

Compliments of Stacey Shanner

# *start* HEALTHY

ISSUE 19

## *Lobster Tails and PINE TRAILS*

*Summer adventures await in  
the Vacation State | PAGE 16*



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**hole in one | 10**

**cooldown cuisine | 22**



## Front of Tear Out Card 1

### **PASTA WITH CRAB, HERBS, AND CHILES**

- Sea salt
- 1 lb. thin spaghetti
- 6 tbsp. extra virgin olive oil, divided
- 2 c. freshly torn breadcrumbs from 1 baguette (about 3 oz.; crumbs should be large—you want jagged nooks and crannies)
- 2 cloves garlic, peeled and thinly sliced
- 1 Fresno, jalapeño, or serrano chile, stem removed and thinly sliced
- 1 lb. fresh jumbo lump crabmeat, with any small bits of shell picked out and removed

*(ingredients continued on back)*



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## Back of Tear Out Card 1



*(ingredients continued)*

- 1 tbsp fresh lemon zest
- 2 tbsp. fresh lemon juice
- ½ c. finely chopped fresh flat-leaf parsley leaves
- Freshly ground black pepper

1. Bring 4 to 5 quarts water to a boil over high heat in a large covered pot. Add a generous amount of salt to the cooking water (about ¼ cup). Add the pasta, stir, and cook just until al dente, about 7 minutes (or according to package directions). Reserve 1 cup of the pasta water and drain the pasta.
2. Meanwhile, heat 2 tablespoons of the olive oil in a large, high-sided skillet over medium-high heat. Add the breadcrumbs and cook until golden and lightly toasted, about 4 minutes. Season lightly with salt and transfer to a small bowl.
3. Using the same large, high-sided skillet the breadcrumbs were cooked in, heat the remaining 4 tablespoons olive oil with the garlic and chile over medium heat until the garlic begins to soften, 1 to 2 minutes. Add the crabmeat and lemon zest and cook, gently stirring, until heated through, 2 to 3 minutes.
4. With the heat off, add the pasta to the pan along with the reserved pasta water, parsley, and lemon juice. Use tongs to gently toss and combine the ingredients. Season with salt and pepper.
5. Divide the pasta among 4 bowls and top each with some of the breadcrumbs. Serve immediately.

**SERVES 4**

Excerpt from *Eat Cool: Good Food for Hot Days* by Vanessa Seder, Rizzoli New York, 2021. Photography © Stacey Cramp.

Dear Bill and Judy,

Ah, summertime. What a wonderful time of year for enjoying all that Mother Nature so graciously provides. This issue of Start Healthy dives into some of the season's best healthy-living offerings, including recipes made to beat the heat, an altruistic use for fresh produce, and a look at a popular outdoor sport.

Fresh food is on the menu this summer, thanks to the recipes whipped up in Vanessa Seder's cookbook, *Eat Cool*. Enjoy options like fruit-filled parfaits, seafood pasta, and grapefruit-inspired sorbet, all perfect for a lazy summer day.

Speaking of fresh food, Dr. Cindy Ayers-Elliott makes it the focus of her mission at Foot Print Farms, a community-minded venture that provides home-grown fruits and vegetables, healthy-eating education, and farming opportunities to underserved people in Jackson, Mississippi.

Or maybe you're drawn to other greens: those found on golf courses across the country. Whether you're thinking about giving golf a go or continuing your lifelong love of the links, you'll find that the social, mental, and physical benefits are truly par for the course with this sport.

May you enjoy the taste of sun-sweetened fruit and the feel of a warm breeze all summer long. As always, it's a pleasure to send you this magazine.

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***Cheers to That***

Healthy drinks are on the rise. Learn more about this soaring trend.

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# Fresh from the GRILL

written by: *rebecca poole*

*During the dog days of summer, cooking an elaborate dinner is often the last thing on people's minds. These foil-packet dinners are perfect for those who want a delicious meal without all the hassle.*

## Chicken Taco Foil-Packet Meal

**Makes one foil-packet meal**

Who doesn't love a good taco? This meal brings all the flavor of taco night and none of the mess.

### Ingredients:

- 1 chicken breast
- Salt and pepper, to taste
- Frozen corn, thawed
- Shredded cheese
- Salsa
- Black beans, rinsed and drained

### Instructions:

1. Lay out a piece of foil, and spray with cooking spray. Place the chicken breast in the center.
2. Season chicken with salt and pepper, and top with corn, cheese, salsa, and black beans.
3. Fold the long ends of the foil together, leaving room for the steam to gather inside, and then fold the short sides in on each end.
4. Cook the packet on the grill for 15–20 minutes.
5. When the chicken is cooked completely, carefully open the packet and sprinkle extra cheese on top.
6. Let your packet stand until the cheese is melted.

## Vegetarian Foil-Packet Meal

**Makes one foil-packet meal**

This meal provides a tasty and healthy option for Meatless Monday!

### Ingredients:

- Small eggplant, cut into ½-inch pieces
- Small zucchini, cut in half and sliced into half moons
- Diced tomatoes, drained
- Olive oil
- Garlic salt
- Black pepper

### Instructions:

1. Lay out a piece of foil, and spray with cooking spray. Place all of the vegetables in the center, and season with olive oil, garlic salt, and pepper.
2. Fold the long ends of the foil together, leaving room for the steam to gather inside, and then fold the short sides in on each end.
3. Cook the packet on the grill for 15 minutes.
4. When the vegetables are tender, carefully open the packet and season again, if needed.

## startHEALTHY



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# LEAVING HER FOOTPRINT



*Dr. Cindy Ayers-Elliott*

photo by: *foot print farms*

**A**s a farmer, Dr. Cindy Ayers-Elliott helps things flourish: her family, her crops, and her Jackson, Mississippi, community. She gave up her Wall Street career and created Foot Print Farms, a sixty-eight-acre haven that tills not only produce but also health and hope.

***Did you always have a green thumb?***

No! My green thumb was so red, I couldn't grow anything. My grandparents and my mom did some farming, but I've always done financial things like policies and procedures. I started farming in 2010, when I opened Foot Print Farms. I didn't know anything about farming, but I knew a lot about agricultural policies and programs that were being written into the Farm Bill. So I did research for a year beforehand, and I looked at all the different programs available through the USDA.



**We bring in residents who might want to be urban farmers, train them, and show them the possibilities.**

***You decided to forgo Wall Street and return to Mississippi. What was your inspiration?*** 9/11 was my inspiration. I didn't go back to banking after 9/11 because our office was in Tower Two. Thankfully, I wasn't there that day. I came back home instead and, for the next five years, worked with an economic development nonprofit for farmers in the heart of the Mississippi Delta. Our work made an impact, especially for Black people in the region.

During that time, I also decided to reinvent myself. I received my PhD in urban higher education from Jackson State University, an HBCU. My family always believed that education is important and that one person can make a difference.

