

10 tricks, tips and ideas we love this month



Women's Burton Lynx Full-Zip Reversible Fleece **JACKET** in Crème Brûlée/Folkstone Gray, \$210, burton.com.

1 FUZZY WUZZY

One of our favourite things about the month of March is getting excited for the warmer days to come—and the hope of not having to bundle to the nines every single day. Sure, we may still have some snow on the horizon, but it's time to start thinking about spring! Here's what we'll be wearing when we finally ditch the parkas.



Soia & Kyo Colleen Sustainable Sherpa Hybrid **JACKET** in Clay, \$275, soiakyo.com.



Womens Polartec Full Zip **JACKET** in Sandshell, \$128, roots.com.

PRODUCER, MARIANNE DAVIDSON



The Selena **TOTE BAG**, \$150, designlambert.com.

2

TOTES WITH THE MOST

Canadian vegan leather accessory company Lambert wants you to boost your bag game with its latest quilt-look tote. It brings a professional energy to any ensemble, plus it's got a pocket made specifically to hold your phone. Say goodbye to frantically rummaging through your bag when you hear that ring-a-ling!



3

LOVE YOUR LEFTOVERS

We know how hard it is when dinnertime hits and you simply don't feel like cooking. But what if instead of reaching for the take-out menus, you already had your meal prepped and ready to go? Whether it's leftovers or a week's worth of meals you've prepped, if it's stored in Zwilling's new vacuum meal storage system, your food will be kept fresher for longer than it would in regular containers. The Fresh & Save system, with its double sealing capabilities, manages to preserve flavours and nutrients, keeps food incredibly fresh and prevents freezer burn. It's got a rechargeable cordless handheld vacuum pump, and—bonus!—it connects to an app that'll track when you store food and notify you when it's time to use it or lose it.

Zwilling Fresh & Save Assorted Medium/Large 7-piece Vacuum **STARTER SET**, \$205, zwilling.com.

4

STATE-OF-THE-ART SIPS

Recently launched Canadian brand Firebelly Tea has a wide range of options made to support your health, no matter what concerns you. Have tummy troubles? Try the Internal Combustion blend. Want to sleep better? The Paradise blend is for you. Trying to improve heart health and strengthen your bones? Try the Big Red Oolong blend. Need help reducing anxiety? Try our favourite, After Dinner Mint. With its premium ingredients and beautiful packaging, Firebelly Tea is modernizing the way we enjoy the classic beverage, and we are so on board with that.



Firebelly Tea After Dinner Mint Herbal **TEA BLEND**, \$20, firebellytea.ca.



5 FACE OFF

Clean, vegan and cruelty-free are words we love to hear when it comes to skin-care and cosmetic products—and Florence by Mills, an adorably packaged natural line by Millie Bobby Brown, fits the description to a T. Check out some of our favourite items from the brand!



FROM TOP LEFT: FLORENCE BY MILLS Zero Chill Face Mist, \$15, Swimming Under the Eyes Gel Pads, \$44, Hydrating Glow Yeah Lip Oil, \$18, Hit Reset Moisturizing Mask Pearls, \$43, shoppers drugmart.ca.

Foodie Follow

Share your *CL* creations with us on Instagram and tag us with #CLgetcooking, like @life.north.of.49, who made our super yummy Rhubarb Coffee Cake (September, 2006). It's an oldie but definitely a goodie!

Follow us @canadianliving



7 GARDEN GO-GETTER



Anyone with a green thumb knows it's never too early to start planning your garden. This book, by Montreal-based authors Laurie Perron and Sarah Quesnel-Langlois, releases March 15, and contains all you need to know to get started, whatever the size of your green space. Based on principles of ecological gardening, *Gardening Naturally* offers up expert information and advice for growing flowers and edibles, as well as houseplants.

Gardening Naturally (House of Anansi Press) by Laurie Perron and Sarah Quesnel-Langlois, \$33.

8

Mark your CALENDAR

Break out the beads because **MARCH 1** is Mardi Gras!

Text all the women in your life on **MARCH 8** in honour of International Women's Day. And don't forget to read this issue's profile on renowned scientist Molly Shoichet (page 38).

Spring forward on **MARCH 13** for the beginning of Daylight Saving Time.

On **MARCH 17**, don your favourite shade of green for St. Patrick's Day.

Keep an eye out for crocuses because **MARCH 20** is the first day of spring.

10

FUN FACT: IT'S A SPRING THING

Ever wonder where the phrase about March coming "in like a lion, out like a lamb," comes from? Well, it dates back to a 17th-century British proverb that was likely inherited from weather folklore in the Northern Hemisphere. As we know all too well, March is a fickle month that torments with the last blasts of winter while teasing with the first signs of spring. The phrase isn't always accurate, but the general wisdom is that if March starts with a lion's roar of cold weather, it should end with the gentle nuzzle of a spring lamb.

But did you know there's an astronomical connection, too? It's also thought to reference the position of constellations in the night sky. At the beginning of the month, Leo (the lion) is visible on the eastern horizon, and by the end of the month Aries (the ram) can be seen on the western horizon. Whatever the source, we're looking forward to milder days ahead!

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Brown Leather JUMP ROPE, \$10, winners.ca.



Neon Green THIGH TONER, \$13, winners.ca.



10 lb Fuchsia KETTLE BELL, \$15, winners.ca.



HAVE A WINNING WORKOUT

Whether it's weight or resistance training, cardio or yoga, you'll be ready for that at-home workout with this colourful exercise equipment from Winners.

6 PEAS DE RESISTANCE

Looking for the newest plant-based milk alternative? We tried Sproud's milk made from yellow split peas and can't get enough! Its taste and consistency is similar to traditional dairy, making it perfect for smoothies, coffee, cereal or simply as a drink. Pea milk boasts more protein than almond or oat milk and fewer carbohydrates than dairy or oat milk. It's also lactose-, nut-, soy- and gluten-free. And it's sustainable, too! With a lower carbon footprint than cow's milk and significantly less water usage compared to almond milk, what's not to love?

Sproud Original PEA PROTEIN BEVERAGE, \$5, well.ca.



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