

NEWSLETTER

IN THIS ISSUE

Not Cancelled

See what's *still* happening | 1

Health

Yes, Chef! | 3

Recipe | 5

Wellness

Recycling | 2

Entertainment | 4

Sports | 4

Company Update

FSI Website Refresh | 3

Contributions

Links and references | 5

AUGUST 2020

Not Cancelled

July 31-Aug 2 - Eid al-Adha is a time of sacrifice and celebration in the Muslim community. Traditionally, during the holiday able individuals will sacrifice an animal on any one of the three days of Eid al-Adha. A third of the meat is kept, a third is shared with family members, and a third is given away to those in need.

Aug 3 - National Watermelon Day. We are absolutely celebrating this "holiday", especially since we now know how to check for a perfectly ripe watermelon - smell the flowering end!

Aug 6 - Since some of our social interactions have dwindled and we always have our mouths covered, we'll just take this time to let you know that it's National Fresh Breath Day.

Aug 9 - If you weren't a book lover before COVID-19, you might still not be one (*Hello, Netflix, TikTok, Hulu, Instagram, YouTube, and the list goes on*). But we hope you are! This day is National Book Lover's Day!

Aug 12 - National Middle Child Day. Even though birth order doesn't really affect your personality, let's hear it for the middle children of the world.

Aug 13 - It's International Left Handers Day! Any left-handed middle children out there? This might just be your week.

EXPANSIVE AUGUST HOLIDAY LIST
AVAILABLE ON [HOLIDAYINSIGHTS.COM](https://www.holidayinsights.com)

RECYCLE, REDUCE, REUSE

The same old tune with some new twists



There are so many products out there these days to promote an environmentally friendly lifestyle it's practically trending. With beautiful reusable silicone bags, BPA free containers, cloth tote bags galore, the business of saving the planet has really become just that - quite the business! (A pantry with color-coded containers and matching wood trimmed glass canisters? Um, yes please!). But if we're throwing away a perfectly good container to make room for an eco-friendly version have we somehow missed the point? With too many options to choose from and various ways to start, here are a few ideas to do your part without breaking the bank:

\$ RECYCLE- This might be the house favorite: DON'T BUY ANYTHING. Just learn how to properly clean and discard your regularly used items so that they meet their intended path, NOT in the landfill. The best resources for this? We'll give you 2! First, head to How2Recycle.info for your local curbside and drop-off recycling programs. Next, consider taking another look at our previously recommended brand, Versed. Their site, www.versedskin.com, offers visual aids, like the one at right, to demonstrate how to actually clean and properly *recycle* some of those more obscure containers. (**All visual aids posted on our Instagram!)



\$\$ REDUCE - Okay, this one does require some type of purchase; however, we're calling it a 2 for 1! When you do buy that item at the market (olive oil, pasta sauce, yogurt, celery, etc.) and ultimately repurpose the original container you'll *reduce* the amount of newly introduced virgin plastic!

Olive oil bottles can become beautiful outdoor vases. That glass bottle of Prego? A hurricane style candle holder! Plastic yogurt container? A bonus Tupperware! And that celery stalk? Yes, I'll send that rubber-band to my desk drawer for future use! (And yes, this editor is speaking from experience).

\$\$\$ REUSE - And this is where the Pinterest dream of a neatly organized walk-in pantry comes in! Buy *reusable* goods when possible. This is a higher priced suggestion because what you're buying may be costly as a single purchase. However, when you think about the extended use over time, you're definitely getting a deal! A \$10-\$20 reusable metal water bottle may feel like a splurge, but when you can fill it up with available fresh filtered water each day (and save on spending roughly \$1.00 each time and endless amounts of plastic) in the process, it might be worth the swap!

A Website Refresh

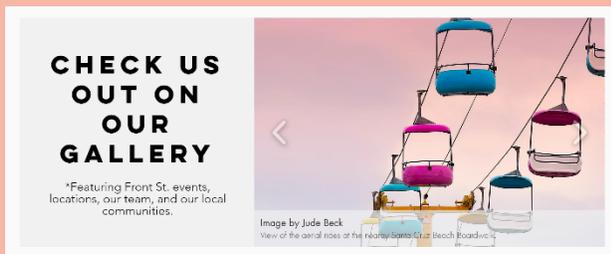
The Front St. Inc. website will be getting a refreshed look late Summer/early Fall 2020. Featuring new links, forms, resources, photos and more, we're providing website viewers and team members with quick access to some of the most often-requested information. Get a sneak peek at what we are working on below!

The highlights include:

- Updated design
- FAQ
- "Meet the Team" page
- Additional photos
- *Direct access links

*Direct links to:

- Relias training portal
- Contact us
- County Dept. of Behavioral Health websites (Santa Cruz, Monterey and Santa Clara)



Yes, Chef! - this month's feature: Pro Kitchen Tips Round #2

The "Yes Chef" portion of this Newsletter is brought to us by Chef Robert Kabakoff, cofounder of PR Foundation, a non-profit organization that focuses on no-kill animal shelters, military veterans, and individuals with exceptional needs (prfoundation.net).

