

# Miriam’s Earthen Cookware

Miriam’s, from page 1

After giving birth to her first son and battling a diabetes diagnosis in 2008, Kattumuri found that her desire to help others live healthier lives, combined with her own research, solidified into an idea.

“More recently we’re finding out all about metal and chemical contamination from unhealthy & toxic cookware and the damage it can cause to our health,” reads a portion of the company’s website.

“By their innate nature, all metals are reactive, from surgical steel to aluminum to titanium. If it’s not reactive it’s not metal -- and food is a biochemical entity.”

Kattumuri’s solution: a non-glaze (non-toxic) “earthen” brand of handmade pots and pans, crafted entirely from clay collected from around the United States.

Since 2011, Miriam’s Earthen Cookware (MEC) has crafted its version of healthier living, one clay creation at a time. In 2018, MEC moved their office to Dedham, and it is currently staffed by four people, including Kattumuri.

“We are America’s first and only pure and primary clay cookware makers,” Kattumuri said. “All our products are made using 100% all-natural clay, hand-made right at our location.”

Kattumuri said that before her company begins using clay, the clay is tested at UMass Amherst’s Soil and Plant Nutrient Testing Lab, to ensure it is free from toxins such as lead or cadmium.

Following the check in Amherst, the clay is delivered and thrown on the wheel, then dried using the terra sigillata technique, before being fired for 24 hours.

Terra sigillata, according to the Oxford History of Classical Art, has its roots in Western antiquity, attributed to a style of pottery common in the Roman Empire.

However, terra sigillata is also used to describe a more contemporary style of pottery inspired by the antique original.

In addition to their business of pots and pans, MEC also has a dedicated “clay-cooking” blog and a list of recipes on their website, and even recently begun offering monthly healthy cooking classes via Zoom.

For those interested in what Miriam’s Earthen Cookware offers to customers, visit <https://miriamsearthencookware.com/>, call (617) 600-4492, or visit the business’ headquarters at 223 Bussey Street in Dedham.

(Photos): Scenes from the Dedham headquarters of Miriam’s Earthen Cookware.

Photos contributed to The Dedham Times



# Gilbert’s Wine & Spirits



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# Commission on Disability agenda for March 29 meeting

Contributed to The Dedham Times

Board: Dedham Commission on Disability  
Location: Via Remotely Accessible Meeting  
Day, Date, Time: Friday, March 29, 2021; 7:00 p.m.  
Submitted By: John F. Tocci, Chair

Due to the ongoing COVID-19 Pandemic and State of Emergency, on March 12, 2020, Governor Baker issued an Executive Order Temporarily Suspending Certain Provisions of the Open Meeting Law, M.G.L. c. 30A sec. 20. Pursuant to the Order, public bodies are temporarily relieved from the Open Meeting Law’s requirement that meetings be held in public places, open and physically accessible to the public, so long as measures are taken to ensure public access to the bodies’ deliberations “through adequate, alternative means.”

Join Zoom Meeting  
[https://zoom.us/j/98943886051?](https://zoom.us/j/98943886051)  
pwd=WmR6UIFuakwvTmRTQzhyakVtOXduZzo9

Meeting ID: 989 4388 6051  
Passcode: 794685

## AGENDA:

1. Old Business\*
2. Reading/Approval of the Minutes from Previous Meetings;
3. Backlog of Unposted Minutes on Town Website – Diane Loud, All;
4. Treasurer’s Report (two months) – Ken Cimen;
5. Mother Brook Accessibility Project – Ken Cimen
6. Scholarships and Summer Camp Grant - Vicky Berg, All;
7. Manor Park – John Tocci;
8. Human Rights Commission Statement – Diane Loud and John Tocci;
9. VFW Corridor Project – All;
10. Transportation Committee – Bernie Chirokas;
11. Snow Committee – All;
12. Vacancy and Term Developments – John Tocci;
13. New Business; and
14. Adjourn.

\*This item is included to acknowledge that there may be matters not reasonably anticipated by the Chair that could be raised during the Public Comment period by other members of the Committee, by staff or others.

# Dedham Senior Center to host Musical Baseball Show via Zoom on Opening Day, April 1

Show will feature Howie Newman, a singer-songwriter and former sportswriter

Contributed to The Dedham Times

To help celebrate the beginning of the 2021 baseball season, the Dedham Senior Center is hosting a virtual Musical Baseball Show on Zoom, featuring local singer-guitarist Howie Newman, on Opening Day, Thursday, April 1, at 12:30 p.m.

The show is free and can be viewed on a laptop, desktop, tablet or phone in the comfort of your own home.

This unique program includes baseball songs, trivia, stories about Newman’s time on the Red Sox beat – and a few surprises. There will also be a free raffle for one of his baseball albums.

You must register for the show. To register, call 781-326-1650 or email [tjoyce@dedham-ma.gov](mailto:tjoyce@dedham-ma.gov).

Newman, a former sportswriter for the Lowell Sun, Patriot Ledger, Boston Globe, and other newspapers, was on the Red Sox beat for many

years and covered the World Series in 1985 and ’86.

He has also remained an avid fan, having visited 94 major and minor league ballparks.

“Baseball is the one sport that really lends itself to music,” said Newman, whose experience also includes three years of radio color commentary for the Lowell Spinners, a Red Sox farm team.

“I’ll be playing my own baseball songs and a few other baseball standards that everyone knows.

“We’ll talk baseball, do some trivia and just have fun. If people have questions about the Red Sox and what it’s like to cover the team, I’ll be happy to answer them. It’s going to be a very unique type of show and I’m sure folks will enjoy it.”

For more information about Howie Newman and his baseball show, visit [www.howienewman.com/baseball-show](http://www.howienewman.com/baseball-show).



(Above): Sponsored by the Dedham Senior Center, singer-songwriter (and former sportswriter) Howie Newman will present a free virtual Musical Baseball Show on April 1.

Photo contributed to The Dedham Times