



FRESHEN THE FAMILY ROOM

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."

1 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.

2 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.

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

4 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, wandrlost.com.

5 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.

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

7 GROUND COVER Find soft organic cottons, hems 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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