedicated as ever to greener products

by JULIE KENDRICK



COURTESY OF CEDARCRAFT

Turning trash into treasures is the goal of modern upcyclers, who reuse discarded materials to create new, useful items. That's long been a focus for San Diego, California-based Costco supplier CedarCraft, which started out in 2003 with the mission to turn wood scraps into functional, innovative products.

"One of our passions is to ensure that trees are completely utilized, and our team was excited to work with a progressive lumber mill to 'rescue' wood pieces that were being chipped after milling," explains CEO and founder of CedarCraft Glen Dobi. "We hit upon the idea of using western red cedar trim cuts to manufacture planks that restaurants and home grillers could use to prepare cedar plank salmon." The product's 2005 launch in Costco marked the beginning of CedarCraft's relationship with the company.

Next, CedarCraft worked on rescuing smaller pieces of discarded cedar, using a finger-joint edge-gluing process to create wood panels for a full line of planters.

"We're very proud to be selling high-quality cedar planters for which no trees are specifically harvested to make the products," says Scott Haskins, CedarCraft's vice president of business development. "Our green story, coupled with product

quality, has really resonated with Costco members." Other CedarCraft products are made from sustainably sourced fiber that's certified by the Programme for the Endorsement of Forest Certification and manufactured in British Columbia.

CedarCraft is also committed to environmental initiatives. "We've partnered with the National Forest Foundation to implement a program to help offset the carbon emissions associated with the delivery of planters," Haskins says. "As part of the program, one to two trees are planted for every CedarCraft planter purchased at Costco."

The company's product line introduced self-watering irrigation systems into the planters, which has helped propel the business forward. "With the launch of that feature, we began to experience the explosive growth every small company is hoping to achieve," Haskins says.

Self-watering planters can encourage a formerly brown-thumbed gardener wannabe to bloom into a green-thumbed master gardener. "They save time and water," Haskins explains. "And when plants have a consistent water supply, they're healthier and more productive. That makes for some very happy urban gardeners." ■

Julie Kendrick (@kendrickworks) is a freelance writer who gardens in Minneapolis.

COMPANY INFO

Name
CedarCraft

CEO
Glen Dobi

Headquarters
San Diego

Item carried at Costco
Self-Watering Elevated Spruce Planter, pictured above. Warehouses (Item 1571686), Costco.com (Item 1315408).

Quote about Costco
"I know that I can place my trust in whatever is [at Costco] because it's been selected with quality and value in mind. For our company, it means so much that we've been selected as one of those suppliers, and it makes the entire CedarCraft team proud."

—Glen Dobi



Kirkland Signature
6-Burner Propane Gas
Grill (Item 2327661)

Grill of one's dreams

It's time to get all fired up about the new Kirkland Signature propane gas grills

by ANDREA TOMKINS



TED SIMPSON

Andrea Tomkins fills this month's consumer reporter slot with this behind-the-scenes look at a Costco program. Email questions about this article to connection@costco.com.



Get ready to get your grill on this summer, because the new Kirkland Signature™ propane gas grills are coming! The six-, seven- and 12-burner grills feature some of the newest advancements in outdoor cooking, such as LED knobs, an innovative grease management system and a top sear infrared burner that will immediately upgrade anyone's grilling game.

As with the development and launch of many new products at Costco, it started with a simple question: What would Kirkland Signature grills look like?

"It was a lengthy process," recalls Sierra Lowe, a Costco buyer who oversees this department. "We wanted to make sure we

built the right grills. We wanted to build the best of the best."

While Lowe and her team were already aware of the latest innovations in grilling technology, it took over a year of visits to trade shows and analysis of marketplace trends to design and build the Kirkland Signature propane gas grills.

What helps, of course, is a keen understanding of what Costco members are looking for in top-tier grills and a great rapport with a supplier that can provide an extra level of expertise. This collaboration—with a shared goal of designing a quality product—was significant in the development process.



“We wanted to build the best of the best.”

— SIERRA LOWE ★
Costco buyer

Enduring quality

One thing was clear from the beginning: These grills would be a premium product and made to last. No one wants a grill that lasts only one summer, which is why the grills are built with a grade of stainless steel specifically chosen for its high level of corrosion resistance.

While there are many grades of stainless steel, the three most used in grill manufacturing are 304, 445 and 430; 304 will not corrode in normal atmospheric conditions, 445 is corrosion-resistant, and 430 is the most affordable (not to mention pretty and shiny) but not as long-lasting.

“We wanted to have as much 304 stainless steel in this grill as we could, because 304 stainless steel is what will have the most longevity and is the most resistant to rust,” says Lowe. “These grills are going to be a staple in your outdoor cooking environment for many years to come. That’s what members expect from a Kirkland Signature product.”

The hood, cooking grates, warming rack and firebox are constructed from 304 stainless steel. What’s more, special attention has been given to each component. It’s the Costco way.

“For us it’s really all about quality—everything down to the hinge, the casters, the thickness of each and every single piece,” says Lowe. “We go into all of those details to make sure it’s a premium-quality product for

our members. These are the kind of grills that are typically sold at specialty retailers.”

The grills will be appreciated by everyone from *Top Chef*-style grill masters to those of us who are likely to use it to roast potatoes and melt cheese on our nachos. Speaking of which, no matter your grill skill, you will want to read up on the top sear infrared burner (see “A great feature”), a hot new feature of all the Kirkland Signature grills in this series.

Upgrades galore

Many features were included with Costco members in mind. For example, all Kirkland Signature grills can be converted to natural gas. This is a great advantage for anyone who is planning a backyard upgrade that includes a natural gas drop.