***Why did you decide to buy sixty-eight acres in Mississippi?*** I bought them in 1994, when I first started investment banking. With all the traveling I did, this allowed me to come home to the peace and quiet of the trees and rolling hills, which rejuvenated me. Back then, it was a home, an investment, and my eventual retirement place. I had

no fencing. I did no farming on it. I have two sons who grew up happy here in the family house—they learned to fish on the lake and played tennis and basketball.

***Tell us a little about Jackson:*** My great city of Jackson is the capital of Mississippi and its largest city. Most of the population, including our city council, board of commissioners, and supervisors, is African American. We also have some problems with food deserts, which a lot of cities have.

***Would you elaborate on what a food desert is?*** It's a place without access to nutritious food within a mile or two. Inside Jackson, it's actually five to seven miles for a lot of people. Plus, many residents don't have transportation to get to a grocery store that's miles away, so they probably go once or twice a month, which is maddening. And our lower-income communities have some of the highest densities of diabetes, hypertension, and obesity, which has resulted in the state being one of the unhealthiest in the country.

***In what ways do you help your community?*** I'm a full-time farmer, so everything I do is from a business perspective. But we can meet the community where they are because our farm has all the necessary certifications to accept EBT cards. We also went through the USDA process to be a certified farm, which means that we can sell to grocery stores, restaurants, and individuals just like a grocery store can.

Residents can travel a half mile to our farm to purchase food with their EBT cards. We also do pop-up markets and travel throughout the community in our cute little pink bus. We bring fruits and veggies outside the city to some small towns that don't even have a grocery store within twenty miles.

Employing and teaching people is a big part of what we do on the farm. We bring in residents who might want to be urban farmers, train them, and show them the possibilities. I believe in "We the people, in order to form a more perfect union." When people come together, things happen.

So, yes, I'm a farmer, but I believe in doing more than just planting seeds in the soil. I also believe in planting seeds in minds—the harvest I want to see is a better quality of life for everyone.

***How has agritourism helped your efforts?*** We have an Airbnb located right on the farm called Annie Mae's Cottage, where people can stay, eat off the farm, and learn farming skills. We've had people from all over the world stay there because Jackson is in an ideal location: two hours from New Orleans and two and a half hours from Memphis.

We also use the farm to show inner-city school students where their food comes from. We work very closely with several of the schools—in fact, one of my first ventures was my 4H group, made up of local football players. The coach wanted to get food from the farm to help his players get healthier, but we ended up doing more than that—we trained them and helped send some of them to agricultural colleges. Better yet, they learned something about themselves: that they can make a difference, lead, and have a better life.

**Tell us about “sweat equity” and how your farmers earn an acre of their own land:** I lease it for one dollar—they don't work for me; we work together. They're part of my farm family. All the equipment is here, and the marketing comes from Foot Print Farms. They can grow produce and get their revenue, and we all harvest together.

The reason they can do this and make a decent living is that they're not limited to what or how much they can do. I hope that they learn the know-how to get them ready for the next step: getting acres of their own while continuing our partnership. You should see their excitement!

**Are people equally excited to see the Pink Bus Lady pull up?** Oh, yeah! I believe that a statement should be made. So when you see me, I might be in my overalls, but my colors are always pink and green, and I always have a hat on. I'm also in my pearls! A girl's always got to have the pearls.

But for me, it's a teaching opportunity: showing kids how to grow at home what they're buying here. And that makes them want to come back to the farm. I'll have moms tell me their kids would never get up on Saturday morning but now they do to come to the farm, or that they had to buy them pearls or hats for visiting the market. It doesn't matter whether they're Black, White, Asian, or Hispanic—that's the response that we get.

**How do you choose your crops? Any unique offerings?** First and foremost, it needs to be nutritious because I want to help change the state's health dynamics. So we get foods that people's palates know, but we also introduce things that are

usually not available in the South. For instance, there's Jamaican callaloo, a high-protein, high-fiber green vegetable that's one of my biggest sellers in our summer market.

We also try to do something new every year. In 2020, we got white cucumbers and gold bar zucchini. It's like we grew gold—we have gold in these hills! [Laughs] It was the talk of the town.

**Is balancing business and community needs a challenge?** Farming is hard work. But using more technology and going in with a plan like you would any other business makes a difference. And it's easier because we have great people helping. No man is an island; this farm is so much more than just me. We're like the proverbial stone in the pond. The ripples go out and make the water move. New businesses have opened because they started at our farm and got the encouragement, direction, and business sense to get it done.

**What does self-sufficiency mean to you? What tips do you offer to achieve it?** To me, that is truly measuring where you are: you can make a living, have peace of mind, and have a good quality of life. You just need to put the right things and people in place and have the right priorities—it can't just be looking out for yourself. It's about sharing knowledge. This is especially true with me being a Black woman in the state of Mississippi. It's important to know that you can be self-sufficient.

And you don't need sixty-eight acres to be successful; I encourage people to consider getting two or three acres and making sure that their home is on the land. I also emphasize that they don't need to have the



biggest house—it's much better to live within your means and with less stress. It's more important to have clean water, food to eat, a roof over your head, and utilities without having to worry about how to maintain that lifestyle. And bask in the small victories. People always want things to happen *now*, but be happy and celebrate each day.

**What will happen going forward, if you have your way?** I like that last part: *if I have my way*. I always focus on the present and the future. We're the largest urban farm in Mississippi, but I want to expand Foot Print Farms to more areas of the state so people will have more ownership. If I had my way, more USDA policy changes would happen relating to small farmers versus larger farmers, because they don't do a good job in separating the large, corporate,

commercial farmers from the small mom-and-pop farmers. That's very important.

It's also important for people to look at their community health more from the standpoint of food and health together. For example, I'm working with hospitals and doctor's offices here to start making prescriptions for food instead of just for medicine. And when we talk about changing diets, people need to understand that access to healthy food is a must.

Overall, I want to continue making a better quality of life for people. Like I said before, for me it's more than just planting the seeds in the soil; it's about planting seeds in minds.

*For more info, visit [footprintfarmsms.com](https://footprintfarmsms.com)*

# Hole in *me*

written by: *rebecca poole*

Many people associate the origins of golf with Scotland, but the sport actually dates back to Roman times—around 100 BC. During those times, the recreational sport simply involved a stick and a leather ball. Fast forward to today, and golf is a highly competitive sport—and also an \$84 billion industry. It has become much more mainstream thanks to attractions like Topgolf—a popular spot for team-building, family outings, and friend groups looking to switch up their traditional Friday night, and it has helped make golf more enjoyable for people of all ages.

