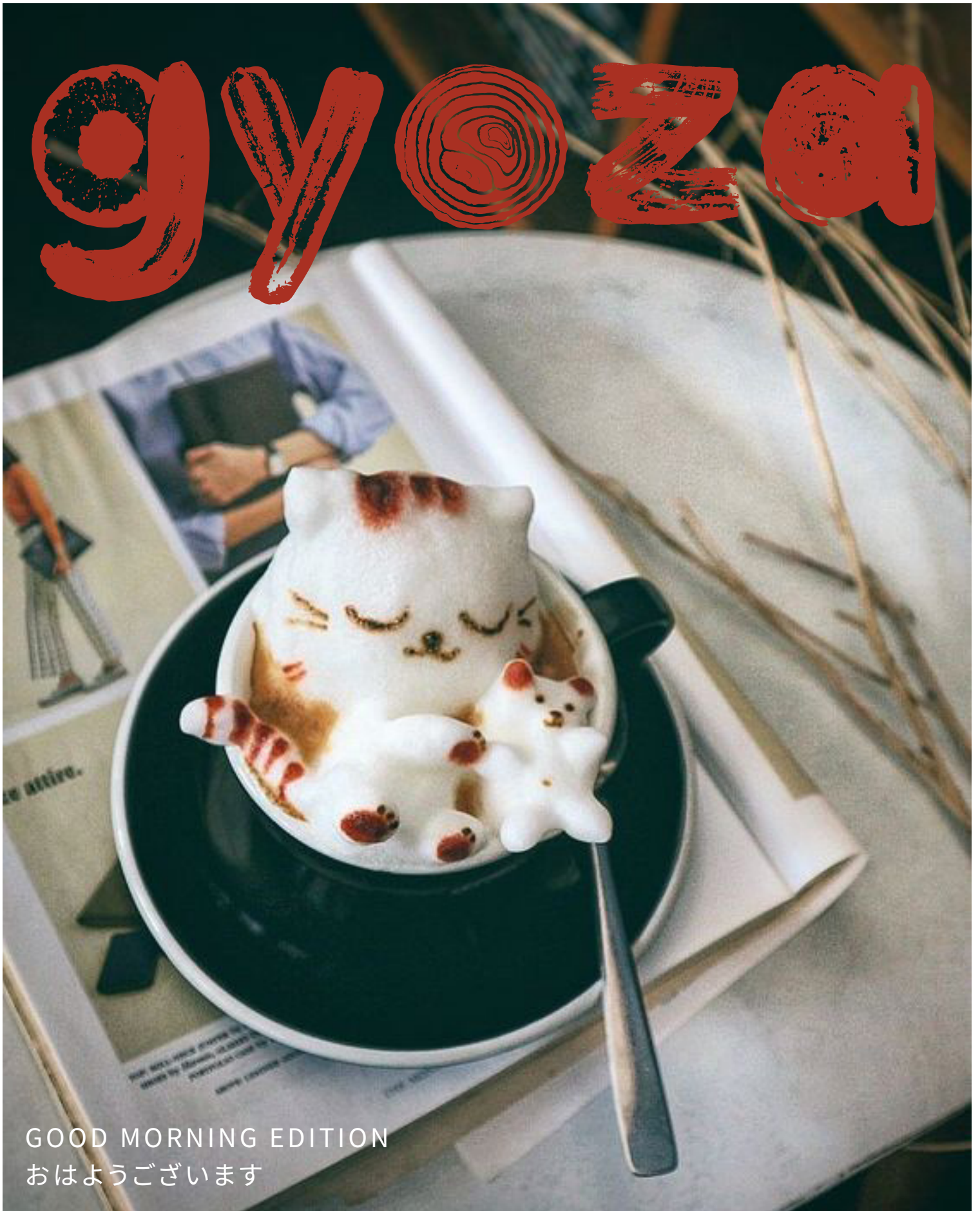


2019年春

価格\$ 5.99

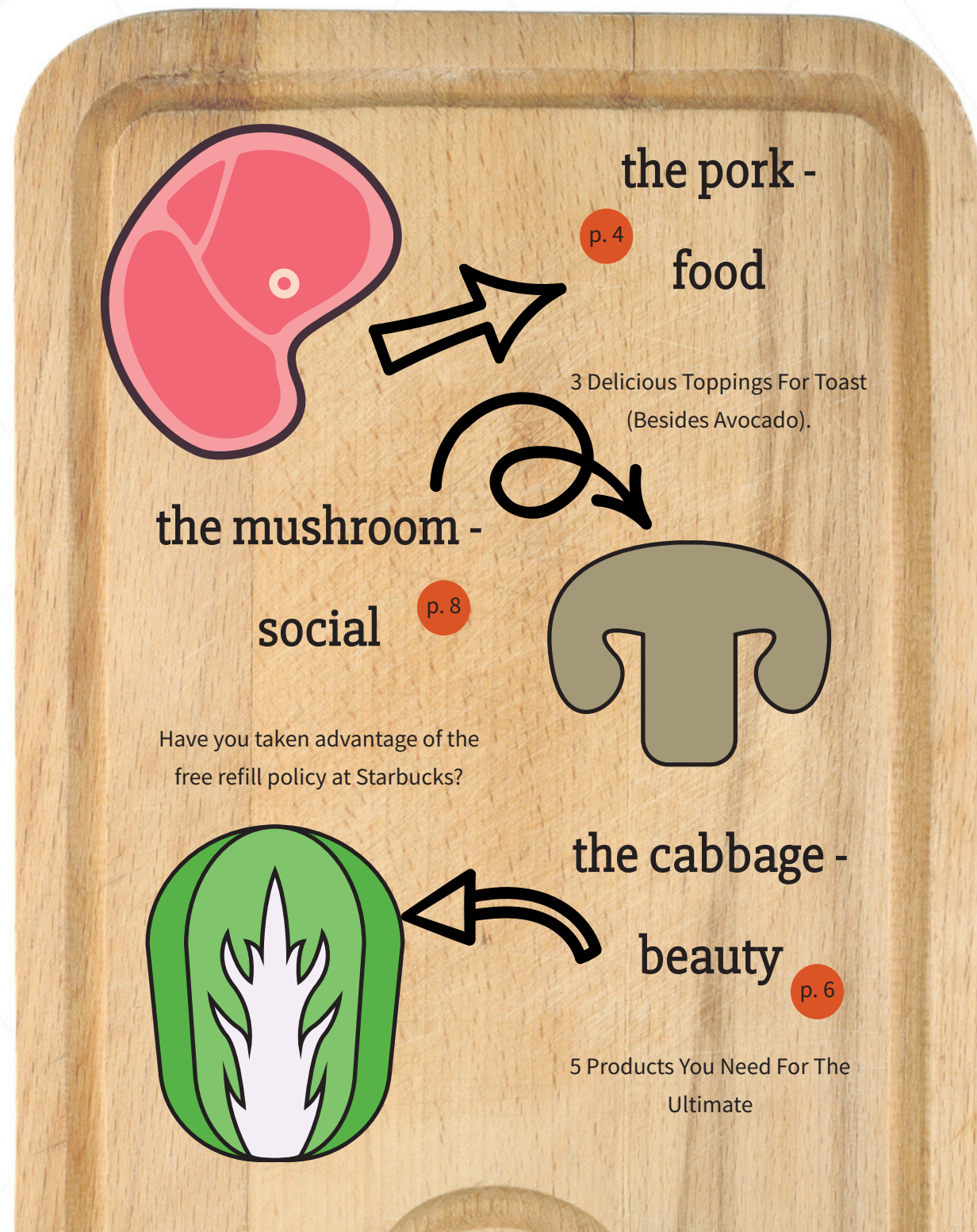
joyzon



GOOD MORNING EDITION
おはようございます

content

Gyoza starts with 3 basic ingredients,
and so do we.



fresh flowers?
wilty mess.

paper flowers?

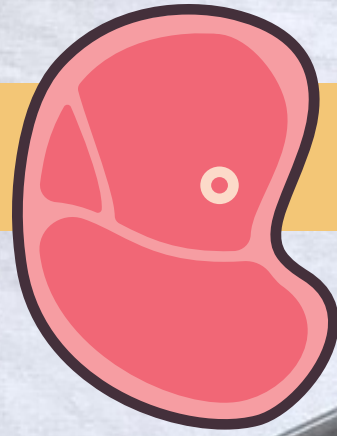
zero stress.



Premade paper flower backdrops.
Anthropologie exclusive.
Starting at \$49.99

www.sylviaspaperart.com
www.anthropologie.com/sylviaspaperart

Sylvia's Paper Art



the pork - food

by ALEX VAN BUREN



3 Delicious Toppings for Toast

(Besides Avocado)



For those tired of seeing, thinking about, and eating avocado toast—it could happen!—options are necessary.

Whether you've cleverly frozen slices of bread or have fresh stuff on hand, we've got ideas for you beyond the (delicious) avocado.



Apricots with ricotta, honey and black pepper

This recipe necessitates access to a farmer's market during the right time of year. When apricots are sweet and in-season, they're tough to beat on the produce front. The fruit needs very little else when it's sliced and layered on toast, but if you've got ricotta or mascarpone and a bit of black pepper, plus a drizzle of honey for extra sweetness if you need it, you're going to be very happy, indeed.



Peaches with prosciutto and basil

As is true of dates wrapped in bacon, sweet peaches make an excellent foil for salty prosciutto. Add tiny leaves of basil for brightness and beauty.



Figs and mascarpone

If you have excellent West Coast, Turkish, French or Italian figs in hand, make this. Seek out fruit with a lush but not overripe center. Figs—which are good sources of iron, calcium, and phosphorus—are just the thing to slice thinly for toast, then place on a bed of mascarpone. Lace with honey, if desired.



by JENNIFER FORD

5 Products You Need For The Ultimate Beauty Sleep

REST EASY. WAKE UP RADIANT.

