

Out & About

WHERE TO GO, WHAT TO SEE, AND HOW TO EASE INTO SEPTEMBER

| ON THE ROAD |

SHIFT GEARS

When executive chef Matthew Accarrino of San Francisco's SPQR heads to wine country for fall figs, tomatoes, and peppers, he brings his bike. He's a competitive cyclist and trains there, but it's amateur-friendly terrain: The Vine Trail is paved and car-free; the streets are quiet, the hills optional, and the pit stops divine. Here, he shares three favorites.

📍 Northern California



📍 ST. HELENA

Griddled bread topped with tomatoes draws crowds to the Bruschetta Food Truck. Bikers get a warm welcome: "It even has a pump." cliffamily.com

📍 YOUNTVILLE

At Kollar Chocolates, grab confections made with "indigenous Napa Valley flavors" like wild fennel and Jacobsen Orchards lavender. kollarchocolates.com

📍 SONOMA

Glen Ellen Star is "a postage-stamp-size restaurant" where you can enjoy "a really good pizza made by a former French Laundry chef." glenellenstar.com

| WHY NOT? |

Grow Your Own Greens

It's not too late to plant a garden. These salad starters actually thrive in cool temperatures.

Spinach

For big, leafy plants, enrich well-drained soil with compost, and space them about a foot apart so they have plenty of room to grow. 'Corvair' and 'Emperor' varieties are especially good choices for this time of year.

Kale

This superfood prefers similar soil to that used for spinach, and can in fact get sweeter as the temperature drops. For optimal germination, plant 6 to 10 weeks before the first frost. Curled-leaf cultivars, like 'Winterbor' and 'Darkibor', are extra-cold-hardy.

Arugula

Prone to bolting (the term for when a plant grows a flower stalk and turns bitter in flavor) in hot weather, arugula loves an autumn garden. Sprinkle seeds of a heat- and cold-tolerant type, such as 'Astro', over dampened soil, and cover it in a thin layer of additional soil.

| SECRET SOURCE |

Just Bulbs

"This website has light bulbs of all wattages, shapes, and sizes, from the silver-tipped ones [below] that decorators love to any kind of Edison—even energy-saving CFLs. It's especially great for hard-to-find styles."
—Living home editor Lorna Aragon justbulbsnyc.com



| ON OUR BOOKSHELF |

These new design guides are like master classes in enhancing your living space. Page through Amanda Lindroth's *Island Hopping* (Vendome), full of Caribbean estates she's elevated with sherbet colors, cabana stripes, and batik, and you'll swear you feel a cross breeze. If you skew Scandi, check out *Hygge & West Home* (Chronicle). In it, friends of the textile company, like Coral & Tusk owner Stephanie Housley and illustrator Julia Rothman, bring its bright, cozy prints to life. *Dry Gardens* (Rizzoli) proves that some lush yards don't need a ton of water: Daniel Nolan's drought-proof landscapes radiate green, russet, violet, and terra-cotta.