But out on the course, golf can also be quite the workout, requiring an agile mind and incredible focus. In fact, when golf legend Arnold Palmer said “Success in this game depends less on strength of body than strength of mind and character,” he may have been onto something.

fitness

## Grateful for the *Green*

It's no surprise that there are numerous positive mental health benefits resulting from consistent physical activity, but it's easier to see them in things like running or biking, when you're almost guaranteed to break a sweat. Golf, however, is a slower-paced activity ... it doesn't exactly scream “rigorous workout.” But before diving into the physical benefits, of which there are

many, it's important to note just how beneficial the slow pace of golf can be. Michele Meleski, vice president of fitness, racquet, and recreation for ClubCorp, a leading operator of private golf clubs and country clubs in North America, weighs in: “Golf can be an integral part of enhancing one's well-being. Enjoying outdoor activities, otherwise known as ecotherapy, reduces stress and anxiety while boosting the immune system.





Not only does golf have a social component that creates a sense of belonging, it can also deliver a physical and mental challenge.”

Meleski also emphasizes the grounding effect of playing golf: that is, how it can make you feel more connected to the earth. One 2018 study found that direct contact with the ground can significantly improve your mood, specifically helping to alleviate feelings of tiredness and depression. And while most people don’t golf barefoot, simply being outside for a prolonged amount of time has similar mental benefits to those seen with grounding. When you consider that the average game takes four hours, the time spent outside is significant.

Then there’s the mentally challenging aspect of the sport, where patience isn’t just expected, it’s practically required. It’s in those moments of frustration—often experienced when an eagle turns into a bogey or your shot lands in the bunker—when a true test of patience takes place. Etiquette and tradition are the foundations on which golf was built, so throwing temper tantrums isn’t exactly encouraged, and a golfer is expected to face these moments of irritation with a certain amount of calmness. If you are lacking in this area, golf is a great way to increase your serenity levels (or otherwise risk embarrassing yourself in front of your peers). Players who practice patience on the greens will reap rewards—and an overall more enjoyable experience.

## For the Love of Golf

Golf continues to gain traction across many different age groups. Meleski confirms this, saying, “The unprecedented growth stems from several factors: golf is the ultimate social-distancing activity since there is ample space outdoors on the course, and the game can be enjoyed with friends and family.” *Golf* magazine agrees, noting in a 2020 article that, even amid a pandemic, almost all courses have players on them. And you won’t only see the ‘typical’ golfer on the course, according to Meleski. “The rise in popularity of golf-entertainment venues has increased participation and interest in getting more involved in the sport in general,” she shares. “Our junior and women’s programs have likewise seen an increase in participation levels as *all* members of the household look for fun ways to stay active.”

And for those just starting out? Meleski offers sage advice: “Don’t be intimidated by the game. It is a fun, lifelong sport, and there are many great programs out there to help beginners get started. You should look for lesson packages so you enjoy the full experience while learning how to become comfortable maneuvering around the course during a round.”

Perfecting your swing, working your way up to a driver, and sharpening your putting skills are just some of the components of golf that will take time, along with



consistent practice. It may look simple on TV, but it's an activity that requires work. And as you improve, you'll end up getting in a better workout than you think.

While riding a golf cart is probably more fun, you certainly won't get the same number of steps in that you would walking, which can help your cardiovascular and respiratory health. In an average eighteen-hole round of golf, you can walk nearly four miles and burn almost one thousand calories (more if you carry your bags). If you choose to ride in a cart, those numbers will be almost cut in half. Physical endurance can be

heightened even more so during a game of golf than in a circuit workout. Think about it: depending on the course, you'll be walking up hills, honing your balance and flexibility skills, and flexing various muscle groups. When you combine the low-impact physical factors with the cognitive challenges, golf does quite a lot for the mind and the body.

### **A Putt Above the *Rest***

This moderately intense sport isn't your typical fitness activity, but that's exactly why it's worth a try. You'll bond with others, enhance your patience and calmness, and immerse yourself in the great outdoors, all the while getting in your daily dose of physical activity. As a result, golf is soaring to new heights, encouraging people of all ages to pick up a club and take a swing.

*Golf is the ultimate social-distancing activity since there is ample space outdoors on the course, and the game can be enjoyed with friends and family.*

# *lobster tails* AND PINE TRAILS

written by: *alexa bricker*    photography by: *visit maine*

**W**hen you think about the most popular states in America to vacation, California and Florida probably come to mind. After all, both states are beloved for their beautiful beaches and family-friendly attractions. But did you know that there is another state with more miles of coastline than California—roughly 5,000 miles to be exact—if you include its 3,166 off-shore islands?

If you guessed Maine, you'd be correct. Maine's nickname is the Vacation State, and as the northernmost state in the continental

United States (with the Canadian province of Quebec bordering it to the north and New Brunswick to the east), it's the perfect summer destination for those looking to experience a slightly cooler kind of trip, literally and figuratively. The temperature averages in the 70s in summer months, making it one of the most pleasant spots on the East Coast this time of year, and its laid-back, outdoorsy sensibility will be a welcome respite from crowded boardwalks and boulevards. Rest assured, after one climb up Acadia National Park's Cadillac Mountain, a bite of a buttery lobster roll, and a siesta against the backdrop of Moosehead Lake, you'll be hooked.





## RECREATE THE MAINE WAY

With a larger landmass than the other five New England states combined, Maine has infinite possibilities for exploration. If you're looking to feel the dirt between your toes or sleep under the stars, Maine's many outdoor experiences await.

### HIKING IN ACADIA

Acadia National Park is located on 47,000 acres of incredible wilderness along Maine's coast. It was the first national park founded in the eastern US, and its opportunities for hiking and mountain climbing have made it one of the top ten parks to visit in the country.

There are over 150 miles of hiking trails to choose from, all offering very different experiences. If you're looking for something a little more challenging, the Pemetic Mountain Loop begins at a low elevation

and winds upward four miles toward a summit with spectacular views, while the Cadillac North Ridge Trail reaches the highest point in the park (and on the East Coast of the United States) at an elevation of 1,530 feet. For a slightly shorter excursion, the Bubbles hike encompasses one-and-a-half miles through the park's North Bubble, South Bubble, and Bubble Rock areas.

### BOATING AND FISHING

Maine's thousands of miles of coastline and many inland bodies of water make it the ideal spot for water sports enthusiasts, boaters, and fishers alike.

One of the most popular water activities (historically and still today) is sailing. According to the Maine Windjammer Association, Maine's rugged shores and coastal winds create the perfect conditions for setting sail. The organization offers six-hour cruises on each of

its eight historical sailing ships, as well as special-event cruises during the summer months. These excursions provide a hands-on opportunity for passengers to learn the ins and outs of Maine's maritime history, and they make sightseeing stops at some of the state's many inhabited and uninhabited islands.

### CAMPING

No matter what kind of camping experience you're looking for, Maine has countless places to do so. For those with RVs, the state's numerous private campgrounds invite vacationers to park and enjoy camping sans tent. One of the most popular is Moorings Oceanfront RV Resort, located on Penobscot Bay. The resort has forty-four designated parking spots, and it puts campers in close proximity to several exciting outdoor activities, such as sea kayaking, fishing, golfing, or simply enjoying a day at the



beach. It is also a short distance from historic Belfast, voted one of the most culturally exciting towns in the entire country by *USA Today*, thanks to its charming architecture and arts scene.

