

# B THE NEWSLETTER

*A Monthly Edit: By Lia Bartha*



## The Home Edit

*By Lia Bartha*

How is it already September? It feels like the summer flew by, something I tend to say every September. This is the month in New York that I really love. Why? Well for one, my kids go back to school, hopefully. And more, the weather starts to cool off a little bit, making my staple sweater and shorts combo a little more appropriate and comfortable. This summer has been a nice change of pace from the previous one. I have been able to safely spend time with friends, visit some family far away, and enjoy many moments to truly embrace New York. It has been magical, but the reality of winter approaching and the pandemic ups and downs is now slowly creeping in. With that said, I am finding myself wanting to nest a little bit more at home and make it as cozy and inviting as possible for the months ahead.

Since this month is a transitional one for so many of us, it just felt right to focus this issue on the home. The idea of spring cleaning is very common, but I also consider fall a time to revamp, reorganize, and recenter your space as well. If there were such a word to describe this moment for me, it would be, "cozify." I am very excited to share with you some of my favorite home staples and accents that make my house a home.

xx

A handwritten signature in black ink, appearing to be 'Lia Bartha', with a long horizontal line extending to the right.

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## The Focus

### *The Home Edit*

Home is the place where you feel undeniably yourself. It is a place where you are the most comfortable and relaxed, and a place we all have spent an enormously, unexpected amount of time in over the past couple years. Like me, I am sure so many of you used that time to rearrange some things to fit the everything-happens-at-home lifestyle. It's not an easy task to have your home base flex all of these areas that likely took place in different physical locations from one another, but we made it work. Maybe not always gracefully, but it was definitely interesting to say the least. Your home is a place you go to and return to. It's your personal space, and can really be your favorite place.

Your home can be the ultimate mode of self-expression. From your choice of color or lack thereof, cozy nooks or wide open space, minimalistic walls or a homemade art filled montage. The culmination of these elements and aesthetics is a visual reflection of you; a glimpse into your most authentic, open self. Inviting others into your home is a very personal and connecting moment to share, offering them a deeper understanding of you.



## The Essentials

### *Accents and staples that make my house a home*

I absolutely love to visit other peoples homes because it's a reflection of their personal style, authenticity, and comfort. Visiting someone's home gives you a little peek into that person's truest self. I find that so beautiful, vulnerable, and connecting. I grew up in Hawaii where natural light, neutral earth tones, and simple aesthetic always spoke to me. It's no surprise that my Brooklyn home incorporates these elements, as they reflect who I am. Aesthetics are not just for presentation, they create a feeling. A feeling felt by not just you and your family, but the people you invite in. I am excited to share with you some of my favorite items in my home that I can't live without.

## Staples



[Vitruvi Diffuser](#)



[Apotheke Charcoal Candle](#)



[Mud Australia Coffee Cup](#)



[Sonos portable speaker](#)



[Coyuchi Air Weight Organic Towels](#)



[Ugg Classic Mini Boots](#)

## Accents



[Hinoki Aroma Flakes](#)



[Dried Flower Bouquet](#)



[Brass & Wood Photo Box](#)



[Wooden crates](#)



[Scrabble Board](#)



[Anissa Kermiche Vase](#)

## The Movement

*The go-to guide for home workout essentials*

Let's talk about home movement essentials and establishing a workout space that is motivating, invigorating, and zen. Before the pandemic, I didn't have a designated workout space in my home. At the time, all of my workouts took place in a studio, of which, its environment was curated by the studio owner, not me. I would always work to bring in my own personal touches to create a specific vibe for me and my clients. When the pandemic hit and a home studio was inevitable, I knew that my space needed to encapsulate all of my dream feelings when working - being inviting, peaceful, and stimulating all at the same time.

Proper gear is essential to my workout space. I am very particular about gear since these are items we use regularly due to committed and consistent workouts. My method involves very close contact with props designed to enhance and advance your practice, while also acting as a support and alignment tool. This said, it's extra

important that these items are safe, clean, and healthy for your skin and body. I put a lot of work and effort into making my props free of harmful contents for not only yourself, but also your kids and pets who are also right up in there when you are working out at home.

