

# HAMPTONS PURIST

AN ADVENTURE  
IN WELLNESS

## DIVE IN!

WITH PRO SURFER

**QUINCY  
DAVIS**

BROOKE SHIELDS  
CARL SAFINA  
LAIRD HAMILTON  
MICHAEL BLOOMBERG  
APRIL GORNIK  
ALEX MATTHIESSEN  
ZIGGY MARLEY  
CHAD SMITH  
SHERYL SANDBERG

HOW TO SUSTAIN  
OUR SEAS

HEALING WITH  
MEDICAL MARIJUANA

THE ART OF  
CIRCADIAN RHYTHMS,  
SOUND BATHS, AND  
SEXUAL KUNG FU



MORE SURFER GIRLS



# GREEN DESIGN

Award-winning landscape designer **Frederico Azevedo**, founder of Unlimited Earth Care, celebrates the environmental benefits of surrounding your Hamptons home with native plants.



Plants native to the Hamptons require no herbicides.

Eco-consciousness is no longer just a trend, but a lifestyle. Increased awareness about the impact we all have on our environment is leading more of my clients to appreciate the advantages of using native plants. Since they're specifically suited to the Hamptons' growing conditions, native plants—when combined with proper soil preparation and the right landscape design—are superstars of sustainability, requiring less water and no herbicides. And because they're in balance with their natural surroundings, they also provide suitable wildlife habitats.

Native plants can easily be added to an existing landscape, so if you want to give your property a nature-friendly makeover, here are some dramatic ways to do it. The large native flowering dogwood tree pops with a wide canopy of white flowers during late spring. Another great option is the American hornbeam, with its elegantly pointed leaves and vertical, narrow canopy, which provides both spectacular fall foliage and a popular perch for songbirds. If you're in the market for shrubs, consider the native arrowwood viburnum, with its clusters of white, delicately scented flowers or, per-

haps, the inkberry, with its evergreen leaves and white flowers that turn into black berries. These trees and shrubs can be combined with native flowers like lupines, which have blue vertical blooms, or black-eyed Susans, which have daisy-shaped yellow flowers around a black cone-shaped center (black-eyed Susans remain attractive even after their petals fall off). Another native plant is baptisia, with blue water-drop-shaped flowers and stems that grow in a circular bouquet shape.

Ensuring a good quality soil before planting will improve the growth of native plants by helping them stay healthier for a longer period of time. Most soil problems can be corrected by adding organic conditioners and composts, which add nutrients and improve drainage.

When it's time to start planting, group your collection of native trees, shrubs and flowers into flowing drifts that sweep through an existing landscape. In garden beds, positioning native plants in a gradation of heights provides a pleasing visual effect. That way your landscape can be just as aesthetically satisfying as it is environmentally sound. 🌿

Photo: courtesy of Unlimited Earth Care