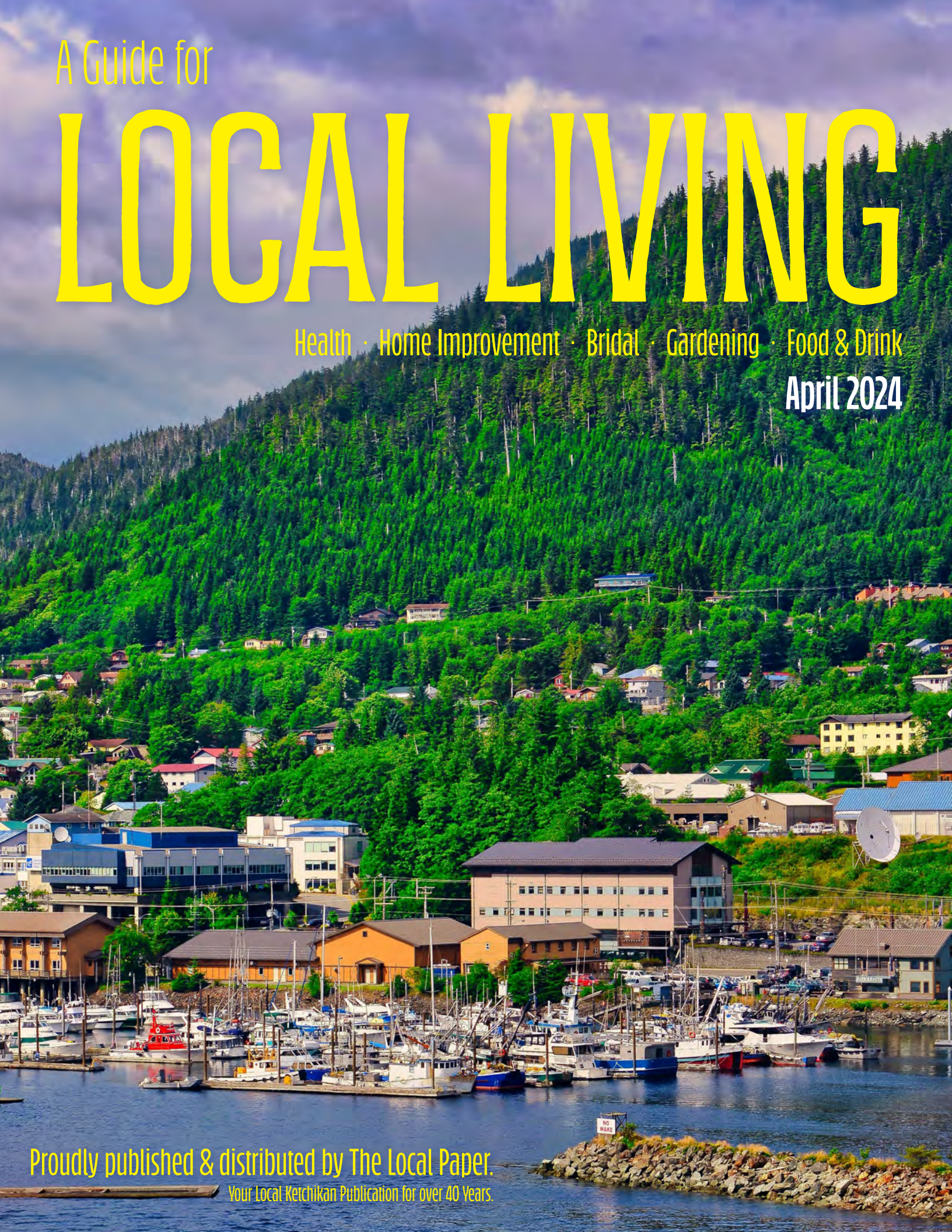


A Guide for

# LOCAL LIVING

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April 2024



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# A Guide for LOCAL LIVING

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### A Guide for LOCAL LIVING 2024