A six-burner version of the Kirkland Signature grill will be available in Costco warehouses and at Costco.com. The seven-burner version, available in select locations and at Costco.com, has two cast-iron side burners and a removable griddle (breakfast anyone?) and the 12-burner Stone Island Grill, available at Costco.com only, includes cool features such as a pullout trash can and full-extension glide drawers. With its gorgeous stone surround, the 12-burner grill is the kind of appliance that becomes the focal point of an outdoor kitchen.

Costco members: Prepare for some grill power this summer. ■



SAFETY AND INNOVATION

Did you know that the grease tray is the No. 1 reason for grill fires? Kirkland Signature propane gas grills feature an innovative grease management system (above) that has a larger capacity than standard grease cups and is easily accessible from the front of the grills. “Cleaning the grease tray more often is a whole lot simpler now,” says Costco buyer Sierra Lowe. The grease management system in the Kirkland Signature grills can be easily removed and popped into the dishwasher.—AT

LEFT BACKGROUND: © HILDAVEGES; ABOVE ART: NATALIAHUBBERT / STOCK.ADOBE.COM

A great feature

The new Kirkland Signature propane gas grills come with a top sear infrared burner.

The consistent infrared heat locks in moisture and natural juices, so your steak gets a restaurant-quality sear without drying out. The infrared burner is a game

changer for outdoor cooks who like a nicely browned layer of cheese on top of pizza, and it’s great for potatoes, seafood and chicken.—AT



Regions of bloom

Bower & Branch grows a new way to supply trees, plants and shrubs

by KATIE COLEMAN



A Bower & Branch “plant whisperer”

COURTESY OF BOWER & BRANCH

When you think about beautifully landscaped yards and mature trees reaching toward the sky, you don’t think about technology, do you? Don Eaton, CEO and founder of Costco Next supplier Bower & Branch, wants to change that.

Bower & Branch works with 17 growing locations in nine regions across the United States, so all it takes is the click of a mouse or a tap on your phone for the company to ship full-grown trees, shrubs and flowering plants fresh from a grower’s lot to your home.

Speaking with the *Connection* from his Pennsylvania headquarters, Eaton explains how his company is changing the landscape of landscaping. “I came up with the idea for Bower & Branch in 2012 because I realized family growers across the country have no central hub,” he says. As someone who ran a family nursery for 35 years, Eaton says he knew the future of landscaping wasn’t possible unless somebody brought the industry together.

“So, I came up with [a] model that represents growers and benefits everybody,” he explains.

Eaton says part of what makes his model successful is its regionality: “People that engage with us through Costco Next receive plant selections based on logistics,

compliance with [their state’s] Department of Agriculture regulations—which differ state by state on how you can move live plants—and what is appropriate to grow depending on the area you live in, because what people use to landscape in the Pacific Northwest is different from Boston or Orlando, Florida.” (See this month’s cover story on zone gardening for more information.)

Why full-grown items? Why not just plant saplings or smaller trees and wait for them to grow? The answer, according to Eaton, is simple: “We believe that 90% of a plant’s success comes from a grower, and we can guarantee with confidence that our growers are the best. All we have to do is teach [people] to water their plants, then just get out of the way and they will grow.”

While Bower & Branch won’t choose the plants for you, they offer consultants, or “plant whisperers,” at no additional cost, who will dedicate time and resources to help plan your yard.

“Trees have a bigger purpose,” Eaton says. “I used to leave the office and go out in the crops to reduce stress. People need that more today than any other time in [our] culture, as we’ve moved away from agriculture. The thing that excites us most is people moving back into gardening and understanding the value of that outdoor space. It’s incredible.” ■

COMPANY

Name

Bower & Branch

Founder and CEO

Don Eaton

Employees 20

Headquarters

Wernersville, Pennsylvania

Website

CostcoNext.com/brand/bower-branch

Items carried at Costco Next

Big trees up to 20 feet tall; fruit, edible and native plants and trees; Audubon planting services; flowering shrubs; perennials; and other items.

Quote about Costco

“Working with Costco has been one of the greatest business experiences of my life. They take their brand seriously, and you know you can shop there with confidence.”

—Don Eaton



Buyers' picks

Product selections from Costco's Lawn & Garden buying team



Sierra Lowe

Alvaro Barrenechea

Marcie Dury

Leisure Line Outdoor Rocking Chair

This beautiful, well-built rocking chair will give you many seasons of relaxation and comfort. Made with stainless steel hardware and premium Tangent recycled plastic lumber, which does not split, crack or warp, this chair is engineered to rock smoothly and its seat is contoured for extra comfort. Item 1612681. Warehouses/Costco.com.—*Sierra Lowe*



Yardistry Contemporary Gazebo

What I love about this gazebo are its clean lines and modern design, with powder-coated steel trusses and aluminum roof. I also like that it's built with 100% Forest Stewardship Council–certified premium outdoor lumber. At 12 x 14 feet, it's perfect for outdoor dining and entertaining. It can also withstand harsh weather conditions, making it a welcome addition to any backyard. Item 2127608. Costco.com only.—*Alvaro Barrenechea*



Tommy Bahama Relax Montego 5-Piece Seating Set

Enjoy this set's contemporary design and comfort. The 87-inch sofa features cushions covered in Sunbrella® fabrics, accented by custom-embroidered pillows. Java-colored hand-woven resin wicker covers the powder-coated aluminum frames. The set includes an embossed wood-grain-finish side table, a cocktail ottoman with a fully upholstered seat and club chairs. Item 1618011. Costco.com only.—*Marcie Dury*

Berry delicious

Blackberries and raspberries are bursting with sweet health benefits

by MARISA MOORE



Lemon Raspberry Crumb Bars

© AMBER BRADY (DESSERTNOWDINNERLATER.COM)



COURTESY OF MARISA MOORE

Marisa Moore
(marisamoore.com)
is an Atlanta-based registered dietitian nutritionist, writer, consultant and recipe developer.



