

# 2010 editorial calendar

## JANUARY: WINTER WEIGHT LOSS GUIDE

- 5 Vegetarian Diet Pitfalls (and How To Avoid Them)
- Chef's Challenge: The Winning Recipes from America's Latest Cooking School Grads
- Practical Magic: Editors' Favorite Kitchen Gadgets
- Gluten-Free Pantry: Rice Flour
- Cooking With Sea Vegetables
- Light & Easy Freezer-Friendly Casseroles
- Cauliflower 5 Ways
- Healthy Homemade Pasta Sauces

## FEBRUARY: FEED YOUR HEART

- 10 Foods That Fight Pain
- Collectible Cookie Cutters and Molds
- The Healing Power of Peppermint
- Gluten-Free Pantry: Arrowroot
- Heart-Healthy Homemade Soups
- Chocolate Beauty Indulgences
- A Cook's Guide To Mushrooms
- Oats 5 Ways

## MARCH: THE REJUVENATING POWER OF ANTIOXIDANTS

- Healing Food: Honey
- Gluten-Free Pantry: Amaranth
- Goods: Green Tea Ceremony
- Eco-Beauty: African Ingredients
- DIY Oil-Free Salad Dressings
- 1 Food 5 Ways: Cabbage
- The Choosy Cook's Guide to Frozen Veggies



## APRIL: EARTH DAY CELEBRATIONS

- Healing Food: Cayenne
- Gluten-Free Pantry: Pasta Primer
- Earth Day Upgrades: 5 Best Buys For A Greener Home
- Detox Your Cleaning Routine
- Sustainable Beauty: Hemp-Based Skin and Hair Care
- Vegan Gourmet: Paella Party
- The bottom line on BPA

## MAY/JUNE: THE EAT GREEN, GET LEAN CHALLENGE

- VT's 30-Day Plan
- Gluten-Free Pantry: Hominy
- Must-Have Picnic Gear
- Healing Food: Detox With Dandelion
- Master The Art of Homemade Hummus
- Great Food, Green Getaways: Summer Travel Planner
- Grow Your Own Edible Flowers

## JULY/AUGUST: OUTDOOR ENTERTAINING

- Healing Food: Blueberries
- Gluten-Free Pantry: Tapioca
- Top Tools for Grill Enthusiasts
- Beauty Treats For Happy Feet
- How To Build A Better (Veggie) Burger
- The Coolest Raw Desserts
- Independence Day Picnic Delights



## SEPTEMBER: HOW TO SHOP ORGANIC



- Organic on a Budget: What You Need to Know
- Healing Food: Hemp
- Gluten-Free Pantry: Kid-Friendly Snacks
- Home Canning 101
- Organic Hair Care
- Brain-Boosting Breakfast Recipes
- Technique: How To Make Seitan
- In Season: Cooking With Apples

## OCTOBER: GLUTEN-FREE VEGETARIAN

- Goods: Fair-Trade Favorites
- Healing Food: Apple Cider Vinegar
- Gluten-Free Pantry: Wild Rice
- Make Your Own Nut Milks
- And the winners are...VT's 2010 Foodie Awards
- 30 Minutes: Pancakes for Dinner
- Roll Your Own Veg Sushi



## NOVEMBER/DECEMBER: HOLIDAY FAVORITES FROM AROUND THE WORLD

- 2010 Reader Recipe Contest: Holiday Favorites from Around the World
- Healing Food: Pomegranate
- Gluten-Free Pantry: Xanthan Gum
- Sweet and Savory Holiday Pies
- Who To Give To: VT's Annual Charity Guide
- Potluck Recipes from Top Chefs
- Irresistible Edible Gifts