If you're looking for a backcountry camping experience, campsites are available in a handful of Maine's state parks, including Sebago Lake Park and Lily Bay State Park. Both parks offer campers access to endless recreational activities and spectacular views, not to mention a chance to witness some of the state's prominent wildlife.

### WILDLIFE

Speaking of wildlife, Maine is home to some of the most diverse animal and plant life anywhere in the country. One of the most recognizable animals (and most sought-after for photos) is the moose, which number close to 75,000—the highest concentration

in the continental US. You can try your luck spotting moose on your own or you can better your odds and embark on one of many "moose safaris," which are led by expert guides.

If seafaring creatures are what you seek, then whales, puffin, porpoises, and the illustrious Maine lobster can all be observed (or in the case of the lobster, caught) along the state's coast. Whale watching is a highly popular activity from mid-April to October, when most species migrate south. Humpback, pilot, and finback whales are among the most common, but orcas and sperm whales occasionally make their way through.

To spot a moose or a whale in Maine is exhilarating, but no trip here is complete without a lobster excursion. Lobster boat tours are a great opportunity to see how one of the state's largest industries operates, and you'll get a chance to pull up a trap yourself! Tours set

sail from a variety of different locations, including Bar Harbor, Camden, Portland, and Southwest Harbor, and on some of the tours guests can even select a lobster fresh from the sea to prepare themselves.

### FROM LAND TO SEA

Farming and fishing are hugely important to Maine's economy, and visitors have ample opportunities to experience the agricultural side of the state, whether firsthand or by enjoying the fruits of its labor.

### LOBSTER

If you don't love the thought of catching your lobster yourself, not to fear. Maine is home to hundreds of lobster shacks and restaurants, and it hosts the Maine Lobster Festival the first week of August each year to celebrate the state's biggest export. In addition to chowing down on a lobster roll, you'll find plenty of entertainment by way of live music, arts and crafts shows, and cooking contests.

### BLUEBERRY PICKING

As the official fruit of Maine, blueberries are another popular export—specifically the wild or low-bush variety. Harvesting season runs from late July to early August, so late summer is the perfect time to pick some for yourself at one of the many farms throughout the state. Alexander's Wild Maine Blueberries, located about forty minutes from Bangor, is one such place. Alexander's "u-pick" fields are full of native blueberries for harvesting, and guests can bring their own baskets or purchase quart-sized boxes for just twenty-five cents.

### CRAFT BEER AND WINE

What could be better after a long day of hiking and exploring than sitting down to relax with a cold pint of

beer or a glass of wine? Maine has made a name for itself as one of the top states for craft beer enthusiasts, with one hundred breweries now along the Maine Beer Trail. Some of the most famous breweries in the country got their starts here, including the Allagash, Shipyard, and Rising Tide brewing companies. The cool coastal climate has also made Maine the perfect place for growing grapes, and that has spurred a rise in the state's number of wineries. Its oldest, Bartlett Maine Estate Winery, is located en route to Acadia and produces some of the most highly regarded fruit wines anywhere in the country.

### THE MAGIC OF THE NORTH

While America's coasts tend to get crowded with vacationing beachgoers this time of year, Maine's wide-open spaces and cool summer breezes call to those looking for something a little more restorative. From its tall pine forests to its rocky seaside cliffs, Maine holds an adventure suited for every solitary explorer, family of campers, and pack of outdoor enthusiasts. To find it, one must only look up.

*For more info, visit [visitmaine.com](http://visitmaine.com)*



RECIPE KEY:

GF Gluten Free

VG Vegan

V Vegetarian

# COOLDOWN CUISINE

recipes by: *vanessa seder* photography by: *stacey cramp*

Excerpt from *Eat Cool: Good Food for Hot Days* by Vanessa Seder, Rizzoli New York, 2021. Photography © Stacey Cramp.



Standing over a hot stove during summer can be brutal. That's why these recipes from Vanessa Seder's cookbook *Eat Cool: Good Food for Hot Days* are your perfectly delicious solution to beat the heat.

V

GF

SERVES 6

## PASSION FRUIT, MANGO, AND COCONUT *PARFAITS*

Comprised of layers of passion fruit curd, mango puree, and cooling coconut yogurt and topped with crunchy coconut chips, this tropical recipe is an edible sunrise worth getting out of bed early for. It makes for a quick, self-contained breakfast or a great, fresh finale for a brunch spread.

measure

- ½ cup unsweetened passion fruit pulp, thawed if frozen
- ½ cup sugar
- 4 tablespoons unsalted butter, melted and cooled
- 5 large egg yolks
- 2½ cups chopped ripe mango (from 2 peeled and pitted mangos)
- 1 (13.5-ounce) can unsweetened coconut milk (made with guar gum)
- 1½ cups low-fat plain Greek yogurt
- 1 cup unsweetened coconut chips for sprinkling

make

1. Place the passion fruit pulp, sugar, butter, and egg yolks in a medium saucepan and stir until smooth. Heat over medium-low heat while stirring constantly until barely simmering and thickened, 8 to 10 minutes. The mixture should thicken before it reaches a boil. Use a silicone spatula to push the curd through a fine-mesh strainer into a medium stainless steel bowl. Place that bowl over a large bowl of ice water and stir until cool. Refrigerate until ready to use.
2. Place the mango in a high-powered blender or food processor and process until smooth. Transfer the mixture to a large piping bag.
3. Use a can opener to open the can of coconut milk. Transfer about ½ cup of the thick cream layer from the top of the can into a medium bowl. Beat with a whisk until soft peaks form, then fold into the passion fruit curd. Transfer this mixture to a large piping bag, if desired.
4. In a medium bowl, whisk ½ cup coconut milk from the can with the Greek yogurt until smooth. Transfer this mixture to a large piping bag.
5. Set up 6 parfait or juice glasses wide enough to accommodate a spoon. Pipe or spoon layers of the mango puree, passion fruit curd, and yogurt into each glass. Serve immediately, or refrigerate up to 2 days ahead until ready to serve. Top each glass with coconut flakes right before serving.