Blackberries and raspberries have been gathered worldwide as a nutritious food for thousands of years. These jewel-toned berries have slightly different structures, with raspberries sporting a center pocket while blackberries contain a soft edible core. Both offer sweet flavor and nutrition benefits.

Just one cup of the fresh berries provides about 30 milligrams of vitamin C, which is essential for immune health, healing wounds and more. At an impressive 8 grams per cup, the fiber in these berries may help promote good gut health and keep blood sugar and blood cholesterol levels in check.

Storage tips

Keep the berries dry and refrigerated, and enjoy them within a few days. Wait to rinse the berries until just before eating to stave off spoilage.

For longer shelf life, freeze berries in a single layer, then store in a freezer-safe container. Make a refrigerator jam or compote by cooking the berries with lemon juice

and honey or sugar until the berries melt into a jammy consistency. Alternatively, use a water bath and a tested recipe to properly can raspberry jam or blackberry preserves for shelf-stable storage.

Recipe ideas

Blackberries and raspberries elevate both sweet and savory recipes. Enjoy these berries as a stand-alone snack, over oats or tossed into a smoothie. Bake them into fragrant muffins or prepare a simple dessert by layering white cake, fluffy whipped cream and berries.

Blend raspberries into a vinaigrette to liven up a simple spinach salad. Add a pop of color and nutrition to waffles with a generous drizzle of warm raspberry sauce. Pair blackberries with creamy goat cheese, walnuts and arugula on flatbread, or roast a blackberry-glazed salmon for dinner.

The ways to enjoy these berries are truly boundless. ■

Lemon Raspberry Crumb Bars

CRUST/TOPPING

¾ cup butter, at room temperature
1 cup brown sugar, packed
1 cup quick oats
1½ cups flour
½ tsp salt
1 tsp baking powder

FILLING

1 (14-oz) can sweetened condensed milk
½ cup lemon juice (about 2 large lemons)
Zest of 1 lemon
1 egg yolk
1 cup raspberries
1 Tbsp flour
2 Tbsp sugar

Preheat oven to 350 F.

Prepare the crust/topping: In a large bowl, mix together the crust/topping ingredients until there are no butter chunks and the mixture begins to clump together. Press three-quarters of the mixture on the bottom of a lightly greased 7 x 11-inch baking pan.

Prepare the filling: In a separate bowl, mix together the sweetened condensed milk, lemon juice, lemon zest and egg yolk. Spread onto the crust. Toss the raspberries with the flour and sugar. Mash lightly with a fork, keeping some fruit intact, then dollop the raspberries onto the lemon filling. Crumble the remaining crust mixture over the top of the raspberries.

Bake 30 to 35 minutes or until the crust browns and the center of the filling is set when tested with a toothpick. Cover with foil if browning occurs before the filling is set.

Chill 1 to 2 hours before cutting and serving. Cover and refrigerate any leftovers. Makes 12 servings.

Tip: Line the pan with parchment paper hanging over the sides to easily lift the dessert out of the pan.

Recipe courtesy of Amber Brady (dessertnowdinnerlater.com)

Black and Blue Spring Salad

VINAIGRETTE

½ cup fresh blackberries
1 Tbsp sugar
2 Tbsp balsamic vinegar
2 Tbsp extra-virgin olive oil
1 Tbsp honey
Salt and pepper, to taste

HONEY-ROASTED PECANS

½ Tbsp butter, melted
1 Tbsp honey
½ cup pecans
Salt, to taste
5 oz spring mix lettuce
12 oz fresh blackberries
3 oz blue cheese, crumbled

Prepare the vinaigrette: Place the blackberries and sugar in a food processor or blender, then blend until berries are crushed. Let sit for a minute, then add remaining vinaigrette ingredients and blend until smooth. Set aside.

Prepare the pecans: Preheat oven to 350 F. Pour melted butter into a bowl, then add honey and pecans; toss to coat. Spread out pecans on a parchment paper-lined baking sheet and bake for 5 to 6 minutes, or until brown and fragrant; watch carefully so they don't burn. Sprinkle lightly with salt and set aside to cool completely.

Divide the lettuce among 2 to 4 plates. Top with the whole blackberries, blue cheese crumbles and honey-roasted pecans. Dress with berry-balsamic vinaigrette, then serve. Makes 2 to 4 servings.

Recipe and photo courtesy of Kristin Porter (iowagirleats.com)



COSTCO CONNECTION

You'll find blackberries and raspberries in your local Costco warehouse. Groceries are available for delivery through Costco Grocery at Costco.com.

Power punch

Stop and smell the stinking rose

by VICKI SHANTA RETELNY



© CAROL BORCHARDT



ANGELA GARBOT PHOTOGRAPHY

Vicki Shanta Retelny (victoriashanta.reteln.com) is a Chicago-based registered dietitian, nutritionist and lifestyle writer.

COSTCO CONNECTION

You'll find fresh, minced and granulated garlic in Costco warehouses. Groceries are available for delivery through Costco Grocery at Costco.com.

Aromatic and versatile, garlic, aka “the stinking rose,” has been used for thousands of years by many cultures to add flavor to a variety of dishes.

