



# AVOCET EDITION

March / April 2023

## Project Spotlight

Our hats go off to the Capps Family for choosing to work with us on this first floor renovation project which included a complete redesign. The new layout included removing an open staircase and adding a built-in banquette with storage to fit a family of 6, a new kitchen island with custom columns and cabinetry, and adding a unique electric fireplace and



mantle just to name a few. It's challenging to live through a kitchen renovation but they were troopers and it was a true team effort. The design is modern and clean and allows for entertaining of family & friends which was their desire. Their home is a reflection of the love and interests that are highlighted in the new living space. We wish them many years of enjoyment!

## Book Review



### Cod by Mark Kurlansky

Cod is a little book that spans the history of “a fish that changed the world.”

It's filled with great recipes, tales of old fishing lore, history of how people learned to salt and preserve fish before modern times, and like all of Mark Kurlansky's books, it's the view of a chef who really appreciates the food we eat and uncovers the why and where of it all.

## Designer's Corner: Electric Fireplaces

I'm always on the lookout for an interesting vintage find and was thrilled when I came across this 1960's classic vase produced by Rosenthal Studio Linie from Germany. Its beauty lies in the simplicity of design; tall and thin matte porcelain mimics large blades of grass wrapping a textured tree trunk. The size and shape are what make it so appealing as a bouquet of flowers fits perfectly without flopping over as will happen in a ginger jar shape. Rosenthal was founded as a family business in 1897 and in the late 1940's Raymond Loewy was hired and introduced 'Classic Modern White.' They worked with some 'famous artists of the day; Andy Warhol, Salvador Dali and Victor Vasarely to name a few. If you happen to be visiting Germany, you can see over 15,000 works from the Rosenthal Collections in a special museum.





## Lucky Local Finds

Chris and I ventured out downtown on the last Friday of February to catch “Fourth Friday Gallery Nights.” We used to go sometimes before Covid, but it’s funny how things we used to do take time to trickle back into our lives. If you haven’t wandered around the galleries of Wilmington before, put it on your calendar. It’s a relaxing Springtime activity after a long work week.

Make it even more fun by jumping on the FREE TROLLEY! The kids absolutely like jumping on and off the trolley and you might even discover a new piece of art for your home! This image was a postcard the artist was handing out to guests. Check her work out online, a little modern impressionism.



## AVOCET EATS



Since we’re on the subject of cod; this is one of our favorite ways to prepare it.

1 pound cod, preferably fresh  
1/4 cup white miso paste  
1/3 cup tamari soy sauce, low sodium  
1/4 cup vegetable broth  
3 tablespoons fresh grated ginger  
1/4 teaspoon red pepper flakes

1. Rinse cod and dry.
2. Mix together all wet ingredients until well combined
3. Place fish in glass baking dish
4. Coat with marinade and cover pan.
5. Chill one hour (or as long as 6)
6. Bake on 400 for about 15 minutes or until fish is cooked through
7. Garnish with chopped cilantro and serve



## Work With Us To Help

There are 46,000 pieces of plastic floating in every square mile of ocean and together with the Plastic Ocean Project we are going to work to clean up some of it.

We invite you to join us


**Friday, March 24, at 12 Noon**

Meet Us At:

The Castle Hayne Public Boat Access  
6418 Orange Street  
Castle Hayne, NC 28429


Plastic's Oceans Project will provide all of the gear--but wear old clothes and old shoes.


Gatorade and Granola Bars provided

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## Contact Us

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