VG

SERVES 4

# GRILLED SOURDOUGH PANZANELLA WITH HEIRLOOM TOMATOES AND HERBS

The classic approach is to let stale bread soften in the juices and flesh of ripe, plump tomatoes, and then add aromatics, other veggies (optional), vinegar, and a couple healthy glugs of the finest quality olive oil. The trick to a good panzanella is allotting enough time for the bread to soak up the tomato juices and dressing; all that flavor getting sopped up into the bread is where the magic lies.

measure

- ½ cup extra virgin olive oil, plus more for the grill
- 8 ounces sourdough bread, cut into 1-inch-thick slices
- 2 cloves garlic, peeled and each cut in half
- 3 tablespoons red wine vinegar
- 1 tablespoon capers in brine, drained (do not rinse)
- 1 teaspoon sugar
- 1 teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 2¼ pounds heirloom tomatoes, coarsely chopped, reserving seeds and juices
- 1 cup packed fresh basil leaves, torn if large
- ½ cup packed fresh flat-leaf parsley leaves

make

1. Preheat a grill or grill pan to medium-high heat.
2. Brush oil on the grill and place slices of bread (in batches if necessary) on the grill. Cook until the bread is slightly charred and has nice grill marks on each side, 3 to 5 minutes per side.
3. While still hot, rub each slice of bread all over with the garlic until a subtle garlic aroma coats the toast, then set aside.
4. In a large bowl, whisk together the ½ cup olive oil, vinegar, capers, sugar, salt, and pepper.
5. Add the tomatoes, seeds, juices, and all to the bowl with the dressing and toss to combine.
6. Let cool slightly, then tear or slice the bread into 1-inch pieces and add to the bowl with the tomatoes. Gently toss everything together so the juices and flavors of the dressing begin to absorb into the crusty, charred, garlicky bread. Let it sit for about 20 minutes at room temperature to let the bread soften up and absorb the flavors. Then add the herbs and gently toss to combine. Serve immediately or within a few hours (add the herbs just before serving).





SERVES 4

## PASTA WITH CRAB, HERBS, AND CHILES

If you are a crab enthusiast, this spicy, lemony, herby, crabby pasta will have your mouth watering and your body sweating out the heat (to avoid dehydration, best keep a water bottle handy—or, better yet, an ice-cold, super-dry white or rosé from the Mediterranean region). It can be served either hot or at room temperature.

### measure

- Sea salt
- 1 pound thin spaghetti
- 6 tablespoons extra virgin olive oil, divided
- 2 cups freshly torn breadcrumbs from 1 baguette (about 3 ounces; crumbs should be large—you want jagged nooks and crannies)
- 2 cloves garlic, peeled and thinly sliced
- 1 Fresno, jalapeño, or serrano chile, stem removed and thinly sliced
- 1 pound fresh jumbo lump crabmeat, with any small bits of shell picked out and removed
- 1 tablespoon fresh lemon zest
- ½ cup finely chopped fresh flat-leaf parsley leaves
- 2 tablespoons fresh lemon juice
- Freshly ground black pepper

### make

1. Bring 4 to 5 quarts water to a boil over high heat in a large covered pot. Add a generous amount of salt to the cooking water (about ¼ cup). Add the pasta, stir, and cook just until al dente, about 7 minutes (or according to package directions). Reserve 1 cup of the pasta water and drain the pasta.
2. Meanwhile, heat 2 tablespoons of the olive oil in a large, high-sided skillet over medium-high heat. Add the breadcrumbs and cook until golden and lightly toasted, about 4 minutes. Season lightly with salt and transfer to a small bowl.
3. Using the same large, high-sided skillet the breadcrumbs were cooked in, heat the remaining 4 tablespoons olive oil with the garlic and chile over medium heat until the garlic begins to soften, 1 to 2 minutes. Add the crabmeat and lemon zest and cook, gently stirring, until heated through, 2 to 3 minutes.
4. With the heat off, add the pasta to the pan along with the reserved pasta water, parsley, and lemon juice. Use tongs to gently toss and combine the ingredients. Season with salt and pepper.
5. Divide the pasta among 4 bowls and top each with some of the breadcrumbs. Serve immediately.

VG

GF

MAKES ABOUT 1 QUART

## RED GRAPEFRUIT-ROSE *SORBET*

I like rosewater with grapefruit—the bright, summery flavors complement (and can stand up to) each other. Wine adds complexity and depth and continues the rosy theme. The grapefruit peel performs double duty, first cooked along with the other ingredients to draw out the lovely, tart citrus oils, then strained out and (while the mixture freezes) thinly sliced and coated in sugar to create a crunchy candied topping.

measure

- 1½ cups sugar, divided
- 1½ cups dry rosé wine
- Fresh peel (peeled using a vegetable peeler) from 1 whole ruby red grapefruit
- 1½ cups fresh unstrained ruby red grapefruit juice
- 2 tablespoons rosewater

make

1. Combine 1 cup of the sugar, the wine, and grapefruit peel in a medium saucepan. Bring to a boil over medium-high heat, about 6 minutes, and continue to cook until the alcohol scent subsides, about 4 more minutes. Transfer the mixture to a large pitcher or medium bowl and refrigerate until cold, about 1 hour.
2. Strain the mixture through a fine-mesh strainer over a large pitcher or another bowl. Reserve the grapefruit peel and set aside.
3. Stir in the grapefruit juice and rosewater. At this point, if desired, the mixture can be stored in an airtight container in the refrigerator for up to 1 day.
4. Run the mixture through an ice cream machine according to the machine's instructions. Transfer the sorbet to a freezer-safe container and freeze until solid, 3 to 4 hours.
5. Meanwhile, pour the remaining ½ cup sugar into a small bowl. Thinly slice the reserved grapefruit peel and toss in the sugar to coat. Transfer to a parchment paper-lined plate to dry, about 2 hours. The candied grapefruit peel can be stored in an airtight container at room temperature for up to 1 week.
6. Serve the sorbet topped with the candied grapefruit. The sorbet can be stored in the freezer for up to 1 week.



# HEALTHY HAIR, NATURALLY

written by: alexa bricker

Raise your hand if you've ever been infuriated by a hair-product commercial. The shine? Ridiculous. The bounce? Unheard of. And for men, the way every beard hair is just so—and not a cowlick in sight. The improbability of the average person achieving commercial-worthy hair is enough to, well, make you pull your hair out. And while the perfect 'do might not be possible every day, there are plenty of ways to achieve *healthier* hair you can feel confident about, starting with what you put in it.

It's not just important that your hair looks good; it should feel good, too. High-quality, naturally derived, and environmentally safe ingredients in your hair products can contribute to better, stronger, healthier hair in the long run. So dig a little deeper into your bathroom cabinet—you might be surprised by what you find in your hair care staples.



## The Problem with *Mainstream*

When you look at the back of most shampoo, conditioner, and other hair care product packaging, the list of ingredients is incredibly long, containing words with a hefty character count. These ingredients can strip hair's natural oils and can leave it more brittle over time. Here are some of the most commonly used ingredients to avoid:

- **Sulfates:** Chemicals that contribute to the foaming lather in shampoos but can add to dryness and create a dull appearance.
- **Parabens:** Preservatives used to maintain the integrity and shelf life of hair products. Some research has shown that they may disrupt hormone function in the body.
- **Silicones:** Synthetic chemicals that create a protective glossy layer over the hair's cuticle; however, they only provide a temporary solution for dryness.
- **Formaldehyde:** A chemical often used as a cleansing agent that can even be combined with other ingredients, making it harder to spot. It is currently banned for use in cosmetics in Canada and could cause irritation.

