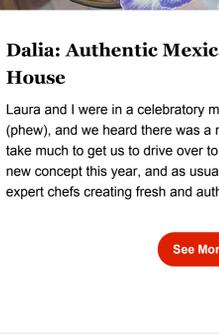


This week, rather than writing a cheerful header, I'll leave you to the list. It's a fun one, and I hope you enjoy it. You know I keep The E List a happy place and, for the most part, steer clear of politics. But the events of last week have left (even me) speechless.

Love, Erica

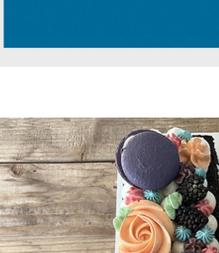
If you received this from a friend and would like your own weekly guide to the best of the Shoreline, [subscribe here](#).



Dalia: Authentic Mexican with A View at Ocean House

Laura and I were in a celebratory mood after publishing our Summer Guide (pheeew), and we heard there was a new restaurant at Ocean House. It doesn't take much to get us to drive over to Watch Hill on a brilliant day! Dalia is a new concept this year, and as usual, Ocean House has found a team of expert chefs creating fresh and authentic Mexican fare.

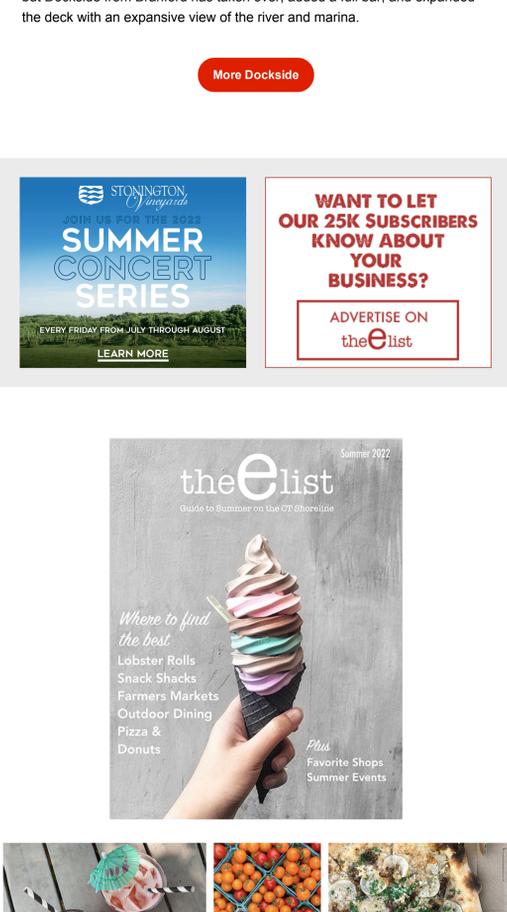
[See More Ocean House](#)



The Little Station at Beech Tree Cottages: Retro Gift Shop & Cottages At Hammonasset

I always make a stop at Beech Tree Cottages this time of year to see what Amanda has stocked in her adorable, seasonal shop, The Little Station. You'll find a hip and beachy mix of cute cover-ups, straw hats, beach bags, on-trend jewelry, and greeting cards. This year, she's expanded to a little garden shed next door and an ice cream shack that isn't yet open, but I'll be heading back for a cone.

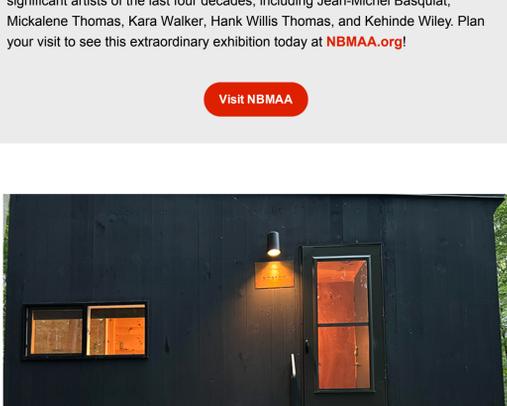
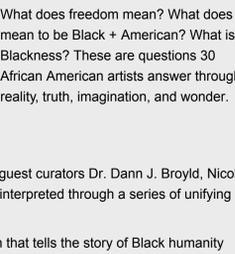
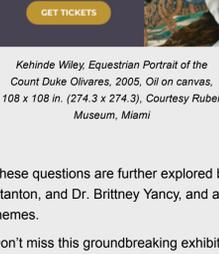
[See More Pics](#)



Tonic Marie's Gluten-Free and Gorgeous Cakes

I have a love/hate (mainly hate) relationship with social media, but occasionally I discover something exciting, and my latest is Tonic Marie. This cottage baker based in Lyme has been churning out flavorful macarons for farmers' markets and special orders. Baking is her passion, and when a gluten-free neighbor asked if she could create some edible treats, she got going and hasn't stopped.

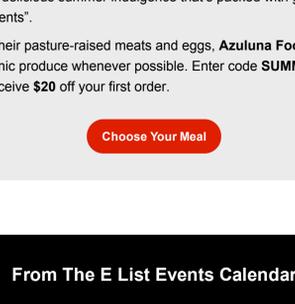
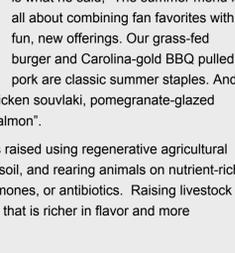
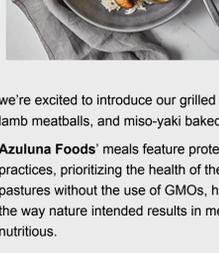
[See More Cakes](#)



Fried Clams (and Lots More) with a View at Dockside in Essex

Once per summer, I indulge in a number of fried clams, and this year I partook at Dockside in Essex. You might remember this casual eatery as Abby's Place, but Dockside from Branford has taken over, added a full bar, and expanded the deck with an expansive view of the river and marina.