The potent bulb is just as well regarded for its potential health benefits. Garlic has anti-inflammatory and antioxidant properties, and whether raw or in aged extracts, powder, oil or supplements, garlic may help reduce total blood cholesterol and low-density lipoprotein cholesterol levels. In addition, allicin, a compound in garlic, has been isolated as helping to lower blood pressure in hypertensive people.

Fresh garlic can be used raw, cooked or dried and granulated. Peeled, crushed, chopped, diced or minced, garlic is tasty sautéed in sauces, chili and soups, as well as puréed in pesto and hummus or whisked into salad dressings and marinades.

Garlic is often combined with other herbs and spices as a rub for meat, poultry and seafood. Garlic is also baked into breads, casseroles, quiches and savory pies.

Garlic is ideal on its own as well. A whole garlic bulb can be drizzled with olive oil and oven-roasted; the softened cooked cloves can be spread on crusty bread.

When storing whole unpeeled garlic bulbs, place in a wire basket or ceramic bowl in a cool, dark, well-ventilated spot with dry airflow for up to six months. Separate cloves only when you're ready to use. Once the cloves are removed and peeled, their shelf life is about two weeks refrigerated. As garlic ages it grows green shoots that can cause a bitter taste.

In any form, garlic is an ancient food with modern medicinal and culinary uses. ■

40 Clove Garlic Chicken

¼ cup all-purpose flour
Salt and pepper, to taste
4 chicken thighs, bone in and skin on
2 Tbsp olive oil
1 cup dry white wine
1 cup chicken broth
40 large garlic cloves, unpeeled
2 tsp fresh thyme, chopped
2 sprigs fresh rosemary, leaves only, finely chopped
2 bay leaves
2 Tbsp butter
Pinch of crushed red pepper flakes
Chopped fresh parsley, for garnish
Crusty French bread

Generously season the flour with salt and black pepper. Dredge both sides of the chicken thighs in the flour.

Heat olive oil in a large skillet over medium-high heat. Add chicken, skin side down; brown well. Turn chicken over and brown other side. Remove from heat. Add the wine carefully, then return to the heat.

Bring to a boil, reduce heat to a simmer, then cook until wine is reduced by half. Add chicken broth and garlic, then bring the liquid back to a boil. Add thyme, rosemary and bay leaves. Reduce heat to a simmer; cover skillet. Cook 25 to 30 minutes or until the chicken is thoroughly cooked through to 165 F in the center and the garlic is tender.

Stir in butter and crushed red pepper flakes. Remove bay leaves and sprinkle chicken with parsley. Squeeze the garlic out of the cloves to enjoy, preferably onto crusty French bread.

Makes 2 to 4 servings.

Recipe courtesy of Carol Borchardt (fromachefskitchen.com)



The piña (core) of the agave plant is traditionally roasted in underground pits heated by wood or charcoal.



© AGAVE ILLUSTRATION: JENESEIMIRE; AAMULYA / STOCK.ADOBE.COM

Exploring mezcal

This agave spirit has a multitude of flavors

by CHAD SOKOL



COSTCO PHOTO STUDIO

Chad Sokol is vice president of Costco's wine and liquor department.



COSTCO CONNECTION

A variety of mezcal and other spirits are available in select Costco locations.

Earth, smoke, granite, tobacco, leather, chocolate, grass, honey, lemon—all can describe the multitude of flavors found in mezcal.

Mezcal, according to the website *Advanced Mixology*, comes to us from the Aztec word *mexcalmetl*, which translates to “oven-roasted agave plant.” The popularity of this distilled beverage has skyrocketed, making it one of the fastest-growing spirits in the U.S.

What exactly is mezcal, and why is it becoming so popular?

Just as bourbon is a category within whiskey, tequila is a subset of mezcal. In fact, any spirit distilled from the agave plant can be called mezcal, but not all mezcal is tequila. More than 30 varieties of agave can be used in the production of mezcal, although espadín, from the Mexican state of Oaxaca, is the most common source.

Tequila, on the other hand, must be distilled specifically from blue agave, which is native to the Mexican state of Jalisco and surrounding regions. The region in which agave can be grown for mezcal is much larger than the area where blue agave thrives.

This, along with the fact that cultivated and wild agave can be used in mezcal, helps contribute to the spirit's many unique flavorful characteristics.

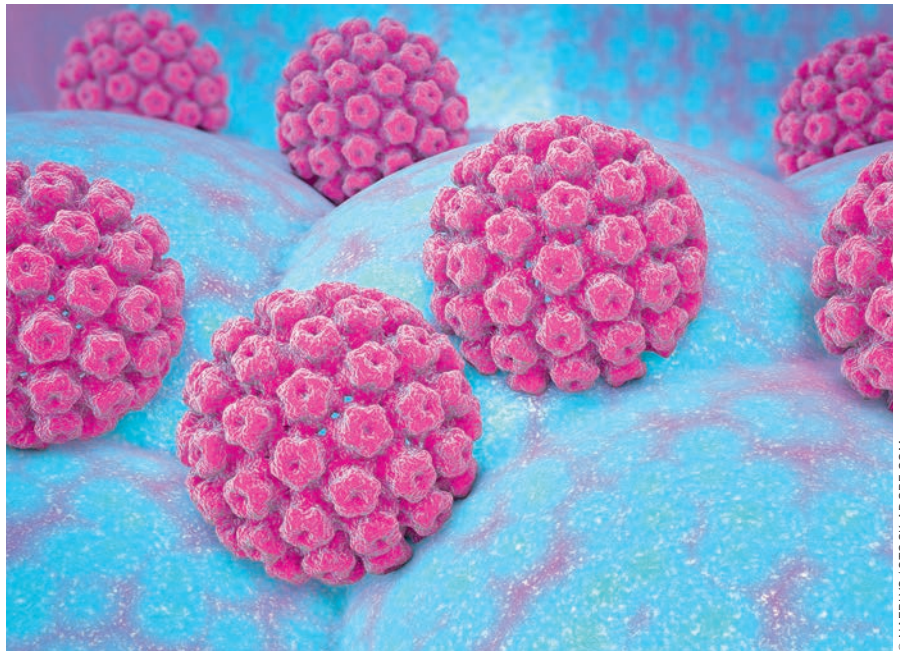
Mezcal is commonly referred to as a smoky version of tequila. Although that may be true, that description is also limiting as mezcal can also have fruity, herbal and vegetal notes. The production methods to make mezcal help contribute to its smokiness. The piña (core) of the agave plant is traditionally roasted in underground pits heated by wood or charcoal. In contrast, the piñas used for tequila are steamed in ovens before being fermented into alcohol.

