

SUMMER HARVEST SPECIAL • PICK IT • CAN IT • FREEZE IT • GRILL IT

vegetarian times

EAT GREEN • LIVE WELL

**29 SEASONAL
RECIPES
UNDER 400 CALORIES**

**SUMMER'S BEST
MAIN-DISH
SALADS**

PLUS

- Cherry tomatoes 5 ways
- Basil-walnut pesto
- Chimichurri tacos

**PIZZA
ON THE GRILL**
LOADED WITH
MARKET-FRESH
VEGGIES



**Farmers'
Market Pizza,
p. 68**

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July/August 2012

\$4.99 US \$6.99 CAN



Display until 7/30/2012

VEGETARIAN TIMES JULY/AUGUST 2012 PIZZA ON THE GRILL | HOMEMADE BBQ SAUCE | MAGNIFICENT MAIN-DISH SALADS | CANNING MADE EASY

Restore skin's dewy freshness with this summer blossom



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FLOWER POWER

Rose's sublime scent isn't the blossom's only benefit. Each petal contains antioxidant-rich oils that may help ease inflammation and protect against age-related damage to the skin, says Houston-based dermatologist Jennifer Peterson, MD.

1. Stay smooth all over with **Dr.Hauschka Rose Body Moisturizer**, featuring rose oil and rose petal wax. \$39.95/4.9 oz.; drhauschka.com

2. Supercharge a face cream or lotion with a few drops of revitalizing **Aura Cacia Rose Absolute**, blended with jojoba oil. \$11.69/0.5 oz.; auracacia.com

3. After cleansing, spritz skin with **DeVita Moroccan Rose Facial Toner** to lift away lingering makeup and grime. \$22.95/5 oz.; devitaskincare.com

4. Freshen up with the mix of rose oil and marshmallow root extract in **Jurlique Rosewater Balancing Mist**. \$31/3.3 oz.; jurlique.com

5. Cleanse skin with the rejuvenating rose oil and aloe vera blend in **John Masters Organics Rose Foaming Face Wash**. \$22/4 oz.; johnmasters.com