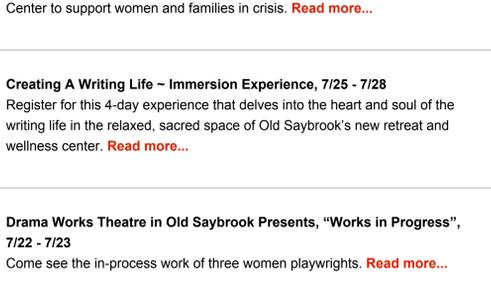
[More Dockside](#)



Guide to Summer 2022

We wait all year long for these few months on the Shoreline, and to celebrate it every bit of it. Download it, share it, and keep it on your desktop or on your phone, so no matter where you are, you know where to go.

[Get the Guide!](#)



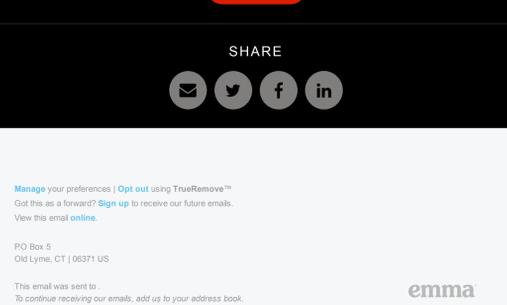
New on View at the New Britain Museum of American Art: 30 Americans
Now Through Oct. 30

What does freedom mean? What does it mean to be Black + American? What is Blackness? These are questions 30 African American artists answer through reality, truth, imagination, and wonder.

These questions are further explored by guest curators Dr. Dann J. Broyle, Nicole Stanton, and Dr. Brittney Yancy, and are interpreted through a series of unifying themes.

Don't miss this groundbreaking exhibition that tells the story of Black humanity through the gaze of contemporary Black artists. Drawn from the acclaimed Rubell Museum in Miami, Florida, 30 Americans showcases works by some of the most significant artists of the last four decades, including Jean-Michel Basquiat, Mickalene Thomas, Kara Walker, Hank Willis Thomas, and Kehinde Wiley. Plan your visit to see this extraordinary exhibition today at [NBMAA.org](#)!

[Visit NBMAA](#)



In Case You Missed It: We wrote about summer cocktails, a farm cafe and local glamping on our last list. [Read It Here](#)

How do we celebrate the flavors of summer- lobster bakes, ice cream, and burgers on the grill- without feeling weighed down in the heat?

We posed this question to Azuluna Foods' head chef, Max Manning. Here is what he said, "The summer menu is all about combining fan favorites with fun, new offerings. Our grass-fed burger and Carolina-gold BBQ pulled pork are classic summer staples. And we're excited to introduce our grilled chicken souvlaki, pomegranate-glazed lamb meatballs, and miso-yaki baked salmon".

Azuluna Foods' meals feature proteins raised using regenerative agricultural practices, prioritizing the health of their soil, and rearing animals on nutrient-rich pastures without the use of GMOs, hormones, or antibiotics. Raising livestock the way nature intended results in meat that is richer in flavor and more nutritious.

"We want our customers to savor the Azuluna experience, counting down with the timer as they heat up our meals. Our dishes allow folks to have the best of both worlds- a delicious summer indulgence that's packed with guilt-free macro and micronutrients".

In addition to their pasture-raised meats and eggs, Azuluna Foods sources local and organic produce whenever possible. Enter code **SUMMER20** at checkout to receive **\$20** off your first order.

[Choose Your Meal](#)

From The E List Events Calendar

Discover uncommon items from 175+ makers you can't find anywhere else in the area! Shop for handmade original fashions, accessories, jewelry, home décor, furniture, photography and fine art; as well as functional and sculptural works in ceramics, glass, metal, wood, mixed media and more! Plus enjoy gourmet specialties, craft demos and family activities! Friday 11-7:30; Saturday, 10-7; Sunday, 12-5. Outdoors on the Guilford Green. Rain or shine. [www.guilfordartcenter.org](#)

[Find Out More](#)

cinder + salt Independence Day Tent Sale! 7/1
Visit cinder + salt, an eco friendly clothing brand, specializing in sustainable casual apparel for guys, ladies and kiddos for their summer sale. [Read more...](#)

Surfridge Brewing Company Presents One Drop of Sunshine Festival, 7/3
Head to the lawn at Witch Hazel Works for an afternoon with Surfridge Brewing Company featuring oysters, craft beer, live music and more. [Read more...](#)

Outdoor Yoga to Support Women + Family Life Center, 7/3
Enjoy an outdoor gentle yoga class - All proceeds go to Women & Family Life Center to support women and families in crisis. [Read more...](#)

Creating A Writing Life ~ Immersion Experience, 7/25 - 7/28
Register for this 4-day experience that delves into the heart and soul of the writing life in the relaxed, sacred space of Old Saybrook's new retreat and wellness center. [Read more...](#)

Drama Works Theatre in Old Saybrook Presents, "Works in Progress", 7/22 - 7/23
Come see the in-process work of three women playwrights. [Read more...](#)

Looking for more to do? Find workshops, local theater, concerts, and more on [The E List Calendar](#):

[BROWSE THE CALENDAR](#)

p.s. from Erica

Get the word out to our 25K readers about your Spring happenings! Shout out your sales, new menus, workshops and events on The E List. [Add your event listing here.](#)

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