

HUB FOR CHANGE

Activist and filmmaker Katherine Lo envisioned inclusive gathering places for creatives to collaborate and inspire a better future for planet Earth. Her new hotel brand, Eaton Workshop—part lodging and wellness center, part co-working space and media development company—opened its first two locations in Washington, DC, and Hong Kong in 2018 (Seattle and San Fran are next up). Here, Eaton Workshop’s experts in DC share tips for fostering sustainability, insight, and social justice.

BY ELIZABETH MARGLIN



EATON WORKSHOP

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FERMENTATION NATION

Tim Ma, Eaton’s sustainability-focused chef, loves making tangy gut-healthy fermented foods, such as kimchi, and incorporating them into his menus. His brined veggies (those submerged in salt water) have a shelf-life of up to six months, which can equate to less food waste. Plus, we love the floral undertones of the peppercorns and the zesty cabbage in Ma’s simple brining recipe: Fill 2 quart-sized glass jars with 1 head Napa cabbage cut into 1-inch cubes, 2 sliced garlic cloves, and 1 tbsp Szechuan peppercorns. Then, dissolve 4 tbsp salt in 4 cups water, and pour over the cabbage. Leave at room temperature for 2–7 days. (The flavor becomes more pronounced the longer you leave it). Refrigerate 24 hours and serve as a side dish.

PHOTO: TKT/TK



HARNESS MOON ENERGY

During each full moon, Eaton partners with art consulting firm Latela Curatorial to host gatherings that include yoga, dance, Reiki, journaling, and reflective listening. “It’s a great scheduling staple provided by mother nature to either tune in personally or gather in community once a month,” says Latela Curatorial Founder Marta Staudinger. She invites participants to check in and identify where they’ve been holding back, how they’ve been showing up, and if negative thoughts have taken hold anywhere. The next full moon, try this writing prompt to help you let go of things that aren’t serving you: *When/where/how do you feel shame throughout the day?* Noticing and listing specific things that trigger a shame response or make you feel diminished can help you reconnect to a truer compass based on self-love. “Usually when we allow ourselves enough space and time to write freely, the truth begins to come out,” Staudinger says. “After writing, you can throw away the pages or even burn them, especially if it’s about something you are leaving behind.”



TAKE ACTION

The minibar in each room of Eaton DC contains an “activist toolkit” with poster board, letter stencils, and a megaphone for protests. To create more engagement on your home turf, try enlisting your local libraries and yoga studios to host community gatherings aimed at taking on timely concerns. Sheldon Scott, director of culture, recommends bringing in speakers who are directly affected by the issue you are trying to solve and ending each discussion with an action item. “Saving the environment, eradicating lead in infrastructure and soil, or committing to social justice are big ideas. Give them something accessible to do today,” he says. For example, at Eaton events they’ve asked attendees to stop using plastic straws, given them phone lists of members of congress and officials to call about the lead issue, and shared contact info for organizations that are looking for volunteers.