### Props & Gear



[1lb Bala Bangles](#)



[B The Method Prop Bundle](#)



[Eucalyptus & Tea Tree Mat Spray](#)



[Slouchy Knit Socks](#)

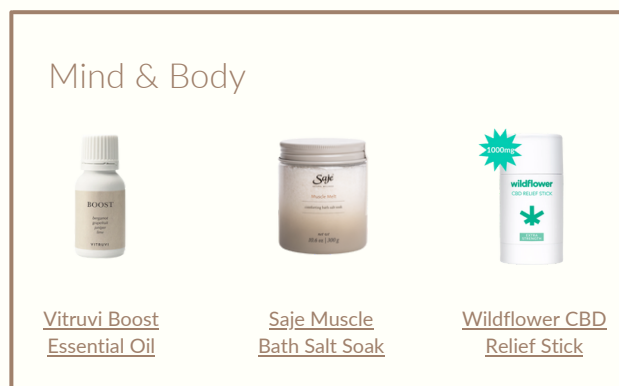


[Silk Hair Scrunchies](#)



[Kitsch Hair Clip](#)

My method is extremely focused on connecting the mind and body, nurturing the two both separately and together. I love to create an atmosphere before, during, and after my workout using products to fit the situation. At the beginning of my teaching journey, I started putting grapefruit oil in my palms. My signature scent was so invigorating for me and my clients that I continued this all the way up to my last in-person client last year. Now, I try to create this same type feeling even when I am by myself using these favorite products.



## The Pantry

Featuring community member Samah Dada

I am so excited to feature community member, Samah Dada, in this home issue. Samah is a recipe developer, wellness enthusiast, and B The Method practitioner from the beginning. She just released her very first cookbook, *Love to Cook It*, which is absolutely incredible and now a staple in my kitchen. I am a huge fan of Samah’s recipes so I am more than thrilled to have her share an insightful and inspirational Q+A plus her favorite pantry and fridge staples with our community.

Mark your calendars for Wednesday, September 22nd! Samah will be joining me in an Instagram live to make a dish from her cookbook! The recipe will be shared with you in advance so you can join us and get cooking!

### Q+A with Samah Dada

**Q:** Samah, first off, I just want to say that I am a HUGE fan of your recipes. They are so creative, yet simple and easy to execute. Has cooking always been in your life?

**A:** Cooking has always been a part of my life, especially when you have an Indian mom (who is an incredible cook)! While my forays into cooking probably started with Kraft Mac 'n Cheese (please tell me I'm not alone), I guess it's safe to say that I ventured out since then. As a kid, food was my main source of connection to my Indian culture, and the dinner table was one of the few places where I really felt at home.

When I went to college at Berkeley I truly transformed into the human Yelp of my friend group, always prepared to rattle off a list of a million restaurants that everyone could go to for their respective occasions. When I started my blog DADAEATS while interning at CNN for a summer in New York, my main goal was to clear my camera roll of all the photos I was taking at all the places I vowed to check off my list. But after moving to New York, my Instagram hobby transformed into more, especially as I began to become more conscious of my wellbeing and the

ingredients that I was putting into my body. I fell into an absolute passion of developing recipes with minimal ingredients that you feel good about eating, but that taste great as well (Listen, I can never go a day without a dessert or two)!

**Q:** Did you have any influences as a child that made you seek out this passion?

**A:** My mom! Though my career was a happy accident, I credit my mom for introducing me to what cooking can be. Though both of us cook differently (she never bakes, nor does she measure anything), her food is always comforting, yet energizing, and largely plant forward. Growing up, I saw a lot of vegetables on my table, and with the gorgeous spices and herbs involved in Indian cooking, I never had to be forced to eat my vegetables – I always wanted them. I also often saw my mom swapping out the cream in a curry for tomato sauce, and butter for olive oil. Her iterations of different Indian dishes inspire me to create my own. Every time she cooks, she always quips that nothing turns out like the last time she made it – and I think that embodies the essence of cooking. You create, recreate, and iterate until you surprise even yourself in the kitchen.

Q: Since this is our home edit issue, do you have any favorite kitchen essentials?

A: I can't live without my Material Kitchen Knives & Cutting Boards. I have to have my Vitamix on hand for making anything from cheesecake crusts to banana nice cream. Since I have a borderline unhealthy coffee obsession, I must have my coffee maker (or else)! And finally, I love my Great Jones baking pans and sheets.

