

PALM BEACH ILLUSTRATED®

*Jessica
Springsteen*

The rock 'n' roll daughter
forges a new path

DOUBLE H
A PICTURE-PERFECT
HORSE FARM

The
EQUESTRIANS

CHUKKER PUNCH
AND OTHER POLO LINGO

*PLUS: Fresh prints
for resort wear*

Balance



Let **Knowledge** Grow

Something's sprouting at **Discovery Dayschool**. In October, the West Palm Beach preschool unveiled an organic teaching garden composed of four 5-foot-by-10-foot enclosures packed with fruits, vegetables and herbs.

The project was a joint endeavor by Palm Beach interior designer and architect Campion Platt and Keith Williams of Nievera Williams Landscape Architecture. Platt, who lost weight in recent years with a more organic, plant-based diet, was inspired to build the garden after creating a similar one at his family's Hamptons home. "My son ate greens happily for the first time in his life," Platt says.

Platt selected the vegetation, while Williams worked on the design with help from Tropical Irrigation and Yohe's Lawn Care and Landscaping. The students will tend to the garden, which includes such delights as strawberries, tomatoes, peppers, sage and basil. Ultimately, Platt hopes the garden teaches the students the value of gardening and where food comes from and also reinforces healthy eating habits.

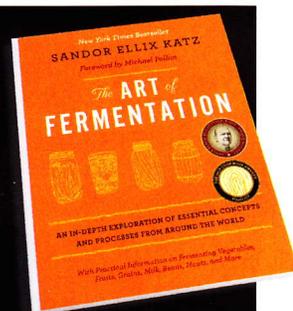
"It was a little bit of my time and everybody else's time and a little bit of elbow grease and voila—you have a garden that will teach these kids a lifetime of knowledge of food," Platt says. "It's something I wish I had as a kid." (561-585-1119, discoverydayschool.net)



Easy Raw FERMENTED FOODS

The practice of fermentation has been used to prepare and store food for thousands of years. Popular daily staples, including bread, coffee, beer and wine, undergo fermentation, and the practice is

celebrated for its ability to imbue foods with probiotic qualities. Within a raw diet, fermentation can be a healthy and flavorful preparation method that can be applied to a variety of vegetables. Store-bought fermented food is often loaded with salt and also may have undergone pasteurization, so home preparations are recommended. One of the most common fermented raw foods is sauerkraut, which can easily be made at home by chopping cabbage, sprinkling it with salt, squeezing out the juices and then submerging the cabbage in its juices inside a jar for roughly three to five days. Kombucha, a fermented drink made from tea, sugar, bacteria and yeast, can also be made at home—though it requires more skill than sauerkraut. To learn more about fermented foods, peruse **The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from Around the World** (Chelsea Green Publishing, \$39.95) by Sandor Katz. Katz's book is packed with useful information for the raw-food devotee and fermentation fan. (wildfermentation.com)



JUST HOW DOES ONE MAKE KOMBUCHA AT HOME? FIND OUT AT PALMBEACHILLUSTRATED.COM/FERMENTEDTEA

(APP FOR THAT!)

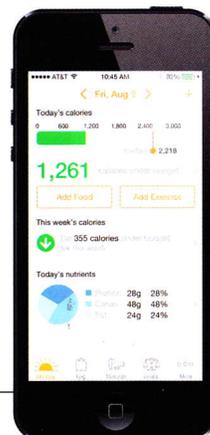
A New Year means a new you, and that new you will be easier to maintain thanks to these apps that address common resolutions:



To stop procrastinating: The **30/30** task-manager app is a great way to add structure to your daily to-do list. Simply set up a list of tasks and an allotted time for each, and get going! The app will let you know when it's time to move on to your next chore. (3030, binaryhammer.com)



To quit smoking: Kicking a tobacco habit is one of the hardest resolutions. Enter the **MyQuit Coach** app from Livestrong. The app allows you to create a personalized quitting plan, upload motivational sayings and tools, track consumption and earn rewards. (livestrong.com/quit-smoking-app)



To lose weight: There are many fitness and diet trackers out there, but **Lose It!** reigns as one of the best. Users have lost more than 36 million pounds collectively by using the app's calorie counter, fitness guide, goal-weight features and wellness challenges. (loseit.com)