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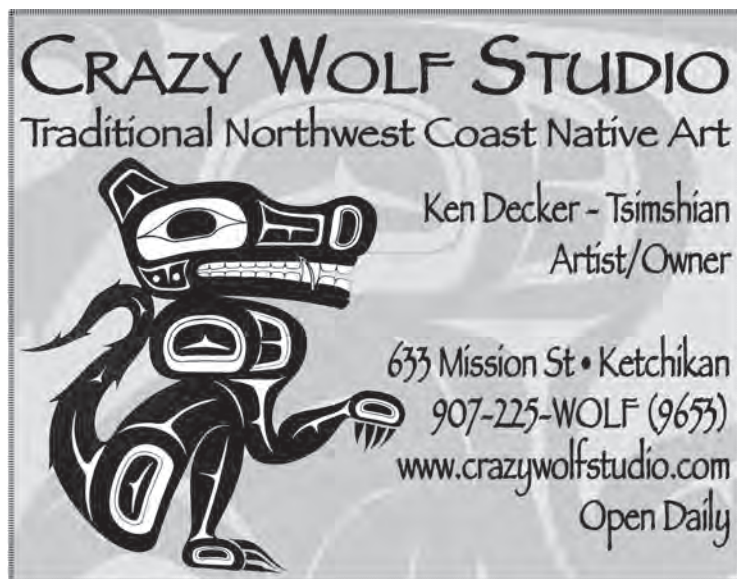
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## Conjure Up New Envious Sweet and Savory Favorites

Whether your favorite springtime meals take you to the patio or have you throwing open the windows to let fresh air in, enjoying the sunshine and warmth with sweet and savory dishes is a perfect way to celebrate the season. Better yet - bring loved ones together with recipes that are as easy to make as they are delicious for refreshing taste without the hassle.

The uplifting aroma and flavor of Envy Apples offer an invitation to savor small moments around the table, especially when used in simple favorites like muffins, sandwiches, pizza or pies for delicious dishes all day long. Celebrating spring can start with this ultimate apple experience, allowing you to introduce loved ones to new ways to rethink weekly staples.

Wake up with breakfast or brunch on the patio, highlighted by Apple and Date Muffins (below) you can prepare fresh or bake ahead of time then reheat for an easy, breezy morning. Spring often means outdoor activities which require a recharge at lunch like these Apple, Bacon and Brie Cheese Toasties (page 5) featuring the perfect pairing of sweet with savory.

These recipes and more start with the craveable texture and crunch of Envy Apples - a leading apple variety - that provide balanced sweetness with flesh that remains whiter longer, even after cutting, so your favorite meals look as delicious as they taste.

### APPLE, BACON AND BRIE CHEESE TOASTIES

Servings: 2

- 1 tablespoon butter
- 4 slices sourdough bread
- 1 teaspoon honey mustard, plus additional for serving
- 4 slices cooked bacon
- 1 Envy Apple, peeled, cored and thinly sliced
- 1 3/4 ounces brie cheese, sliced

Butter one side of each bread slice.

Lay out two slices bread, buttered sides down. Top with honey mustard then layer with two bacon slices, apple slices and brie cheese slices. Top with remaining slices bread, buttered sides up, to create two sandwiches.

Heat grill pan or frying pan and cook sandwiches until golden brown on each side and cheese is beginning to bubble.

Cut sandwiches in half and serve with side salad or extra honey mustard, if desired.



## APPLE AND DATE MUFFINS

Servings: 12



- 2 Envy Apples
  - 1 tablespoon maple syrup
  - 1 cup flour
  - 1 cup bran flakes
  - 3/4 cup brown sugar
  - 1/2 cup chopped dates
  - 1/2 teaspoon pumpkin pie spice
  - 2 teaspoons baking powder
  - 1 cup butter, melted
  - 1 egg, beaten
  - 3/4 cup milk
- butter or powdered sugar, for serving (optional)

Preheat oven to 375 F and line muffin pan with cupcake papers.

Peel and core apples and dice finely; toss with maple syrup.

In large bowl, combine flour, bran flakes, brown sugar, dates, pumpkin pie spice and baking powder; mix well.

In separate bowl, whisk melted butter, egg and milk.

Add half maple-apple mixture to dry ingredients.