Among the reasons for mezcal's popularity is its versatility; it can be substituted for whiskey, bourbon or tequila in mixed drinks, such as an old fashioned, a margarita or a sour. My preference is to drink mezcal neat (without ice, water or a mixer). However you enjoy this distilled spirit, one thing is for sure: Artisanal and premium brands continue to grow in strength. ■

Fighting HPV

Getting the HPV vaccine can help prevent certain cancers

by LINDA R. BERNSTEIN



© NAEBLYS / STOCK.ADOBE.COM



Linda R. Bernstein, Pharm.D., is a pharmacist, writer and the host of DrLinda.TV.



COSTCO CONNECTION

A variety of vaccinations, including the HPV vaccine, are available in Costco pharmacies.

Human papillomavirus, or HPV, is the most common sexually transmitted infection in the United States, according to the Centers for Disease Control and Prevention (CDC). Some types of HPV can cause cervical and other cancers that may take years to develop, including cancer of the vulva, vagina, penis or anus. Cancers in the back of the throat, including the base of the tongue and the tonsils, can also occur. Every year in this country, HPV causes about 37,300 cases of cancer in men and women. A person can have HPV and have no signs or symptoms.

Protection against HPV

The American Cancer Society notes that the HPV vaccine provides close to 100% protection against infections and pre-cancers caused by certain types of HPV. The vaccine also protects against the HPV types that cause most anal and genital warts. It does not treat existing HPV infections or diseases. It works best when given before any exposure to HPV.

HPV vaccine side effects are mild and most commonly include pain, redness or swelling at the injection site, fever, dizziness, fainting, nausea, headache, feeling tired, and muscle or joint pain.

Other CDC reminders

In addition to getting the vaccine, adopting certain practices and behaviors can help, advises the CDC.

- Routine screening for women ages 21 to 65 years old can help prevent cervical cancer. Women who have received the HPV vaccine series should still be screened for cervical cancer beginning at age 21.

- If you are sexually active, use condoms correctly every time you have sex to lower your risk of getting HPV. Areas the condom does not cover are still vulnerable to HPV infection.

- Being in a mutually monogamous relationship reduces your HPV infection risk. People can be infected, not know it and infect others. Symptoms may occur years later, so it's hard to know when you first were infected. ■

Vaccine timeline

Children ages 11 to 12 years receive two doses of the HPV vaccine, six to 12 months apart.

If they are 15 or older, they need three doses, given over a six-month period. For those not fully vaccinated, catch-up vaccination is re-

commended for adults through age 26. The HPV vaccine may be recommended for some adults ages 27 to 45 who are not fully vaccinated.—*LRB*



© COSTCO PHOTO STUDIO

Alex Kanenwisher
Buyer, Books



Readers looking for a strong and spirited female lead character need look no further than Jeannette Walls' latest novel, *Hang the Moon*.

Sallie Kincaid is resourceful and sharp-witted, just like her father. But when she coaches her half-brother, the result is an accident and a nine-year self-imposed banishment from her hometown. When she returns, she fights to claim a place for herself within the family.

Hang the Moon (Item 1727390; 3/28) is available in most Costco warehouses.



Jeannette Walls

© JOHN TAYLOR

Wonderful women

Jeannette Walls celebrates strong female characters who defy the odds

by ELLEN SCHWARTZ

Sallie Kincaid, the main character of Jeannette Walls' new novel, *Hang the Moon*, sees the contradictions in life.

As she says, "Legal and illegal and right and wrong don't always line up. Sometimes the so-called law is nothing but the haves telling the have-nots to stay in their place."

The book, set in western Virginia during Prohibition, tells the saga of the scandal-ridden Kincaid family. For Sallie, helping her poverty-stricken neighbors bootleg moonshine whiskey, in defiance of the law, not only makes business sense—her family's general store relies on the revenue from selling the contraband—but is also a moral calling. As Walls explains, speaking from her home in Virginia, "Appalachia has mountainous, rocky terrain, ill-suited for growing agricultural crops. People would have starved to death if they hadn't made moonshine. Besides, my own father ran bootleg liquor."

Walls says she is fascinated by this era in American history. "It was a transitional period from an agrarian to a modern society. The automobile broadened people's lives, especially those of women, offering greater freedom. Two amendments to the Constitution—one outlawing alcohol and the other giving women [the right to] vote—occurred simultaneously. This was a complex, contradictory time, and I liked that."

Walls' own life in some ways echoes that of her protagonist. Her family moved often during Walls' childhood and experienced periods of homelessness. When they finally landed in rural Virginia, they lived in a three-room house without plumbing or heat. "I'll never forget when we first got electricity," Walls says, her voice full of wonder.

