



BARBARA G. NYKE

pro tips  
-decor

As one of Canada's most popular decorators focused on eco-design, Barbara Nyke of Nikka Design is one busy lady. We snagged a few minutes of her time to get the scoop on eco-friendly products, stores and furnishings.

Polyurethane used in furniture (like cushion foam), fire-retardant and stain-resistant fabric coatings, laminated wood, plywood and particleboard (because they emit formaldehyde), chemical cleaners, oil-based paints and carpeting applied with solvent-based glues.

Plenty! Select wood treated with natural oils, lay bamboo or cork flooring instead of carpeting, opt for acrylic latex paint and use natural cleaning products.

Learn about eco-friendly materials online or at the library so you can be armed with a Green shopping list the next time you're on the hunt for home goods.

- ERICA KIRKLAND

To learn more about Barbara Nyke and her projects: [nikkadesign.ca](http://nikkadesign.ca)

Going shopping?

**Sico**  
1-800-463-SICO  
[sico.ca](http://sico.ca)

**Barrymore Furniture**  
[barrymorefurniture.com](http://barrymorefurniture.com)

**Harvest House**  
1-888-241-9960  
[harvesthouse.ca](http://harvesthouse.ca)

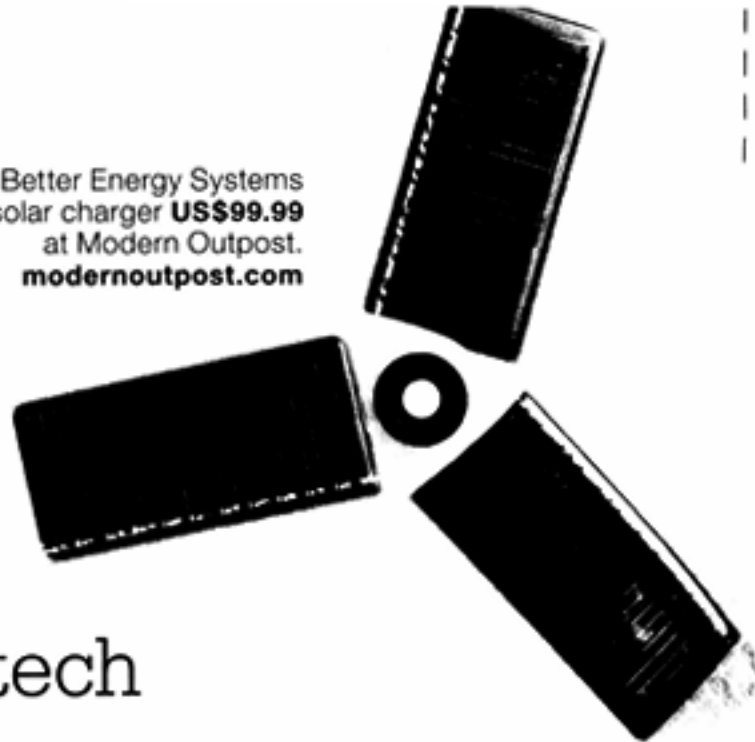
**Grassroots**  
1-888-633-5833  
[grassrootsstore.ca](http://grassrootsstore.ca)

Towels (Coyuchi \$7.99-\$39.99. Organic cotton. 1-888-633-5833 [grassrootsstore.com](http://grassrootsstore.com)).



Acrylic paint (Sico \$46.99 for 3.78 L. Interior latex. 1-800-463-SICO • [sico.ca](http://sico.ca)).

Better Energy Systems  
Solio solar charger **US\$99.99**  
at Modern Outpost.  
[modernoutpost.com](http://modernoutpost.com)



tech

charging  
machine

Looking for an earth-friendly way to keep your electronic gadgets juiced up on your next vacation? The UK-based Better Energy Systems has got you covered. Its Solio solar charger is a spunky take on solar panels: It's cute as a button, unfolds like a flower and has attachments for almost all PDAs, cellphones, and, of course, iPods. Greenies dig that the Solio powers up their gear with clean energy, and jet-setters love the freedom from foreign-outlet adapters. You can also use it at home and shave a bit off the power bill. Visit [solio.com](http://solio.com) for more info on this handy, stylish gizmo.

- JESSE CORBEIL



well spent

Knife sets from \$40 to \$280



Home Works 9-piece set and block. Stainless steel. [adamoimport.com](http://adamoimport.com)

Skärpt 4-piece set and block, at Ikea. Birch, stainless steel, plastic and porcelain. 1-866-866-IKEA [ikea.ca](http://ikea.ca)



Danesco. Block \$24.95; bread knife, carving knife and chef knife \$12.95 each; paring knife \$7.95; utility knife \$9.95. Wood (covered with thermoplastic) and stainless steel. [danescoinc.com](http://danescoinc.com)



Sanelli 7-piece set, at Stokes. Oak, stainless steel, plastic and rubber. 1-888-STOKES5 [stokesstore.com](http://stokesstore.com)



PHOTOS: SOLIO (CLEAN, GREEN CHARGING MACHINE); RESEARCH: KARYNE DEBONVILLE (MONEY WELL SPENT); ASSISTANTS: MARIE-ANDREE GUMONT, MELANIE VOYER