Beauty sleep is the key to a radiant complexion, so if you're not getting 7 to 9 hours of rest each night, your skin will show it. While we snooze, our body boosts blood flow to our skin. Meaning, inadequate sleep interferes with circulation causing dark under eye circles, dull skin, and even wrinkles.

For those of us who've consistently missed the sleep mark, there's still hope. Thankfully, you can find a few complexion-saving beauty products that work magic overnight for flawless skin by morning.



Drunk Elephant TLC Framboos Glycolic Night Serum



This formula uses glycolic and salicylic acid to refine and resurface your skin, revealing smaller pores, even texture and tone.



Brighten tired eyes with this antioxidant-rich eye cream made with black tea and noni juice.



This overnight facial works through the night to calm and rejuvenate fatigued skin and provides powerful, long-lasting moisture and nourishment.

Nyakio, Chamomile Soothing Sleep Mask



Key  = \$10

Tatcha, Luminous Dewy Skin Night Concentrate

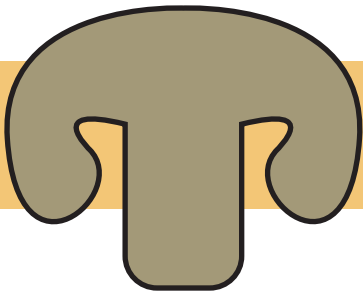


We'd usually opt for milk and cookies but the Japanese superfoods in this formula plump, hydrate, and restore skin's

Apply a thin layer of this hydrating formula to clean skin and allow its moisture-rich proteins to reverse dryness overnight and keep your skin

Kiehl's, Ultra Facial Hydrating Overnight Mask





by LINDSAY DREYER

Have You Taken Advantage of the Free Refill Policy at Starbucks?

If you're anything like us, a good portion of your monthly budget goes directly to Starbucks (no shame here!).

But we have good news for our fellow coffee-obsessed friends: Starbucks has a refill policy that will help you save a little bit of cash—and you probably had no idea.

According to Fortune, all customers are able to get one free refill during the same store visit (not drive-thru) at participating locations. Meaning you can't get a cup of coffee on Monday and come back for a free refill on Tuesday, unfortunately. And the promotion doesn't cover any of the super fancy drinks. A spokesperson

confirmed that you're eligible for a refill if you order brewed coffee (hot, iced, or cold brew) or tea (hot, iced, or shaken). Still, it's a pretty sweet deal (no pun intended).

To redeem, you have to use a registered Starbucks Card or Mobile app when you buy your drink, and then show the cashier that same card or app for your refill. Easy enough, right?

Of course, this long standing hack isn't breaking news to die-hard Starbucks fans—according to the blog Starbucks Melody, the company recently tweaked their policy language and the Internet took notice. But if this news is currently blowing your mind, join the club. And you're welcome!

Coffee & Espresso Makers -

Nespresso VertuoLine

\$\$\$ (★★★★★)

Technivorm Moccamaster

\$\$\$ (★★★★★)

Nespresso & De'Longhi

\$\$\$ (★★★★★)

Lattissima Plus

\$\$\$ (★★★★★)

Breville Barista Express

\$\$\$ (★★★★★)

Jura Ena Micro 1

\$\$\$ (★★★★★)

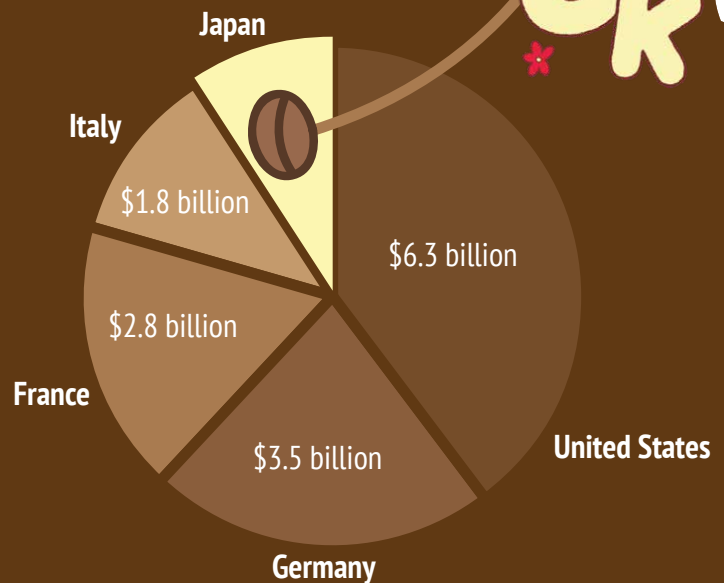


COFFEE FACTS -

In 2017, Japan imported \$1.4 billion in coffee alone, making them the #5 importer of coffee in the world!

In 2011, Japan imported 452,672 metric tons of coffee beans. 2

Countries total dollar of coffee imports in 2017 -



Japanese men on average about 9.5 cups of coffee a week! 2

Japanese women on average about 8 cups of coffee a week! 1.5 less than men! 2