© COSTCO PHOTO STUDIO



Stacy Wells
Assistant Buyer, Books

“I found myself thinking about home and belonging.”

—KATE MORTON

She captured this time in her 2005 bestselling memoir, *The Glass Castle*. The book has sold more than 5 million copies, has been translated into 31 languages, has received numerous awards and was made into a 2017 film starring Brie Larson and Woody Harrelson. Walls has also published two previous novels, *Half Broke Horses: A True-Life Novel*, based on the life of her grandmother, and *The Silver Star*.

“I’m drawn to stories about women who make their own way,” Walls says. “In the early 20th century, women were gaining more independence, but there was also massive pushback. When I was doing research, I was appalled at the dismissal of women in popular culture, even downright hostility. They were being told to go back into the kitchen after having held down jobs and supported their families during World War I. I wanted to create a tough, feisty character in Sallie who could rise above all that.”

When asked about the difference between writing fiction and nonfiction, Walls replies, “With nonfiction, you’re writing about things that have happened. Writing fiction is like standing in the middle of the ocean. You can go in any direction. It can be overwhelming.” To achieve realism, she continually asked herself, “Could this have happened. Is it plausible?”

Walls typically writes four to five hours daily, sometimes turning out 20 pages a day. “But then I rewrite. When I read something back and it doesn’t sound right, I know I haven’t gone deep enough. I love problem-solving, that euphoric feeling when I figure out how to make it work.” ■

Ellen Schwartz is the author of 17 award-winning books for children. She lives in Burnaby, British Columbia.

A crime hits home



Homecoming (Item 1729702; 4/4) will be available in most Costco warehouses.

In Kate Morton’s *Homecoming*, Jess is summoned to her childhood home after her grandmother suffers a fall. Once there she finds a book that chronicles an investigation into a long-ago crime. Within its pages, Jess discovers a connection to her family and the Turner family tragedy that occurred on Christmas Eve, 1959.

Costco Connection What inspired this particular story?

Kate Morton I started writing *Homecoming* during the first months of the pandemic, when my family and I returned from London to Australia for what we thought would be a short period. As the weeks passed, living near my extended family in the landscape of my childhood, I found myself thinking about home and belonging and especially what it means to come home.

CC What is it about the power of secrets that intrigues you?

KM It is almost certain, I think, that we wish to see and know that which is hidden from us. They are also deeply personal—the thoughts, feelings and actions that a particular individual chooses to conceal. A secret thus tells us a lot about a character: what they value, what they fear and regret, what makes them vulnerable. Put that character inside a family, with all of the closeness, claustrophobia and potential for complication that brings, loosen the lock a little and the secret quickly gains power.

Also at Costco.com

Readers ages 9 to 12 can immerse themselves in the enchanting underwater world of half-mermaid Emily Windsnap and her friends.

This fin-tastic collection includes six books by Liz Kessler that chronicle Emily’s adventures.

The seventh book, *Emily Windsnap’s Fintastic Friendship Book*, is meant to be

shared with all of your child’s besties for hours of fun!

Emily Windsnap: Six Sparkling Stories from the Deep Blue Sea (Item 1592563; 4/10) will be available at Costco.com.—AK



Forget me not

V.E. Schwab explores the curse of eternal life

by JUDY GELMAN

Costco's suggested Book Club read provides insight into a selected novel, as well as an appropriate recipe to accompany your own book club's discussion.

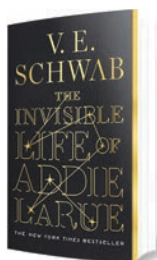
When Addie LaRue makes a deal with the devil to escape a life she feels trapped in, she is given freedom and immortality. The price? She is doomed to be forgotten by everyone she meets.

"My ideas for stories are like ingredients in a meal. They come together slowly and over time," author V.E. Schwab says of her 20th novel, *The Invisible Life of Addie LaRue*.

Observing her mother's pain as her grandmother suffered with dementia was part of what prompted Schwab to write the story. "It's impossible to fathom a parent forgetting her daughter," she tells the *Connection* from her home in Edinburgh.

She is also fascinated by Faustian bargains, which, in literature, are traditionally made by men. "I wanted to explore how a woman might experience immortality and the freedom that comes with it."

In a story that traverses centuries, depicting the foods Addie encounters was as important to Schwab as detailing the dress and décor.



The Invisible Life of Addie LaRue (Item 1729700; 4/10) will be available in most Costco warehouses.



© JENNA MAURICE

"History is as much about what we ate and drank as what we wore," she explains. "Food reflects wealth, class and culture, and allows readers to viscerally connect with a character or setting." So, Schwab researched the evolution of French cuisine during Addie's journey. "Luckily for me, Luc, Addie's nemesis turned lover, has expensive taste, and the most often recorded meals of the 18th and 19th centuries were those eaten by nobility."

As Addie moves through time and a dozen countries, the food travels and changes with her. "From the first thing she steals—a loaf of bread in France—to her fateful dinner with Luc in a Manhattan restaurant, food is Addie's greatest pleasure," says Schwab, "an appreciation that goes hand in hand with her love of art and beauty."

Food also reflects how Addie copes with her curse. "While Addie cannot die, she can go hungry, so her next meal is always on her mind," explains Schwab. "Early on she struggles for sustenance. But when she learns how to bend the nature of the curse to her advantage, she can obtain essentials and even indulge in the occasional delicacy."

Addie's favorite drink is Champagne, so Schwab suggests book clubs toast her with *The Night's Lament*, the cocktail she imagines Luc orders for Addie at a Chicago speakeasy in 1928. ■

Judy Gelman is the creator of the website Bookclubcookbook.com.

