

10 tricks, tips and ideas we love this month



1 DOUBLE DUTY

Imagine never having to vacuum or scrub your floors again. Your wish is the Narwal T10 Robot Mop and Vacuum's command! Your mind will be blown with the strong power of its vacuum setting that picks up dust, dirt and pet hair with ease, while the mop setting's dual triangular mops leave no stains behind. Best of all, the Narwal mop actually cleans itself! It washes, rinses and dries, then heads back to the spot on your floors where it left off. Plus, its sleek, modern design will blend right into your home's decor.

Narwal T10 ROBOT MOP AND VACUUM, \$1,149, ca.narwal.com.

PRODUCER: MARIANNE DAVIDSON. PHOTOGRAPHY: ISTOCKPHOTO (3, 4, 8, 9)



Green Crocodile Chunky Sole BOOTS, \$150, winners.ca.

Clover Leather BOOTIES in Black, \$535, lcanadienneshoes.com.

Sorel Brex Heel Lace BOOTIES in Dark Moss, Sage, \$220, thebay.com.

3 Get Busy

New research published in the *Journal of Personality and Social Psychology* suggests that too much free time isn't always a good thing. As people's spare time increases, so too does their sense of well-being...but only to a certain point. Researchers found that the link between free time and well-being tended to level off at about two hours a day, and actually began to drop after five. The upshot: Strive to spend a moderate amount of free time however you'd like, and if you're lucky enough to have loads of spare time, you may benefit from spending it on constructive activities, like working out or hobbies.



2 BET YOUR BOOTS!

What gets us more excited than sweater weather? Strapping on a new pair of fall-weather boots and stepping out in style. Check out some of our favourite lace-ups of the season.

Foodie Follow

Share your *CL* creations with us on Instagram and tag us with #CLgetcooking, like @judysfoodies, who made our Rice & Sausage-Stuffed Tomatoes (September 2021). They look scrumptious!

Follow us @canadianliving



4

FANCY PLANTS
From the makers of Vancouver-based Kōv skin-care products comes a 100-percent natural plant-based fertilizer made from, you guessed it, kelp. Harvested from the cold waters of coastal British Columbia, where it can grow more than two feet per day, kelp contains vitamins, minerals and phytohormones that help plants grow and produce stronger roots. Ditch the synthetic chemicals for a sustainable fertilizer that will keep your houseplants and edible gardens happy all year long. You grow, girl!

Kelpy Natural Plant Growth BOOSTER CONCENTRATE, \$29, kelpy.ca.





5 FLOOR SCORE

The latest offering from Canadian mattress-in-a-box company Endy is a chic contemporary rug with a subtle geographic pattern. The limited edition medium-pile floor covering is durable and super easy to clean, plus its super soft texture warms up your space *and* your feet!

The Grey Geometric RUG, 6' x 9', \$250, endy.ca.

6

NATURE'S BOUNTY

Vancouver-based company Saje Natural Wellness knows a thing or two about natural ingredients—the brand has been formulating essential oil roll-ons, natural deodorants and diffuser blends since 1992. Up next for Saje? A natural skin-care collection with four focused lines: Glow On (for balancing normal/combo skin), Claritea (for purifying an acne-prone complexion), True Dew (for rejuvenating and hydrating mature or dry skin), and our fave, Calm-O-Mile (a gentle, calming formulation that's perfect for sensitive or reactive skin types).

SAJE NATURAL WELLNESS Calm-O-Mile Skincare Line, from \$26, saje.com.



Unlike the harsh glow from traditional alarm clocks, the Google Nest Hub automatically blends in with your decor and adjusts to the brightness of the room.



7 Fall Back Plan

Darker days lie ahead with the end of daylight saving time on November 7. If you're worried about adjusting your schedule, the new Google Nest Hub might be for you. Among this second-generation device's many features—which include smart technology controls, updated privacy settings, photo display and entertainment functions—our favourite is how it helps you sleep better. The Sunrise Alarm gently wakes you up by gradually brightening the display and increasing the alarm volume, while soothing sounds help you fall asleep. Plus, its Sleep Sensing technology tracks your slumber and offers personalized insights to help you sleep better.

Google NEST HUB, \$130, store.google.com.

8

Gourmet Glossary

The parsnip is a long, tapering creamy-white root vegetable that is closely related to carrots and parsley. Parsnips have a distinctive taste, sweet but with nutty, earthy notes. Introduced to North America simultaneously by English and French colonists, the parsnip is very well-suited to our climate. Parsnips are generally available all year long, but their peak period is during the fall and winter, particularly after the first frost when the starch turns to sugar, giving the parsnip a pleasantly sweet flavour. In Europe, the vegetable was commonly used as a source of sugar before cane and beet sugars were available. In this issue, we're roasting up parsnips with carrots and celeriac and serving them with a delectable coriander hummus. Find the recipe on page 81.



9

MARK YOUR CALENDAR

NOVEMBER 2 TO 6

Diwali

The five-day Festival of Lights celebrated by Hindus, Sikhs and Jains around the world.

NOVEMBER 11

Remembrance Day

Take a moment of silence to remember those men and women who have fought and continue to fight to serve our country.

NOVEMBER 13

World Kindness Day

The world can always use more kindness—celebrate and promote generosity, compassion and thoughtfulness today.

NOVEMBER 21

World Hello Day

Anyone can take part by simply greeting 10 people on this day to demonstrate the importance of communication for preserving peace.

NOVEMBER 26

Buy Nothing Day

This international day of protest against consumerism and overconsumption is observed strategically the same day as Black Friday, the day right after American Thanksgiving.



DIWALI

10

PUMPKIN SPICE AND EVERYTHING NICE

In an instant! That's right: Organic Traditions, a company known for its superfood creations, is now offering up Pumpkin Spice Latte mix...and yes, it's made with real pumpkin! Organic pumpkin powder, organic freeze-dried coffee and those fall-favourite spices are mixed with a creamy coconut milk powder base, which means all you need to do is add water—easy peasy!

Instant Pumpkin Spice Superfood LATTE MIX, \$18, organictraditions.com.

