

I finally understand the toilet paper hoarding. Grocery stores are terrifying, even getting gas is scary (and involves plenty of wiping and worry). What makes me feel better is a full pantry. And is mine ever. Besides the elusive disinfectant wipes, I am stocked for months in pasta, beans, rice, and canned tomatoes. Sanjay Gupta (my crush) says we don't even need wipes; soap and water work just fine, but that doesn't stop me from obsessively scouring the internet for them.

Everything these days seems well beyond our control. And the one thing I can control is my pantry. My new world centers around feeding my family. I'm not testing fancy recipes; it's down to basic nourishment and comfort food. When you can't run out to the grocery store for a missing ingredient, you make do. We've been eating well, and the time around the dinner table, the three of us, just like the old days when my daughter lived at home, is what I look forward to all day long. Small but significant pleasures.

Stay safe and healthy,
Erica

p.s. Please support our advertisers if you can, they're keeping The E List alive and free for readers.



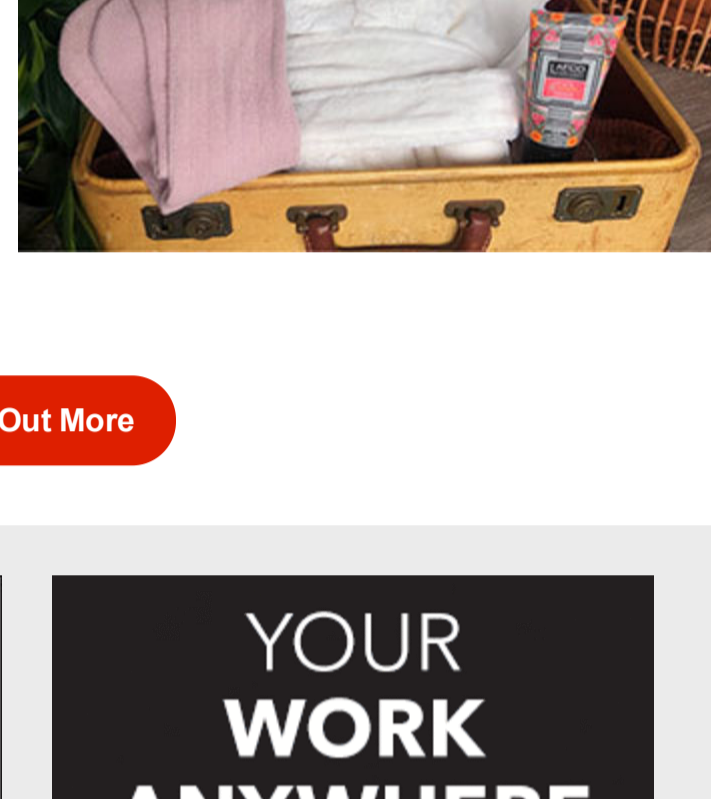
How to Plant a Victory Garden

We turned to master gardener, Christine Darnell, for a how-to guide to feeding ourselves! Here are her tips.

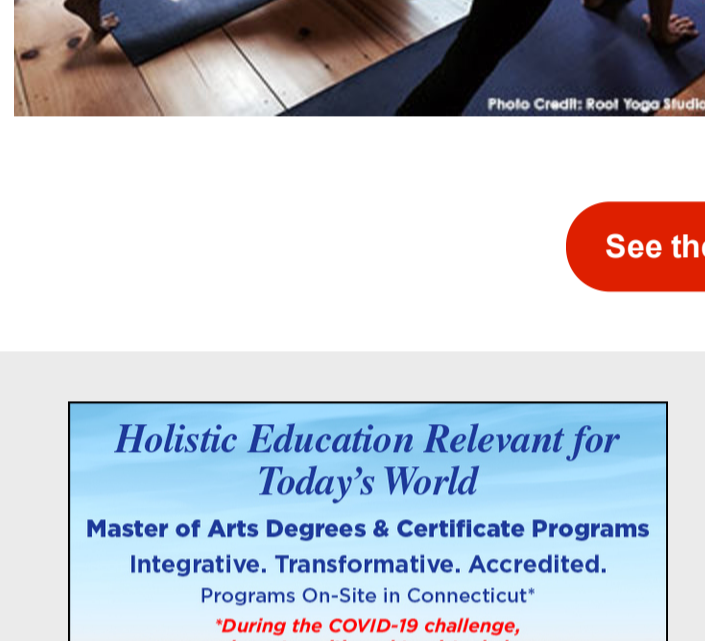
[Read the Article](#)

Lulu's Everyday Cozy Kit:

Lulu's in Guilford has always been our go-to shop for everything cozy, now more than ever! Kim Mangs, the brains behind all that curated loungewear, sleepwear, and lingerie, has amped up her e-commerce in a hurry and is offering these hand-picked and super cozy bundles for at-home lounging. Which, frankly, is pretty much all we'll be doing for the foreseeable future.