Pour wet ingredients into dry and fold together until mixed. Spoon evenly into muffin tin cupcake papers. Add 1 teaspoon remaining maple-apple mixture to top of each muffin.

Bake 20-25 minutes until muffin mix is set and apple topping is golden. Allow muffins to cool 5 minutes before removing from tin.

Serve with butter or dust with powdered sugar, if desired.



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## STEPS TO SPRUCE

### UP OUTDOOR SPACES



*When spring arrives, days of enjoying your outdoor living space aren't far away. Getting your yard ready for months of outdoor enjoyment will take a little work, but you'll quickly see and appreciate the results. These five steps can have you on your way to a lush, healthy lawn and outdoor area in no time.*

### DETHATCH

Throughout the winter, dead grass and other debris accumulate on your lawn. This waste, known as thatch, can be quite a hindrance to your spring lawn. It promotes fungi, encourages pests and keeps new grass seed from sprouting. You can use a special dethatching rake or any rake with sturdy tines.

### AERATE

Before spreading grass seed, you'll want to give the new roots room to spread and grow. Aerating the lawn helps make your soil more welcoming to new growth by allowing moisture, nutrients and air to sink deeper into the soil. Depending on the size of area you need to aerate, two of the easiest options are doing the job by hand or using an attachment on a riding lawn mower.

### PRUNE

The lawn isn't the only place debris can pile up. Your flower beds and any other vegetation can become a holding ground for twigs, branches, leaves and other yard waste. Give your plants, shrubs and trees a close look to find broken, damaged or dead material and remove it to make way for new growth.

### WEED

Even the healthiest lawns are susceptible to weeds, but getting a jump start on weeding early in the season can help you keep control. You can manage weeds by treating with an herbicide before the sprout or, if you prefer, there are chemical-free alternatives like vinegar, salt or cornmeal. Be aware that many alternative products don't distinguish between the vegetation you want (like grass) and weeds, so these remedies are best used along borders and within beds to discourage weed growth.

### SEED

Winter weather and wear can cause uneven patches in the lawn. Seeding in the spring requires more work than the fall (especially if you tend to have hot, dry summers), but with enough nurturing and regular water, you can fill those spots in for a more uniform lawn.



## CLEAR THE BATHROOM CLUTTER



*Due to their small size and heavy usage, bathrooms can become messy, cluttered areas for many families. For those with smaller bathrooms, storage solutions can be even harder to find. Consider these organization tips to make your bathroom a clean and functional space for every member of the family:*

**ASSESS THE MESS:** Go through all the cabinets and drawers to clear out unused makeup, health care products and medications. Make sure the items you keep are used on a regular basis. Items used sparingly should be placed in an alternate location.

**GO VERTICAL:** Medicine cabinets can quickly get stuffed when combs, toothpaste and other toiletries are stored horizontally. Use organizer cups with suction adhesives to contain items vertically and save space.

**HANG UP IN STYLE:** Old coat racks and ladders make perfect solutions for larger families to hang multiple towels. Snag an old one from a thrift store and paint it a bright hue, like red or turquoise, for a stylish bathroom accent piece.

**AVOID SPILLS AND SQUIRTS:** Hair products, such as gels, mousses or hairsprays, can create sticky, tough-to-clean messes if liquid escapes the container in a drawer or cabinet. Avoid such mishaps by placing these types of items in plastic tubs instead of directly in the drawer or on a shelf.

**DIVIDE AND CONQUER:** Bathroom drawers can become unruly if not organized. To keep items separate and tidy, insert dividers, such as those used for kitchen utensils. These often come in fun materials, such as bamboo or stainless steel, to add a fresh look.

**ASSIGN CABINETS OR DRAWERS:** Try to use a large enough cabinet so each member of the family has his or her own space or drawer. This can help limit the amount of items high-maintenance family members can bring into the small area. Plus, it makes it easier for everyone to find their things.

## *Help Your Dog Achieve a Healthy Summer Body!*

Weight loss is tough for anyone, two - or four-legged, but losing weight and getting in shape can add not only years to you or your pet's life; it can also make those years more enjoyable!

### **START WITH CALORIES**

- Calories In/Calories Out also applies to pets in terms of long-lasting weight loss.