The Night's Lament

Demerara sugar, for rimming the glass
1 oz Cointreau
1 oz cognac
4 to 6 oz Champagne
A single rose petal (red if the cocktail is for a current love, white for an ex love)

Chill a martini glass or Champagne coupe.

Pour sugar onto a shallow plate wider than the rim of the glass. The sugar should be ¼ inch high and wider than the glass rim. Pour water into a small saucer wider than the glass rim. Dip the rim in the water, then in the sugar.

Pour Cointreau and cognac in a shaker filled with ice then shake until chilled, about 30 seconds. Strain into chilled glass. Top with Champagne. Float rose petal on the cocktail.

Makes 1 serving.

Recipe courtesy of V.E. Schwab



© JUDY GELMAN

Keeping it clean

Brita pours its energy into sustainability

by DAN JONES



© COURTESY OF BRITA



COSTCO CONNECTION

The Brita Champlain 10-cup (Item 1512822) and replacement filters (Item 987554), pictured above, are available in Costco warehouses and at Costco.com.

Brita—the company that produces BPA- and BPS-free pitchers, filters and other water-related products—launched its first jug in 1970.

As it has grown and evolved, Brita’s biggest goal remains powerfully simple. “We [want to] make water better for people and the planet,” says Elizabeth Knipmeyer, the associate director of research and development at Brita.

Sustainability is front and center at the company, through its water systems that replace plastic bottles, a focus on better packaging, and a commitment to supply-chain efficiency, says Jon Schlesinger, vice president and general manager at Brita.

“Some of those bottles get recycled, but some go into landfills,” says Schlesinger, who is a Costco member. “That could mean plastic in the oceans, affecting wildlife. That’s the biggest benefit of switching to [filtered water].”

Knipmeyer adds, “We are looking to get zero plastic waste from packaging into landfills by 2030, lower our carbon and plastic footprint, and be completely curbside recyclable with 100% recyclable fiber packaging.”

Brita’s new 10-cup Champlain pitcher—which is sold exclusively at Costco—has an LED display that lights up to give real-time feedback on the filter and features 18% less packaging and plastic than the previous model. The company assessed the pitcher’s structure and realized a plastic sleeve that went into the reservoir could be removed.

“You can replace 1,800 single-use plastic bottles per year using it,” Knipmeyer states. Brita’s packaging also continues to improve, she says; the company made a 10% reduction in packaging by shortening the tray that goes around the bottom. “Over 90% is now recyclable or reusable, and we continue to innovate on materials we choose,” she says, adding that Brita hopes to be at 100% by 2025.

Brita also improved the company’s supply-chain efficiency by recently expanding its manufacturing sites outside of Asia. Says Schlesinger, “We are excited to be on this journey to improve the environment.” ■

Sustainable actions

Small changes can make a big impact in improving the environment. Here are a few tips from Brita on ways you can help.

- Travel with a reusable water

bottle when you’re on the go.

- Carry reusable shopping totes to avoid disposable bags.
- Avoid using plastic foam and other non-recyclable materials.
- Reuse and repurpose plastic that might otherwise be thrown

away, like storing snacks, nuts or sugar in clean, empty containers. Transform washed milk jugs into mini herb gardens, piggy banks or do-it-yourself bird feeders.

- If you do use plastic products, recycle appropriately.—DJ

Taking action

Reducing emissions is a key part of Costco's Climate Action Plan

by SHERI FLIES



© MALP / STOCK.ADOBE.COM



© COSTCO PHOTO STUDIO

Sheri Flies is Costco vice president of global sustainability and compliance.

Our world is warming from greenhouse gas emissions, and it's clear we face dire consequences if we don't reduce them. At Costco, our goals and plans to lower carbon dioxide emissions are stated in our Climate Action Plan.

This plan addresses Costco's direct carbon footprint from our operations, as well as emissions from our network of suppliers. Climate action is part of our broader, holistic sustainability efforts, which I'll explain here.

Measuring our impact

First, we have worked diligently to ascertain our total carbon footprint. For example, we have analyzed our emissions for everything from our warehouse operations around the world (refrigerants and electricity are major factors) to our delivery fleet. With a baseline of our total emissions footprint now established, we have begun to set annual reduction goals for our operations. Likewise, we are working with our suppliers to understand their emissions and reduction efforts.

Operations and sourcing

In our warehouses, our focus is on energy supply and efficiency, refrigeration, electrification, design and site selection, program

oversight and employee education. Our STAR program—Sustainability Technical Assistance Review—lists smart procedures for warehouse staff to follow to operate responsibly, which reduces emissions.

In sourcing products for Costco, our buyers ask suppliers foundational questions about people, animals, the environment and packaging related to their goods. Other key questions have been added: What are your emissions and your plans to reduce them?

We're seeing results

Our total emissions directly related to our operations for the last reporting period decreased slightly from the baseline established in 2020. This comes even as we've added warehouses around the world. We feel that our efforts so far to operate efficiently are paying off. Based on these results, and further analysis, we have increased our reduction commitment for operations from 20% to 39% by 2030.

Climate action is critical for all of us. We are committed to doing our part and will provide updates on our progress in our Sustainability Commitment. ■

A holistic approach

Our Climate Action Plan is one key part of the holistic approach we take in working toward sustainability at

Costco. Along with our own sustainability principles, we have aligned our efforts with seven of the United Nations Sustainable Development Goals that relate most to our

business, including taking climate action.

For more details on our Sustainability Commitment, go to [Costco.com](https://www.costco.com) and search "sustainability."—SF



New York City:

Park Central Hotel New York

In the heart of New York's history, Park Central allows you to embrace its beautiful past and provides a complete New York experience. On foot, it is only a four-minute walk to Central Park and an eight-minute walk to Times Square. Broadway and Rockefeller Center are both within a 1-mile radius. To learn more, visit CostcoTravel.com.