[Find Out More](#)



Our Favorite Workouts are Online!

Given that we're likely home for at least another month, we might as well get ready for swimsuit weather. And now you can support your favorite teachers and studios or try something new in the comfort of your living room! We've rounded up some of our tried and true.

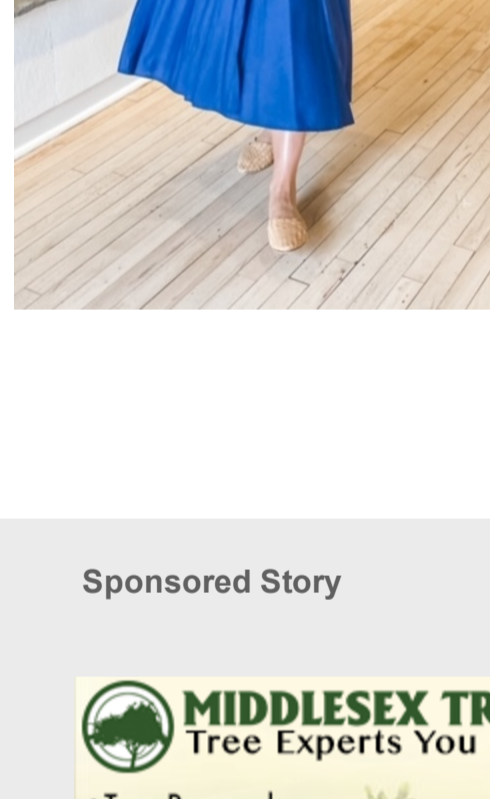
[See the List](#)

What We're Reading Now

I'm finally settling my mind (wow, it took a month!), and have the attention span to cozy up with a good book. I turned to my novel-devouring friends for some recommendations. Here you go:



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Everything in The E List Shop, including brand new Spring arrivals, is 30% off. Shop online with code SPRING30 for discount. (That's my baby in a **Xirena cotton poplin wrap dress!**)

[Shop Now](#)

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Middlesex Tree LLC
As the days get longer, weather is warmer and winter brings focus to a distant memory, it brings focus to everything outside, including our treescapes. Fluctuating temperatures, wet conditions and invasive insects can take their toll on your trees. Spring is an opportune time to complete most tree care maintenance, eliminate hazards and prune to aid in the structural health and development of your trees.

Derek Babineaux, owner of Middlesex Tree LLC, is a licensed Arborist who is committed to providing clients excellent service and works closely with them to develop long term tree-care maintenance plans. Derek's vast knowledge of arboriculture combined with being a skilled climber, bucket truck operator and impressive crane aerial technician gives way to providing trusted service. Middlesex Tree LLC is the proud recipient of the Best of the Shoreline Award.

Middlesex Tree LLC is offering E-List Readers a free Arborist Assessment (\$150 value!). Please call 860-339-5605 by May 1st.

[Visit Middlesex Tree](#)

p.s. from Erica

What I'm listening to: Writer Dani Shapiro's new podcast, **The Way We Live Now**, interviews with artists, chefs, actors, and guests from every walk of life to discuss the question: "How do we live when we're all isolated in our own homes?"

What I'm watching: **John Krasinski: Some Good News**

Try your hand at ceramics!
Earth and Fire Studio in Essex is offering pottery wheel rental with online lessons.

How to keep your home office from taking over your living space: **Home Office Hacks.**
Me, I'm the office-in-a-bag type, I use this one with long handles.

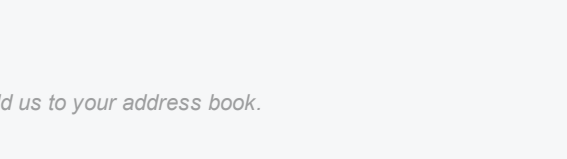
We've received some feedback regarding heating newspapers in the microwave (mentioned in the last email). May cause fire! No longer recommended.

Business Owners! Get your word out for Mother's Day. All ads are half-price through June. Contact Laura@thelist.com to reserve your spot.

New to The E List? Just in case you got this from a friend, sign up to receive your own copy of our weekly newsletter about the best of the CT Shoreline. Normally, we scour the towns to find the best food, shopping, cultural events, and things to do and tell you all about them on our weekly guide. During the Covid-19 pandemic, we're reaching out to our community of experts for tips to help you through this difficult time (and we will NEVER share your email).

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