### **EXERCISE THE RIGHT WAY**

- Walk briskly on the "out" leg of your walk
- Move the food bowl upstairs or downstairs and rotate it so your dog always has to walk to get to their bowl.
- Use toys, balls, laser pointers, squeaky toys, anything that your dog finds interesting to chase.

### **RECHECKS & WEIGH-INS**

- Come by the clinic any time to weigh in your dog
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*Apply these helpful tips and Your best friend will be on their way to feeling their best for the summer!*



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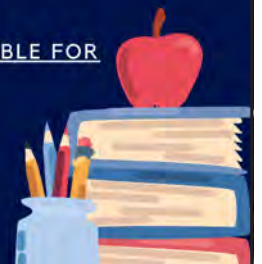
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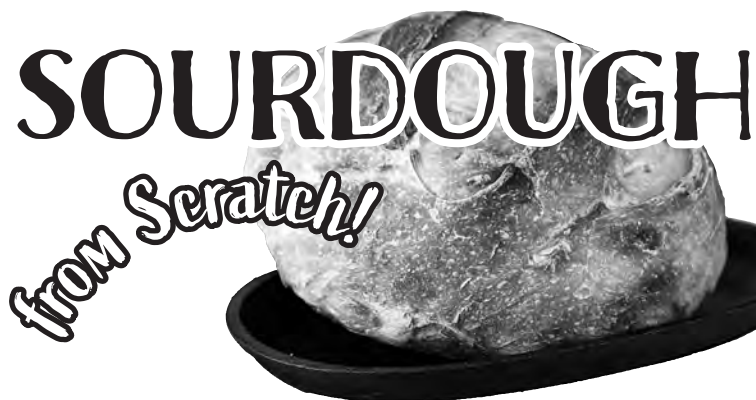




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What better way to celebrate friendship and camaraderie than with comforting foods all can enjoy. Sourdoughs and friendship breads may go in and out of fashion, but you can make them a staple of your inner circle with recipes that are easier than they appear.

Consider this Sourdough Starter, a 7-day process that may seem lengthy at first glance but requires just a few minutes in the kitchen each day. Without breaking the bank, this made-from-scratch solution includes just two ingredients - unbleached flour and warm water.

Some are tempted to give up on a weeklong recipe, but if you can keep a houseplant alive, you can finish this simple starter and reap its delicious rewards.

## SOURDOUGH STARTER

Total time: 7 days

- Digital kitchen scale
- Unbleached all-purpose flour
- Warm water
- Glass bowl
- Silicone spoon
- Mason jar



**DAY 1:** In glass bowl, stir 50 grams flour and 50 grams warm water. Let sit at room temperature, covered.

**DAY 2:** Add 50 grams flour and 50 grams warm water to bowl. Stir and let sit at room temperature, covered.

**DAY 3:** Discard half the starter. Add 100 grams flour and 100 grams warm water. Stir and let sit at room temperature, covered.

**DAY 4:** Discard half the starter. Add 150 grams flour and 150 grams warm water. Stir and let sit at room temperature, covered.

**DAY 5:** Discard half the starter then pour remaining starter into Mason jar. Add 150 grams flour and 150 grams warm water. Stir and let sit at room temperature, covered.

**DAY 6:** Discard half the starter. Add 200 grams flour and 200 grams warm water. Stir and let sit at room temperature, covered.

**DAY 7:** Place warm water in bowl and add spoonful of starter to water. If it floats, it's ready to make bread. If it sinks, repeat Day 6 instructions. If not floating by Day 10, throw out and start over.

*Tips: If making bread every day, starter will need fed every day. If not making bread every day, starter can stay at room temperature and be fed every other day. If starter can't be fed, it can be safely stored in refrigerator up to 10 days, covered, without feeding. To measure correctly, place empty bowl on scale then clear to zero before each measurement.*



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## Five Tips to Improve Sleep Quality for Overall Well-Being

### 1. PRIORITIZE MOVEMENT & LIGHT EXPOSURE IN THE MORNING

Whether you're a yogi or prefer a simple stretch when your feet hit the floor, movement and light during the day can help stimulate quality sleep later that night.