## Proof in the *Potion*

As consumers have become more invested in the ingredients in their personal-care products, a large number of companies have taken notice. The realm of hair care is now full of natural options that place an emphasis on consumer safety, from plant-based shampoos to coconut oil beard balms. Just look at the examples that follow for proof.

### *Briogeo*

This company's founder, Nancy Twine, has a long history of DIYing her hair care. As a child, she helped her grandmother formulate homemade products for other women in their neighborhood, and it was this early passion for natural hair care that helped her launch the Briogeo brand. According to its website, Briogeo "takes it back to basics," with products that are formulated for high performance. It's 6-free clean methodology is based on natural oils, vitamins, and antioxidants to tackle common hair care issues at the source, with lines formulated specifically for fighting frizz, boosting volume, improving hydration, and more. The company even has a line made from superfoods like avocado, coconut, and quinoa.

### *Love Beauty and Planet*

This popular brand can be found in big-box retailers like Walmart and Target, and it actively works to avoid ingredients that could potentially harm consumers, as well as the earth. Love Beauty and Planet is certified cruelty-free and vegan, and its shampoos, conditioners, and other hair care products are formulated with powerful and naturally derived ingredients such as coconut water, tea tree oil, and argan oil. According to its website, its shampoos are made from 92 percent naturally derived ingredients, while its conditioners are 97 percent naturally derived, and the company even offers vegan hair and nail supplements!

### *Art Naturals*

Art Naturals was founded on the principle that consumers shouldn't have to search high and low for naturally derived personal care products. Its broad range of offerings includes shampoos, conditioners, beard conditioners and balms, and shaving creams, all of which are cruelty-free and sustainable and





contain no preservatives or chemicals. The company has a wide variety of hair care options for women, but it also has one of the largest varieties of natural hair care products for men. It offers a beard wash formulated with antibacterial jojoba oil to cleanse and argan oil to moisturize facial hair, including the skin below it. Even Art Natural's aftershave is created with natural ingredients like tea tree oil and aloe vera for a soothing experience.

#### **Rahua**

This brand has quickly risen to the top of the lists of most-recommended natural beauty brands—and for good reason. Rahua's tagline, "Rainforest Grown Beauty," is appropriate, with its key ingredient and namesake, rahuá, having been used by Amazonians for centuries. The natural oil in rahuá can penetrate deep into hair follicles, moisturizing and improving pigmentation. The brand also incorporates other Amazon-derived ingredients such as cassava (also known as tapioca), an oil absorber; and carnauba, a wax to give hair a natural hold. Fabian Lliguin, one

of Rahua's founders, was born and raised in Ecuador and spent a lot of time exploring the Amazon with his family. For this reason, the brand is always looking for new ways to incorporate Amazonian culture into its products, making them with formulations rooted in time-honored traditions.

### **Trust the Power of Nature**

Anything you put on your body can contribute to its function (or dysfunction), and, therefore, it's critical to seek out ingredients that are going to work the way you want while not having any negative effect on your health—or the health of the planet. The aforementioned brands are only a starting point to help you take steps in the right direction. If you're ready to learn more and make a change in the products you use, the Environmental Working Group (EWG) website allows consumers to search for specific products and their potential health effects, as well as find recommendations for EWG-certified products.

*For more info, visit [ewg.org/skindeep](http://ewg.org/skindeep)*



*The realm of hair care is now full of natural options that place an emphasis on consumer safety, from plant-based shampoos to coconut oil beard balms.*

# A Debt DO-OVER

written by: matthew brady

It's summertime—  
peak season for fun in  
the sun.

But do you know what's around the  
corner? School. Then the holiday season  
begins. All the school shopping, possible  
tuition, and seasonal splurging can easily lead to  
more debt accumulation.

This may elicit a "Bring it on!" from some hearty people; after all,  
having debt can be a health boon, providing the satisfaction of feeling  
responsible for yourself and others. However, on the flip side for too many  
people is the feeling that they can never get out from under its burden.

If you think you're alone in this battle, you're not—not  
by a longshot. In North America alone, consumers have  
over \$15 trillion in estimated debt.

But take heart in knowing that you can take control  
of your debt dilemma. It can be as simple as having  
the right tools, a sound strategy, and an unwavering  
commitment to get the job done.

## How Can You Get Out of Debt?

There are many options, but they can be complex—so  
your best bet in most cases is to discuss them with  
a financial professional, who can help you choose  
the right option for you and your individual needs.  
However, there are also other steps you can take to  
help your situation.

### *Know the ABCs of DTI.*

Debt-to-income ratio (or DTI) is a simple formula:  
your total monthly debt amount divided by your gross  
income. So, for example, if you have three monthly  
debt payments—a \$200 car loan, a \$300 minimum-  
due in credit cards, and a \$1,000 mortgage bill—your  
total debt would be \$1,500. If your monthly pretax pay  
is \$4,000, then your DTI would be \$1,500 divided by  
\$4,000, which is 37.5 percent.

You'd be slightly over the ideal sweet spot for many  
lenders, which is 36 percent or lower. But it's still very  
good, so you should be happy about your debt in this  
respect—a good DTI can be beneficial to your credit  
scores and how you're perceived by lenders. Knowing  
where you stand with this ratio can help you set  
parameters for your financial goals.

### *Take one step (and credit) at a time.*

If you have four credit cards that are all maxed out,



you're likely going to be stressed out. The interest awaiting in your future could be staggering, since the rates are usually in double digits. So what should you do?

Instead of trying to tackle all four debts at once—which will likely not have much of an impact and will leave you even more stressed out—ask yourself which one you'd like to eliminate first. For example, you can opt for the one with the lowest balance (knocking you down to three debts sooner) or choose the one with the highest interest rate (saving you the most money in interest). Either way, you're dedicating a certain amount of your excess income to eliminating that one debt, allowing you to then move on to the next one. You'll have to be methodical and patient, but you'll be happy in the long run. (If you don't have excess income, that's addressed later.)

***Pay back wisely.***

Did you know that there are steps you can take to make a significant impact on your interest payments? One such option is to consolidate all your debts into one that has a lower interest rate. For example, if you are paying the minimum balance on credit cards that have 22 and 25 percent interest and can transfer them to a 15 percent credit card, you will reap the benefits of 30 to 40 percent less interest and one fewer bill.

In addition, if your lending institution allows it, you can pay extra on your mortgage each month, a relatively common strategy that will save you lots of money in compound interest and shorten the loan. Reallocating as little as fifty or a hundred dollars each month can make a difference!



## How Can You Stay Out of Debt?

Well, the truth is, the vast majority of people don't actually stay out of debt; the key difference is some people stay out of debt *trouble*. Simply put, they control their debt instead of letting it control them. Here are a few tips to help you achieve this.

### 1. Control your credit cards.

For some, this means using cash all the time or for certain things, without exception. For others, it's being adamant about only charging what they can afford to pay in full every month. Also, here's a fun fact: the more credit cards you open, the more it can negatively affect your credit score—even more incentive to part with the plastic.

