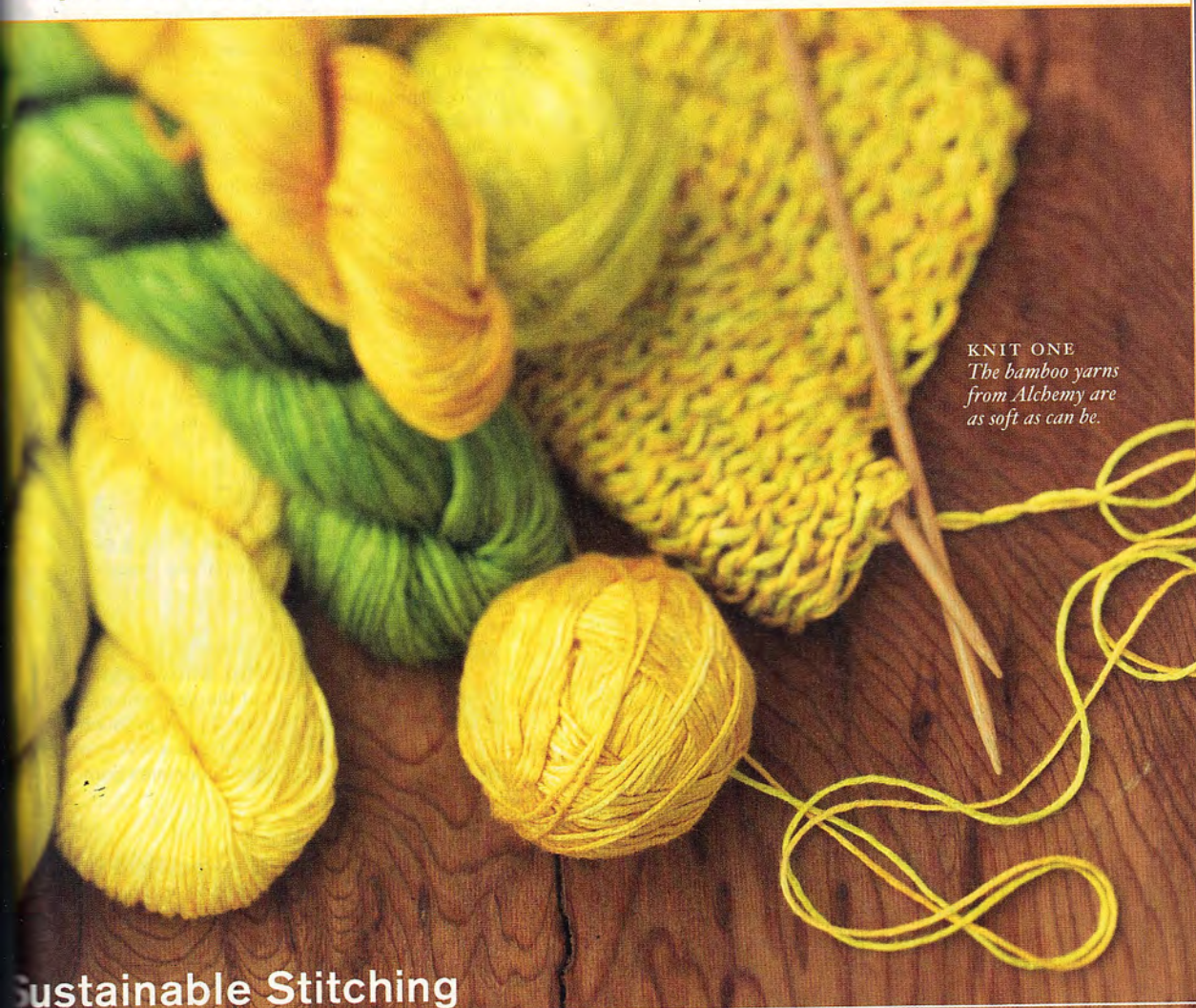


tips + fresh ideas for living a balanced, healthy life



**KNIT ONE**  
*The bamboo yarns  
from Alchemy are  
as soft as can be.*

## Sustainable Stitching

As knitting fans know, the rhythmic, repetitive action of this hugely popular hobby offers a calming effect on par with meditation or yoga. Now stitchers can do something good for the planet, as well as mind and body, by using new eco yarns made from organic, sustainable, and recycled materials. At Purl ([purlsoho.com](http://purlsoho.com)) in New York, bamboo and organic cotton fibers from Alchemy Yarns, Blue Sky Alpacos, and Rowan get top billing. "Bamboo is such a beautiful fiber," says Joelle Hoverson, the store's co-owner. "It's as shiny as silk yet holds up like iron." Also working its way into sweaters, hats, and scarves: recycled silk (from discarded saris and sarongs ([mangomoonyarns.com](http://mangomoonyarns.com))); durable, unshrinkable hemp ([anaknits.com](http://anaknits.com)); and the hypoallergenic and vegan Soysilk ([soysilk.com](http://soysilk.com)), made with remnants from the tofu manufacturing process. Now you can tread and thread lightly.