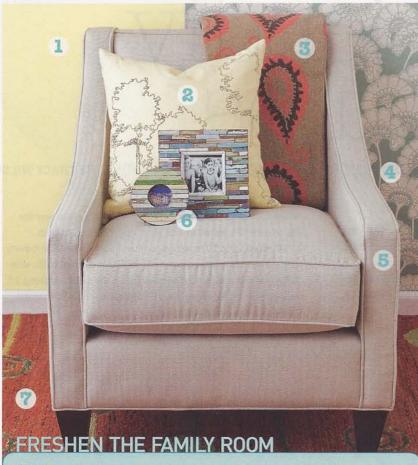
home



TIP Before tossing an old table or chair, rethink its possibilities, says designer Kimberly Rider, author of *The Healthy Home Workbook* (Chronicle). "You can always repaint or reupholster with eco-friendly materials to give it new life," she explains. "That's part of sustainable design."

JUST ADD COLOR "Read the fine print on paint cans," Rider says.
"The base and tint should be low-VOC."
Soleil AF-330, Benjamin Moore, \$55/
gallon, benjaminmoore.com.

PILLOW TALK Accessorize the sofa with whimsical hemp, silk or wool cushions instead of ones made of nylon or polyester. Hemp pillow, K Studio, \$116, kstudiohome.com.

BLANKET STATEMENT This cozy cotton throw was knitted with yarn scraps from textile production. Paisley blanket, Eco2cotton, \$125, in2green.com.

WALLFLOWERS Graphic recycled wallpapers with vegetable-dyed patterns aren't cheap. Minimize the cost by covering just one wall. Sage

Japanese Floral wallpaper, Florence Broadhurst, \$398/roll, wandrlust.com.

SITTING PRETTY Shop for upholstered furniture in untreated fabrics (avoid stain-resistant finishes) with soy-based foam or duck-feather and down cushions. Eero accent chair, Rowe, \$569, rowefurniture.com.

PICTURE THIS Look for objects created with reclaimed materials. Wood from weather-beaten boats is used in picture frames. Square (\$38), round (\$28), Vendage, organicrush.com.

GROUND COVER Find soft organic cottons, hemps and wools spun into a kaleidoscope of vegetable-dyed motifs. Taos wool rug, Nourison, \$599 (4' x 7'), nourison.com for stores.

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Idea #27: Make a birdhouse from scrap wood you have around the house.

Idea #33: Make your own giftwrap using craft paper, rubber stamps and your imagination.



Idea #204: Recycle more kinds of paper, from office white to magazines.

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