- **Dressing up store bought marinara?** You can add pesto, crushed red chili flakes, olive oil, fresh basil leaves, sautéed mushrooms, chopped tomatoes, chopped olives.
- **Best way to keep lettuce crisp?** Keep in a vented bag so air can circulate, If your lettuce becomes limp, soak in cold water and then dry in paper towels
- **Are you allowed to pre-dice your onions?** Yes! You can pre-dice onions and place into Tupperware, or an airtight container for later recipes. They'll last up to 2 days.
- **How can I avoid crying when chopping said onions?** You can refrigerate them for 30 minutes before cutting. Consider throwing on a pair of glasses as well!
- **When preheating your oven:** always preheat for 15 to 30 minutes prior to use.
- **Summer Ripeness Guide: how to tell when your fruit is at its finest!**
Avocados offer a slight give when gently squeezed; **Tomatoes** are firm, sweet smell on blossom end, slight give; **Bananas** will be aromatic and have lightly speckled skin,
- **Need to ripen one of your Summer fruits?** Pair them with a banana, mango, apples, avocados, tomatoes (put them in a brown bag together for instance). This will help the process!

Things We're Excited to Hear About that Don't Include the Word 'COVID'

That's probably why we're excited to hear about them.

Our favorite TV hosts continue to broadcast from their void-like stages, sports teams are attempting to salvage their season, and the entertainment industry as a whole has been slow to announce that any new projects are underway. Despite all that, we still have a few (hopefully!) entertaining things to share that recently dropped:

- **Taylor Swift's new album.**

Written completely in isolation, if you didn't already know Taylor Swift dropped a surprise 8th studio album, now you do! Titled *Folklore*, you can listen for free on Spotify.

- **Michelle Obama podcast.**

We've seen it all in print before with endless autobiographies, memoirs and even feature films. Now our most recent ex-First Lady is introducing a new way to shedding light to post-White House life with her very own podcast. Streaming now on services like Spotify.

- **A sports comeback?**

Baseball, you do not have us convinced. But with the NFL training camp officially underway and events like golf, Nascar and tennis having slightly fewer obstacles to overcome to return safely, the future of a comeback is promising. Most events will take place without the usual number of spectators, if any, but otherwise, some schedules will resume as normal.

- **A good news dose.**

In July, a couple was married on the Brooklyn Bridge. It was a spectacular view with the sun setting against the metropolitan background as they said their vows. Following strict health guidelines, the couple decided to keep things as safe as possible. Meaning? No guests, no reception, and certainly no photographers. But the couple will have at least one photo of their wedding. A passerby noticed the scene, took a picture, and I have to say, if there was only going to be one picture, this is a good one (see *bottom right*). They then took to social media to track down the newlyweds and share the intimate moment for them.



2020 Sports Calendar

(*selection only. Full list at espn.com)

TENNIS	US Open, Aug. 31 - Sept. 13 (<i>no change</i>)
FOOTBALL	NFL, Sept. 10 (<i>no change</i>)
GOLF	PGA has resumed
AUTO RACING	Nascar has resumed
BASKETBALL	NBA has resumed



Nigella Lawson's Linguine With Lemon, Garlic & Thyme Mushrooms



PHOTO BY JAMES RANSOM

Ingredients

- 4 cups** (8 ounces) finely sliced cremini or button mushrooms
- 1/3 cup** extra-virgin olive oil
- 1 tablespoon** Maldon or kosher salt or 1 1/2 teaspoons table salt
- 1** small clove garlic, minced
- 1** lemon, zested and juiced
- 4 sprigs** fresh thyme stripped to give 1 teaspoon leaves
- 1 pound** linguine or other pasta shape
- 1** bunch fresh flat-leaf parsley, leaves chopped, to give 1/2 cup
- 2 tablespoons** freshly grated Parmesan, to taste (up to 3 tablespoons)
- 1 pinch** Freshly ground black pepper

Directions

1. Slice the mushrooms finely and put them into a large bowl with the oil, salt, garlic, lemon juice and zest, and gorgeously scented thyme leaves.

2. Cook the pasta according to the packet instructions and drain loosely retaining some water. Quickly put the pasta into the bowl with the mushroom mixture.

3. Toss everything together well, and then add the parsley, cheese, and pepper before tossing again. Eat with joy in your heart.

**Not recommended by Nigella Lawson, per se, but we recommend substituting a traditional pasta noodle with some of Summer's fresh zucchini noodles! These "zoodles" can be prepared fresh quickly and easily with a handheld spiralizer or can be bought pre-spiraled.

CONTRIBUTIONS

Not Cancelled - Holidayinsights.com

Yes, Chef! - Chef Robert Kabakoff, www.prfoundation.net

Sports Calendar - "2020 sports calendar: schedules impacted by the coronavirus", ESPN.com

Recipe - "Nigella Lawson's Linguine with Lemon, Garlic and Thyme Mushrooms" by Nigella Lawson. Featured on Food52.com