The latest Costco finds



Permasteel Galvanized Steel Patio Cooler

Functional and portable, this 80-quart rolling cooler holds up to 110 12-ounce cans and features an insulated bin to keep them cold, as well as a built-in bottle opener. Item 1654581. Warehouses/Costco.com.

Ion® Total PA™ Ultimate

Backyard movie nights. Birthday parties. A meeting in a hotel or office conference room. These are just a few of the functions and locations this 650-watt speaker system can be used for. Features include sonic wide audio and Edge-Glow™ lights; two microphones are included. Item 7770992. Warehouses/Costco.com.

Varner 14.5" Planter Set

This set of three planters will beautify your garden and home, outside or indoors. The durable and lightweight high-density resin construction makes them easy to maintain and able to withstand the outdoor elements. Item 2327737. Warehouses/Costco.com.





BCBG Girls' Youth Dress and Romper Set

The perfect summer combination for those warm days. Colors: pink, blue, light blue. Sizes: XS (5/6)–L (14/16). Item 1664652. **Warehouses/Costco.com.**

EastPoint Axe Throw Set

Standing over 5 feet, this heavy-duty axe target with 1.5-inch-thick steel frame can handle your best shot! This 24" x 24" axe target is made up of hundreds of 2-inch plastic bristles and is specifically designed to safely catch your axes throw after throw. The set includes eight throwing axes (four red, four blue) constructed from plastic and foam. Item 1654460. **Warehouses/Costco.com.**



JupiterBike Electric Bikes

Endless adventures await, with bikes that offer more power to let you ride farther (city or trail) and roll over any terrain. A folding mechanism makes them portable and easy to store. Image shown: The Discovery X5. **CostcoNext.com only.**



Pure Earth Tencel Blend

Made with tencel™ and recycled polyester, this sheet set is luxuriously comfortable. Wake up rested with sheets that are naturally cooling and moisture wicking. This wrinkle-resistant set includes one flat sheet, one fitted sheet (fits up to 18"-deep mattress) and four pillowcases. Available in queen and king in warehouse; queen, king and California king on Costco.com. Item 1709417 (Queen), 1709418 (King), 1709413 (California King). **Warehouses/Costco.com.**

FOR SCHEDULES & DESCRIPTIONS

Go to Costco.com or download the Costco mobile app from the App Store or Google Play. Click “Shop” and find “Special Events” to view the online items and events schedules.



EcoFlow

EcoFlow’s portable power stations offer innovative, eco-friendly power solutions that can change the way people access power. Perfect for road trips, camping, festivals and tailgating, as well as backup power for the home, EcoFlow’s power stations provide clean, quiet, reliable and renewable power for indoor and outdoor use. **Also available March 27–April 23 at Costco.com.**



Baggallini

Inspired by its two world-traveling female founders, Baggallini creates lightweight, water-resistant, multi-pocketed and multifunctional bags that help you feel organized, confident and prepared for anything—whether it’s a trip around the block or around the globe.

A limited-time showcase of exciting products



Lovesac Sectionals

Not only can Lovesac Sectionals be easily rearranged to perfectly accommodate every occasion, but they can also transform their color and style to always match your tastes. Washable, rearrangeable, changeable and moveable, they provide peace of mind by adapting to your evolving needs.

WAREHOUSE HOURS

Monday–Friday 10 a.m.–8:30 p.m.
 Saturday 9:30 a.m.–6 p.m.
 Sunday 10 a.m.–6 p.m.
 Pharmacy closed Sunday
**Costco.com 24 hours a day,
 7 days a week**

Vitamix A2500 with Aer Disc Container

The Ascent Series A2500 with Aer Disc Container delivers convenience and precision. A large, 64-ounce container is perfect for smoothies, purées, hot soups, frozen desserts, nut butter, baby food and more. The Aer Disc Container fine-tunes delicate blends like hollandaise sauce, cold foam for coffee, whipped cream, juice and craft cocktails. **Also available April 7–May 14 at Costco.com.**



NW



COURTESY OF HEARTFELT HELP FOUNDATION

**REGISTER
AS A DONOR**

“My hope for people who read this is [for them] to realize that heart failure, heart disease and transplant looks like them ... [and] that people who aren’t registered to be an organ donor, [will] register,” Denise Redeker says. “So many people wouldn’t be here without somebody saying yes at their worst possible moment to let a part of their loved one live on. It is one of the best things that people can do.”—KC

An open heart

After giving birth to her son, in 1992, Denise Redeker discovered she had a rare case of heart failure known as postpartum cardiomyopathy.

She managed her worsening condition for the next two decades, until she received a lifesaving heart transplant in 2018.

“When I went back for [a] checkup, I overheard [that] a gentleman’s transplant was going to be delayed because he didn’t have money to pay for post-transplant housing,” she explains, which is often necessary for patients who don’t live near their transplant center, where many post-surgery appointments are required.

Redeker sprang into action: “Money shouldn’t stop a transplant, and [so] I said, ‘I’m going to go do something about it.’”

Redeker’s nonprofit, Heartfelt Help Foundation (heartfelthelpfoundation.com), works with heart transplant recipients in Northern California to assist them in finding clean and safe housing post-surgery.

“The foundation has most recently helped a 6-month-old recipient,” she says. “Knowing [its] impact on families like theirs makes all the difference.”

—Katie Coleman

Denise Redeker holds a quilt handmade by her family and friends.

