

Compliments of Jodee Harris

# *essential* living

Issue 304

**Drift Away**  
on a Mind Vacation

# Beekeeping

To Bee or Not to Bee?



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The birds are chirping, the flowers are budding and the bees are buzzing! If you want a new hobby to try this spring, we have everything you need to know to venture into the world of beekeeping. However, if even the thought of bees is enough to make you anxious, our Escape Through Meditation guide will help your mind drift away on a relaxing vacation for a little while.

If you still want to try something new that doesn't involve bees, check out our recipes for things you never thought to grill. Did someone say octopus? For anyone hoping for a bit more nostalgia to go with dinner, you'll find all your favorite comfort food at any one of the stops we make on our Regional Diner Tour of America! Once back home, you'll have just enough time to plan a showstopping Kentucky Derby party. We have all the details on how to decorate, what to eat and which fun games to entertain. The only thing you'll need to think about is what hat you're going to wear!

— From the Publisher



## What diner food is tops?

Scan the QR code to cast your vote!

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# hosting a KENTUCKY DERBY party

Known as the most exciting two minutes in sports, the Kentucky Derby isn't quite long enough to squeeze in hilarious commercial breaks. However, it is the perfect event to host an elevated day of festivities and fun. The race is almost always held the first Saturday in May, so there's plenty of time to plan the perfect party.

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## THE INVITATIONS

Invitations aren't only for inviting people, but they also set the tone of the event and relay important information. In addition to the when and where, the dress code such as "Derby attire" should be included. A mention of any planned wagering games and the food courses that will be served can help guests plan ahead.

## THE OUTFITS

From hats to shoes, the Kentucky Derby is all about getting decked out in your finest spring fashion.

A Derby party would be incomplete without guests showing up in their best hats. There aren't any rules to follow when choosing a hat — from simple and classic to extravagant and bold, it's all about having fun! While the spotlight is often on women's hats, men can join in on this tradition too with fedoras or a bowler hat.

For women, spring dresses or suits are the most common. In addition to complementing the hat, outfits can also match the season with soft pastels or colorful florals. Complete the

look with sandals or a pair of flats. However, since the hat is the main statement piece, be sure the rest of the outfit doesn't steal the spotlight.

Although men are expected to wear a suit, bright and fun spring colors are highly encouraged. Eye-catching slacks paired with a coordinating gingham button-down will do just the trick. Throw in a classic navy blazer, a pair of loafers (without socks) and a fun tie or bow tie.

## ENTERTAINMENT

What's a horse race without some wagers on the line? Here are two wagering party games to try:

- **Lucky Longshots:** Bet which horse will come in last.
- **Blind Draw:** Write the name of each horse in the race on a piece of paper. Set a price for guests to pay to draw a name. The person with the winning horse wins the jackpot!

*Don't forget to have a **best-dressed contest** for guests to vote on their favorite ensemble!*



## FOOD

Foods that can be served as individual portions are perfect for viewing parties. The menu can include pulled pork sliders, Benedictine tea sandwiches, deviled eggs and a tomato and watermelon salad. Purchase some gourmet popcorn in flavors like salted caramel bourbon or jalapeno and cheddar cheese for a fun snack guests can enjoy throughout the festivities. Kentucky Bourbon Pecan Pie bites make a very fitting dessert.

## DRINKS

It wouldn't be a Kentucky Derby without your guests sipping on mint juleps. Some other cocktails to try are the Jockey Club, which is similar to a Manhattan, the two-ingredient Horse's Neck (bourbon and ginger ale) and the Man o' War, named for one of the greatest racehorses of all time. A pitcher of sweet tea should also be on hand.

## OTHER DETAILS

Since the big race is often referred to as "The Run for the Roses," it's only fitting to have an arrangement of roses for the main centerpiece.

Make sure the TVs are turned on and set to the right channels before guests arrive.

And of course, enjoy the party!



# ESCAPE THROUGH MEDITATION

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*Let your worries fade away*

Our lives are full of busy schedules and a constant stream of information to process, leaving most of us feeling highly stressed by the end of the day. With so many things demanding our attention, it makes sense that there has been a major increase in people turning to meditation to clear their minds.

## The Benefits

Meditating can boost our emotional and physical well-being. People who practice meditation as part of their regular routine have reported higher levels of happiness, patience and compassion. They also show lower levels of stress and frustration, which leads to other benefits like lower blood pressure and increased energy levels.

You also might notice a deeper sense of clarity in different situations, an increased ability to focus, better sleep and an improved memory.



# CHOOSE YOUR STYLE

Meditation isn't one size fits all. There are multiple types of meditation and different techniques that can be used to help achieve the relaxation your body and mind need.

## **GUIDED MEDITATION** (sometimes called guided imagery or visualization)

*Best for beginners*

This form can be led by a teacher or even an app that guides you step-by-step through meditation. Various techniques and other methods can be used including breathing exercises and mindfulness practice.

## **MINDFULNESS MEDITATION**

*Best for the high stressed*

This method emphasizes having an increased awareness of what you are thinking and feeling in the present moment. It is important to not stop any thoughts or emotions that you have. Instead, observe them without judgement and allow them to pass. This can also be referred to as being purposefully aware and can be practiced anywhere and anytime.

## **FOCUSED MEDITATION**

*Best for those who want to  
improve their focus*

In this style, you can use any of your five senses to concentrate on one single thing. This can include listening to a gong, counting your breaths, staring at a candle or counting beads. Though it may sound straightforward, it can be a challenge to keep your focus only on one thing. If you catch your mind wandering off, that's okay; simply bring yourself back to the focus point and continue.