Q: How often do you come up with new recipes and where do you find inspiration?

A: Literally every single day. Is that crazy? A few years ago, I started dreaming about recipes and that's when I knew it had gotten bad. Just kidding, I'm lucky that I even work in my subconscious mind.

Inspiration is all around me – from my favorite nostalgic comfort foods to new restaurants I try, to my loved ones' favorite foods. I love to feed people more than anything, so I look for inspiration in the people I love and places I go. I'm also very inspired by both the Indian flavors I grew up with, as well as what I have in my pantry or kitchen at the moment. It's satisfying to be able to whip up something new with an eggplant that I may have forgotten in my fridge, or the greens that may be on their last day. Not only are you making something delicious and new, but you're also combatting your own food waste in the kitchen!

Q: Favorite savory dish? Favorite sweet dish?

A: It's hard to pick my favorite children but I'll say this. My new favorite savory dish is my [Butter Cauliflower Masala](#)! It's a spin on a traditional Indian Butter Chicken, but made completely plant-based with vegan butter and cauliflower.



For sweet, you just can't go wrong with my [Chocolate Chip Tahini Cake](#). It's one of the first recipes I made on the TODAY Show, and it's been a hit ever since.



Q: Congrats on releasing your first cookbook, Love to Cook It. That is such an incredible milestone! Can you share with our community a little bit about what's inside?

A: Thank you SO much! It was an absolute labor of love, and I spent two years dreaming up and developing recipes for the book, and creating the tangible little piece of my heart that people get to bring into their own kitchen. It is surreal! I really wanted 'Love to Cook It' to be a kitchen companion, with plant-based recipes that will keep you going throughout the day, but that most of all, are easy to whip up.

## Samah's Top 5 Fridge & Pantry Staples

- 1 - Medjool Dates  
"for snacking and baking"
- 2 - Almond Butter  
"for stuffing into my dates or just eating straight up with a spoon (who are we kidding)"
- 3 - Gluten-Free Sourdough Bread  
"for my daily avocado toast topped with za'atar, pumpkin seeds, salt & pepper"
- 4 - Tahini  
"for creamy sauces, hummus, and in my Chocolate Chip Tahini Cake"
- 5 - Chickpeas  
"for hummus (of course), topping salads, and my Chickpea Blondies"

I'm never going to spend hours in the kitchen, so why would I ask anyone else to? My recipes have minimal, real ingredients – from breakfast, to salads, to veggies, from pastas to grains to desserts. It's the best piece work I've put out and something I'm extremely proud of. I also made it a point to add personal essays in there – about my struggles growing up, my discovery of kitchen and consequently, myself.

Q: Do you have any tips for our home cooks looking to get a little more creative in the kitchen?

A: Just get in the kitchen! I think a lot of people are intimidated by cooking, but you have to start somewhere. When you don't attach yourself to the result but have fun in the process, I think that's the key to success in the kitchen (and success in anything, for that matter). Play with things you like, find out if there are things you don't. You'll never know unless you try! Find a cookbook and cook through it, recipe by recipe (I've seen many members of my own audience doing this with 'Love to Cook It,' and it's so, so cool). The more experience you have in the kitchen, the more confident you'll be working your magic in there. It's also important to focus on adding things into your pantry and fridge instead of subtracting from it! I prefer to lead with fresh produce, aromatic spices, legumes, and nice sources of fat like extra-virgin olive oil and tahini. Adopting this mindset will change the game for you in the kitchen and make it a lot more exciting to get experimenting, especially when you know you have some solid basics.

To learn more about Samah, visit her Instagram account [@dadaeats](#) and website [www.dadaeats.com](http://www.dadaeats.com).  
For Samah's cookbook, visit any bookstore or purchase online [here](#).

## Coming Up This Month

- Friday 15 minute Instagram lives this month will continue focusing on Fundamental Movement! Tune in Friday's at 12pm EST, IGTV, and the B The Method App.
- Wednesday, September 22 at 12pm EST - Instagram live with Samah Dada
- Wednesday, September 29 at 8pm EST - Instagram live community chat and check in.

# THANK YOU FOR READING

This newsletter is for our community, by our community.  
Send us a message with any questions, comments, and feedback.

JOIN OUR AFFILIATE PROGRAM!  
Interested in being part of our program? Email us to chat.

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