### 2. Commit to carving out savings.

A general rule of thumb is to save at least 20 percent of each paycheck. That means the money goes into a separate account and shouldn't get touched, so it keeps on accumulating. You can target this as long-term savings, have it serve as an emergency fund, or use it strategically to pay off debt, if need be. How much it grows depends on where it's allocated—simple savings, mutual funds, and so forth—and how diversely it's invested. Talk to a financial professional, who can help you decide what's right for you.

3. Distinguish between needs and wants. This is as simple as it gets, as long as you're brutally honest with yourself. (For example, ask yourself how much you spend on takeout coffee each month.) You might be surprised by how it can impact your bottom line—and any debt you may have.

*For most people, having debt is as much a reality of life as taxes, and that will likely not change. What can change, though, is your mindset about debt and how you go about handling it. With another school year and holiday season rapidly approaching, now's the time to take action, put a plan in place, and stick to it once and for all. Your finances—and your peace of mind—will reap the rewards.*



# CHEERS to THAT

**written by:** *rebecca poole*

**photography by:** *getty images, unless noted*

**T**he thought of drinking kombucha, low-calorie soda that isn't gimmicky, and cold-pressed juice that actually tastes good was probably a foreign idea a few years ago. Now these drinks are considered ubiquitous. A 2020 KPMG trend report found that consumers are willing to fork over more money for healthy beverages—and they'll have to, considering a sixteen-ounce bottle of kombucha costs an average of four dollars. But, in turn, they want a drink with clean ingredients that promises results like better gut health and more energy. Brands have quickly adapted to this desire for functional, cleaner beverages, and the market is expected to grow over 8 percent by 2024. And there's one small brand in New York City doing its part to help foster a better food and beverage industry.



## **IT STARTED WITH A SPICE...**

DONA, a beverage company founded by Amy Rothstein in 2014, aimed to fill the gap in the market for high-quality chai concentrate made in her local neighborhood of Brooklyn. On her quest to source the best chai in town, Rothstein started learning more about the various spice profiles and the health benefits of cinnamon, cardamom, and black pepper. DONA works with different spice purveyors, one of them being Burlap & Barrel, an importer that helps to ensure the brand's beverages are made with single-origin or directly traded spices from expert farmers.

When asked about why she thinks the health beverage boom is more than a trend, she states, "The meaning of 'healthy' is what trends. It used to be drinking diet soda over regular, then the juicing fad happened, and then there was flavored water. This is why I went back to basics and launched DONA, which is focused on pure ingredients." Flavored with naturally sweet spices, DONA's beverages are made in small batches to ensure the depth of flavor is never compromised.

Some of the spice-based beverages DONA churns out include their most popular, the Masala Chai concentrate, but you can also buy a latte-making kit and other various concentrates and soda blends—there's even a Pink Peppercorn Lemon soda. And in case you think the spice-laden ingredient list in the company's array of products is just for kicks, all these spices come with a burst of health perks. Consider turmeric: it's filled with compounds that work to fight inflammation and boost your brain functionality. DONA also uses its fair share of cinnamon, another antioxidant-loaded spice that can help lower blood sugar; cardamom, a nausea-reducing and digestion-

friendly spice; and black pepper, which aids in turmeric absorption and contains its own anti-inflammatory agents.

Rothstein also talks about DONA's rebrand and how she hopes to expand its offerings: "The identity of DONA is so much about our chai, which is pure and refined—all things that still hold true, but we're expanding to offer herbal-based beverages. We want to put out drinks brewed not only with spices but also with flowers, herbs, roots, and citrus."

### A FIZZY FORECAST

While the aforementioned concentrates and herbal drinks are gaining traction, sparkling beverages are also increasing in popularity. A typical twelve-ounce can of soda has over thirty-six grams of carbs, nearly all of which come from sugar. And as little as a few years ago, it was hard to find an alternative that provided the same enjoyment that comes from the sugary carbonation found in soda—but not anymore.

New beverage brands are constantly popping up, offering drinks to help curb that midday carbonated craving and to give you a boost of something extra along with it. There's popular brand Better Booch, which creates small-craft kombucha that is packed with probiotics and made with premium tea with no added sweeteners. But if fermented tea isn't your thing, get your bubbly prebiotics via healthy soda brand Poppi, which will have your taste buds singing to the tune of apple cider vinegar goodness. Olipop has a similar ethos, offering up what you love about soda—effervescence and taste—without the added sugar, instead featuring plant fiber and botanicals. Of course, there's always classic sparkling water: Topo Chico, La Croix, Spindrift, and Bubly are consumer favorites.



photos by: DONA





*A typical twelve-ounce  
can of soda has*  
**over thirty-six  
grams of carbs,**  
*nearly all of which come  
from sugar.*

This illustrates the global reach of soda alternatives. What was once considered an occasional buy for the health-conscious consumer is now part of many people's everyday lives, whether they're seeking a healthier option or not. With workplace wellness on the rise, there are even sparkling water dispensers made specifically for the office. Water-cooler talk just got bubblier.