### 2. UNDERSTAND SLEEP GAINS ARE JUST AS IF NOT MORE IMPORTANT THAN GYM GAINS

If you're focusing on fitness goals, you'll need adequate sleep to see successful results. If you're a morning workout warrior, schedule earlier bedtimes to ensure you get the recommended 7-8 hours of sleep. For evening workouts, aim to end your sweat session as early in the evening as possible; too much physical activity before bed can keep you up at night.

### 3. MAKE YOUR BEDROOM A SANCTUARY

Make your bedroom a sleep sanctuary. Keep the room dark, noise-free and comfortable with the thermostat set at 65-67 F for better sleep conditions.



### 4. SET NIGHTLY RITUALS TO UNWIND

Create nightly rituals that activate circadian rhythms and allow your body to unwind. Consider activities that relax you the most, like taking a bath, reading a book, journaling or sipping decaffeinated nighttime tea.

### 5. FOLLOW THE 10-3-2-1-0 METHOD

To help you fall asleep and wake up feeling revitalized, Andrade recommends the 10-3-2-1-0 method: Decrease caffeine intake at least 10 hours before bed. Avoid eating bothersome foods 3 hours prior to heading to off to sleep. Engage in relaxing activities like reading at the 2-hour mark and cut out screentime with 1 hour to spare. Ultimately, these habits can lead to zero times hitting snooze the next morning.



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Committed to turning a nation of bystanders into lifesavers, the American Heart Association's multiyear initiative, Nation of Lifesavers, helps teens and adults learn how to perform CPR and use an automated external defibrillator (AED); share that knowledge with friends and family; and engage employers, policymakers, philanthropists and others to create support for a nation of lifesavers.

The long-term goal: to ensure that in the face of a cardiac emergency, anyone, anywhere is prepared and empowered to perform CPR and become a vital link in the chain of survival, aiming to double the survival rate of cardiac arrest victims by 2030. It takes just 90 seconds to learn how to save a life using HOCPR, which can be equally as effective as traditional CPR in the first few minutes of cardiac arrest.

Nationally supported by the Elevance Health Foundation, the American Heart Association's HOCPR campaign is focused on chest compression-only CPR. If a teen or adult suddenly collapses due to a cardiac event, you can take two steps to save a life: immediately call emergency services and use these tips to begin performing HOCPR.

# LEARN CPR

## AS A LIFE-SAVING SKILL



While many Americans agree Conventional CPR (cardiopulmonary resuscitation) or Hands-Only CPR (HOCPR) significantly improve a person's chance of survival from cardiac arrest, less than half are confident they can perform either Conventional CPR or HOCPR in an emergency.

*"Each of us has the power in our own hands to respond to a sudden cardiac arrest," said Anezi Uzendu, M.D., American Heart Association expert volunteer. "We simply need to know what to do and have the confidence to act."*

1. Position yourself directly over the victim.
2. Put the heel of one hand in the center of the chest and put your other hand on top of the first.
3. Push hard and fast in the center of the chest at a rate of 100-120 beats per minute, which is about the same tempo as the song "Stayin' Alive" by the Bee Gees, and at a depth of approximately 2 inches.
4. Continue compressions and use an AED, if available, until emergency help arrives.

To learn more about how you could be the difference between life and death for someone experiencing a cardiac event, visit [Heart.org/nation](https://www.heart.org/nation).



As the weather begins to warm and days get longer, it's important to begin preparing your yard for a healthy growing season. While factors like climate, soil type and grass type can all impact how your yard grows, there are a few steps you can take during the spring months to help your lawn thrive. From dethatching and aerating to fertilizing and mowing, tackling these simple chores can help ensure your yard looks its best and is prepared to fight off seasonal weeds, disease and drought. Here are the



### Tune Your Mower

Before it's time for the first mowing of the season, inspect your mower and perform any routine maintenance necessary. That goes beyond sharpening, or replacing, the blade, and includes changing the oil, spark plugs and filter as well as filling with a fresh tank of gas.

