

# the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

SHOP

CALENDAR

EAT

DISCOVER

TRAVEL

TOWN GUIDES



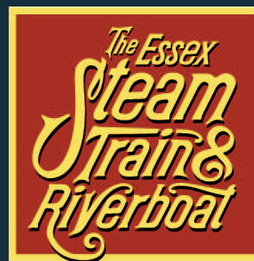
Last week we rounded up some tips on how to stay healthy and save your sanity during the upcoming holiday frenzy (in case you missed it,

you can find it at the bottom of this list). I'm throwing my hat in that ring this week, with my capsule wardrobe. I love a uniform and not having to overthink about what goes with what! We all know the 80/20 rule (80% of our clothes hang forlornly in our closet, while we regularly trot out just 20%). I'm probably more 90/10 during any given season, but I buy judiciously and wear my clothes to death. I've included my go-to's here. Daylight Savings Time and the move indoors has given rise to a spate of organizing and a tiny bit of redecorating, and I've added a few things to my wishlist. You'll find those on this list, too. And finally, it was a treat to see the Nut Museum recreated at Connecticut College. Read all about it, and a slew of other upcoming events on this list.

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# THANKSGIVING

## STRESS FREE BY LA CUISINE




## Indoor Refresh

Daylight savings time signals a move indoors, and I'm always up for a refresh this time of year. Sometimes I just push around the furniture and add a few new pillows and that does the trick. Here are a few items that have recently caught my eye...

[Get the Details](#)

# Vanilla Fudge



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Revisiting the Nut Museum:



## Visionary Art of Elizabeth Tashjian

When we first moved to Old Lyme, there was an intriguing museum just down the street from our house devoted to the nut. Many of you probably remember the museum and it's elderly curator/owner Elizabeth Tashjian (often referred to as the Nut Lady, to her alarm)...



[Read More About The Exhibit](#)



## My Capsule Wardrobe

The handy thing about being a grown-up is you generally are no longer testing out your personal style. You know what works for your body type and probably wear a version of the same outfit most days. I definitely do...

[See My Picks](#)



### Sponsored Story



### Let The Marketplace Make Your Thanksgiving Meal Memorable!

Thanksgiving is such a wonderful holiday to gather with family and friends. With turkey and all the sides as the focal point, it can be stressful if you have to cook and prepare. The Marketplace is here to help you have a great meal and not be overwhelmed.

Their butchers can help you select the perfect size fresh turkey. They can even brine your turkey. They can also cook it ahead so you just need to reheat it!

Their Chefs can provide sides and accompaniments with that homemade taste without the fuss and the messy kitchen. They have gravy, stuffing, mashed potatoes, green beans, and Brussels sprouts. They offer soups, shrimp cocktail, and cheese platters for appetizers and pies for dessert. Vegan and Gluten-Free options are always available. Orders accepted through Sunday, November 24th.

[See the Menu](#)



## From The E List Events Calendar

### **Woman's Flat Repair Clinic at Pedal Power Essex, 11/7**

Learn tips and tricks to become self-sufficient when you're riding at this clinic catered specifically to women, taught by a female mechanic. [Read more...](#)

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### **Jonathan Edwards Performs at the Kate, 11/8**

With a career that spans over four decades, singer and songwriter Jonathan Edwards continues to delight his fans with his unique blend of country and American folk music. [Read more...](#)

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### **Westport Young Woman's League presents: CraftWestport 2019, 11/9 - 11/10**

Get a jump on your holiday shopping at an indoor marketplace brimming with American handmade, everything from ceramics, jewelry, printmaking, and so much more. [Read more...](#)

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### **Fall Migration Bird Walk at Hammonasset, 11/9**

Get outdoors and enjoy a Saturday morning in the fresh air while watching migrating hawks, eagles, owls, and more. [Read more...](#)

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### **Cooking Classes at Weekend Kitchen: A Very Merry Microbiome, 11/9**

Prepare a festive menu to keep your gut happy during the season of overindulgence. [Read more...](#)

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### **Shoreline Arts Trail's Upcoming Open Studios, 11/16 - 11/17**

Discover one-of-a kind, handmade art when you visit the private studios of 39 artists in Branford, Madison and Guilford. [Read more...](#)

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**Looking for more things to do? Find New Haven & Mystic Restaurant week, cooking classes, yoga workshops, and more on The E List events calendar:**

[Browse the Calendar](#)

**p.s. from Erica**

**Join us for Girls' Night  
Out in Essex on  
Wednesday, November  
13th. Take 20% off at  
participating shops!**





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