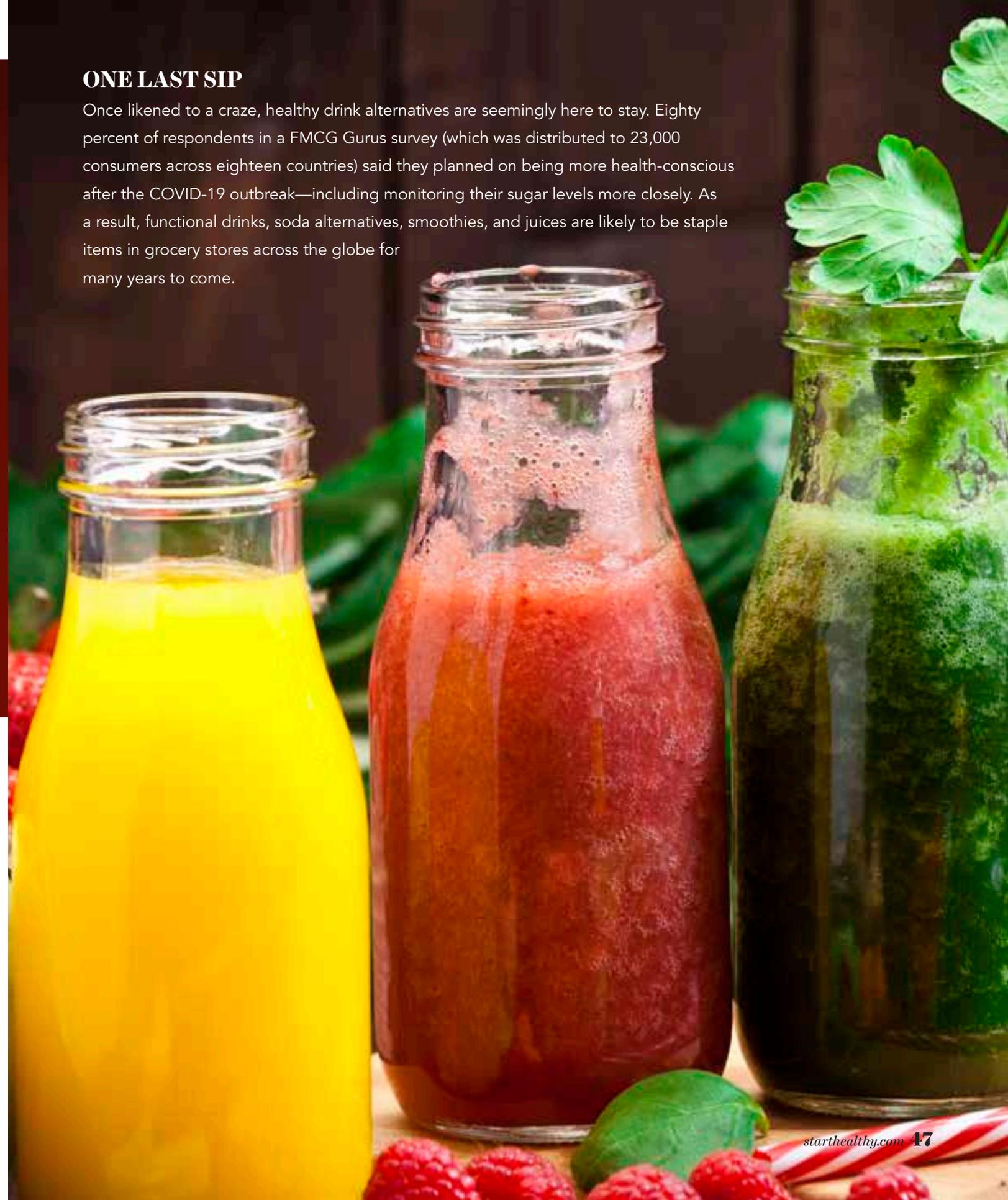
### **THE TASTE OF SUCCESS**

Not to worry: smoothies and juices haven't been forgotten. Daily Harvest, a direct-to-consumer food-

and-beverage brand known for its healthy smoothies, has a strong following that swears by organically sourced products. The company took the hassle out of making a smoothie yourself—the buying and portioning out of ingredients—by delivering preportioned frozen packets to your door. In a similar vein, Dallas-based company Buda Juice, takes a “farm-to-bottle” approach, cold-pressing its signature organic juices year-round in a 35°F (around 2°C). When combined with a balanced diet, drinking smoothies and juices is a great way to take in more fiber and other beneficial nutrients.

### **ONE LAST SIP**

Once likened to a craze, healthy drink alternatives are seemingly here to stay. Eighty percent of respondents in a FMCG Gurus survey (which was distributed to 23,000 consumers across eighteen countries) said they planned on being more health-conscious after the COVID-19 outbreak—including monitoring their sugar levels more closely. As a result, functional drinks, soda alternatives, smoothies, and juices are likely to be staple items in grocery stores across the globe for many years to come.



# (Food) Safety IN NUMBERS

written by:  
matthew brady

Summertime means warmer weather—and, oftentimes, severe or unpredictable weather, which can result in power outages that can sometimes last for hours, if not days.

One of the first casualties of a power outage could be the items in your refrigerator and freezer. How long will they last? When should you toss them? The answers that follow will help you salvage as much as possible and stay safe when the power returns.



## WHAT TO KNOW

1. The magic numbers are 40°F (4°C) in the fridge and 0°F (-18°C) in the freezer—the respective maximum temperatures at which food will stay viable.
2. Of course, every minute the power is out, those temperatures will likely start creeping up. To slow this process down, keep the cold locked in by only opening the doors as necessary.
3. Your fridge will keep items safe for up to four hours, while your freezer will do so for between one and two days, depending on how full it is.
4. Plan ahead. For example, keeping a food thermometer in both the fridge and freezer can help you check the temps every few hours once the power goes out. Also, if you have coolers and freezer packs, you can transfer some items so they stay cool longer.
5. Do not taste the food to determine if it's good! Instead, follow the guidelines below.

## TIME TO TRASH?

### Fridge Items

If the temperature has been above 40°F for two or more hours, discard items like meats and eggs, soft, shredded, and low-fat cheeses, sliced fruits and veggies, and dairy except salted butter and margarine (as salt is a natural preserver).

### Freezer Items

You can refreeze virtually anything (other than ice cream, of course) if it's still at fridge temperature or has ice crystals. However, if your freezer temperature rises above 40°F for two or more hours, the opposite is true: most items would need to be discarded.

For a complete list of what to do with specific foods, visit [foodsafety.gov/food-safety-charts](https://www.foodsafety.gov/food-safety-charts)

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## Front of Tear Out Card 2

### PASSION FRUIT, MANGO, AND COCONUT *PARFAITS*

- ½ c. unsweetened passion fruit pulp, thawed if frozen
- ½ c. sugar
- 4 tbsp. unsalted butter, melted and cooled
- 5 large egg yolks
- 2½ c. chopped ripe mango (from 2 peeled and pitted mangos)
- 1 (13.5-oz.) can unsweetened coconut milk (made with guar gum)
- 1½ c. low-fat plain Greek yogurt
- 1 c. unsweetened coconut chips for sprinkling



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## Back of Tear Out Card 2

1. Place the passion fruit pulp, sugar, butter, and egg yolks in a medium saucepan and stir until smooth. Heat over medium-low heat while stirring constantly until barely simmering and thickened, 8 to 10 minutes. The mixture should thicken before it reaches a boil. Use a silicone spatula to push the curd through a fine-mesh strainer into a medium stainless steel bowl. Place that bowl over a large bowl of ice water and stir until cool. Refrigerate until ready to use.
2. Place the mango in a high-powered blender or food processor and process until smooth. Transfer the mixture to a large piping bag.
3. Use a can opener to open the can of coconut milk. Transfer about ½ cup of the thick cream layer from the top of the can into a medium bowl. Beat with a whisk until soft peaks form, then fold into the passion fruit curd. Transfer this mixture to a large piping bag, if desired.
4. In a medium bowl, whisk ½ cup coconut milk from the can with the Greek yogurt until smooth. Transfer this mixture to a large piping bag.
5. Set up 6 parfait or juice glasses wide enough to accommodate a spoon. Pipe or spoon layers of the mango puree, passion fruit curd, and yogurt into each glass. Serve immediately, or refrigerate up to 2 days ahead until ready to serve. Top each glass with coconut flakes right before serving.



SERVES 6

**V** Vegetarian **GF** Gluten Free

Excerpt from *Eat Cool: Good Food for Hot Days* by Vanessa Seder, Rizzoli New York, 2021. Photography © Stacey Cramp.

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