### Loosen the Thatch Layer

While it's important to avoid working on your lawn until after the final freeze to avoid damaging the grass, raking your yard with a spring tine rake to loosen thatch - the layer of leaves, roots and dead grass that builds up between live grass and soil - before the first mow is equally important. Be sure to rake when the soil is dry; if it's too soft or muddy, you may pull up healthy grass crowns.

### Combat Compacted Soil

If your soil has become compacted - likely the effect of heavy foot traffic - and is too dense for water, air and other nutrients to reach the roots of your grass, aerating can help break it up and reduce thatch. A core, or plug, aerator can introduce tiny holes into your soil by removing plugs of grass and soil, which lets nutrients more easily reach the roots. An added bonus, the plugs can decompose on top of your grass, supplying more nutrients.

### Fill in Bare Spots

If your lawn is looking sparse, overseeding, which involves spreading grass seed over your existing lawn, can help fill in bare spots. Be sure to choose the right type of seed for your climate and soil type to ensure proper growth. Applying a slow-release nitrogen fertilizer at the same time can provide additional nutrients that are important for promoting healthy growth.

### Start Seasonal Mowing

When the ground is dry enough and your grass is long enough to require cutting, begin seasonal mowing. Be sure to use proper techniques, including varying your mowing direction each time to avoid creating patterns or ruts, and avoid cutting grass too low, which can make the lawn more susceptible to weeds and drought stress. In general, never remove more than one-third of the grass blade at a time.



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## MAKE YOUR OWN ALL-PURPOSE CLEANER

Making your own all-purpose household cleaner is an easy alternative to store-bought chemicals. This version of a homemade cleaner is environmentally friendly and less likely to cause irritation. Adding essential oils provides natural fragrance and helps deodorize. For example, tea tree oil has antibacterial, antiviral, antifungal and antiseptic qualities, making it a versatile and safe solution for cleaning around the house.

- 1 empty spray bottle (1 quart)
- 2 cups distilled water
- 1/4 cup vinegar
- 12-20 drops tea tree essential oil
- 1 teaspoon castile or phosphorous-free dish soap or washing soda

Fill cleaning spray bottle with distilled water.

Add vinegar, tea tree essential oil and soap or washing soda. Shake well.





## CLEVER STORAGE IDEAS FOR SMALL SPACES



*No matter how cramped and cluttered your living space may be, you can almost always find a spot or two for extra storage. It's often just a matter of getting creative and utilizing a few clever solutions. Consider these simple ideas to create some extra space in oft-used rooms:*

### KITCHEN

\* Metal rods with hanging hooks can create storage space on your blank walls. Use them to hang coffee cups, cooking utensils, dish towels or pots and pans.

\* Magnetic strips mounted on the wall or the inside of a cabinet door can be a simple way to hang knives and free up counter space normally taken up by a knife block.

\* If your countertop is cluttered with small spice containers and oil bottles, elevate them with a decorative cake stand. Place small jars below and top with pretty decanters and additional spices.

\* If you're using prime cabinet space for items you only use once a year, such as holiday cake pans or a big serving bowl you pull out for parties, consider storing them in the attic or a closet instead.

### BEDROOM

\* Nix those nightstands and hang small shelves on either side of the bed. This cuts down on the clutter you can keep and makes cleaning underneath a breeze.

\* Rolling bins that fit under the bed are perfect for storing linens, out-of-season clothing and children's toys. They're also the perfect way to slide building block projects out of sight without destroying your child's latest masterpiece.

\* Closets with a single hanging rod are one of the biggest space-wasters in the bedroom. Double their storage capacity by hanging a second rod or shelf below shorter jackets and shirts.

### BATHROOM

\* Instead of hanging just one towel bar on the back of the bathroom door, hang multiple to maximize your drying space.

\* Most modern cabinetry has adjustable shelving. If you haven't customized the heights of your shelving to accommodate different sized bottles and containers, give it a try.

\* A three-tiered fruit basket might seem perfect for the kitchen, but it's also a handy way to store bathroom essentials right beside the sink.

\* Flour and sugar canisters can also be repurposed in the bathroom to keep makeup, toiletries, cleaning supplies and soaps contained. Make sure to buy bins that stack easily.





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