## MOVEMENT MEDITATION

*Best for those who don't  
like being still*

---

Yoga may be the most practiced form of movement meditation, but it can also be done when walking, gardening and during other gentle movement activities. This type of meditation helps to form mind and body awareness as you focus on each movement you make.

## MANTRA MEDITATION

*Best for people who don't  
like complete silence*

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In this form of meditation, a simple, calming word or sound like “om” is repeated to help maintain focus. Some people may find this method easier than trying to focus in silence. The vibrations of repeating the mantra can help in creating a positive change and lead to a deep state of meditation.

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*Get the most out of your daily meditation escape by  
sticking with the style that suits you best.*



## MAKING TIME

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To feel the full benefits of meditation, it's important to practice daily. Schedule your meditation into your regular routine to help it become a normal part of your life. Most people begin to see the benefits by meditating for at least 10 minutes a day. However, you can start with five minutes and slowly increase the time over the course of a few weeks or even months. Of course, if you feel overwhelmed during the day, you don't have to wait until your scheduled time to meditate in order to take a break. Just close your eyes and take a moment for a few deep breaths to quickly refresh anytime!

# Diner Tour

of the **U.S.A.**

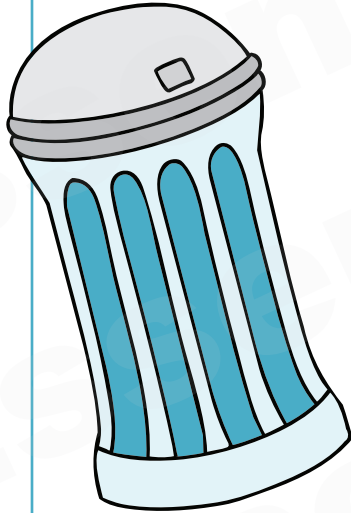
**D**iners are a classic American icon. Originally known as “lunch cars,” diners first opened in the 1920s, although it wasn't until 30 years later that they became widely popular for their large menu selections, low prices and late hours. Throughout the '50s and '60s, diners became the hot spot to grab an affordable bite to eat in a laid-back setting.

While most people probably associate a diner with the classic look they had during their heyday, diners are far more than red booths, jukeboxes, neon signs and checkered flooring. At the heart of it all, diners are a place people go to not only get a hearty meal at a good price but also to connect with each other and get a little taste of home.

From coast to coast, diners continue to offer locals and those just passing through a place to stop by for a good meal and conversation.



# NORTHEAST



To kick off our diner tour, we're heading straight to New Jersey, aka the Diner Capital of the World. Home to more than 500 diners, New Jersey has more than any other state, and has clearly won this title fair and square. With so many to pick from, it can be overwhelming to know where to start, but don't worry too much — we have just the spot.

## *Vincetown Diner*

Southampton Township, NJ

Built in 1953, Vincetown Diner knows a thing or two about serving up delicious meals. Even with an expansive menu, they manage to put a primary focus on using the freshest premium ingredients, all while dishing out diner-sized portions. In addition to not sacrificing quality (or quantity), they are also committed to locally sourced products like wine, freshly baked rolls, desserts and even honey sourced directly from the on-site hives.

Their menu is as much comfort food as it is elevated diner favorites. Banana nut French toast, the V-Town Reuben, pork potstickers, chicken and waffles, mile-high meatloaf, lamb rigatoni and cheesesteak spring rolls are just some offerings you'll find on their multi-page menu. With menu selections changing with the season, even the regulars can find something new to try on their next visit.

# SOUTHEAST

Next up, we're going down to the Southeast region to discover some delicious homemade comfort food from South Carolina. While they may be best known for their BBQ, a quintessential mom and pop diner adventure should never be missed.

## *A&P Restaurant* Greer, SC

For the classic hometown diner experience, look no further than A&P Restaurant in Greer, South Carolina. Here, you'll find a warm welcome when you walk through the doors. Whether it's your regular daily visit or you're a first-time guest, everyone is

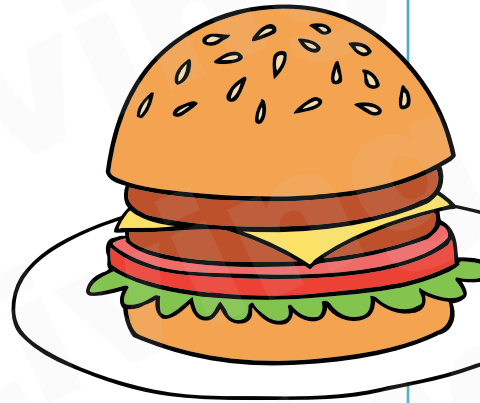
treated like family. This family-owned establishment makes sure each and every meal is made to order and is served as soon as it's ready.

Some of the items featured on their menu include chili cheese fries, fried mushrooms, smothered chicken, a bacon cheeseburger and, of course, country fried steak. With deep-fried Oreos, a cobbler of the day and peanut butter milkshakes on the menu, it will be hard to say no when the waitress offers dessert.

You can enjoy your meal at the counter or in a cozy booth — or even make a pit stop at the drive-through window if you're running short on time.



# MIDWEST



When the Midwest winters bring blizzards and negative temperatures, it's important to have a go-to spot for a hearty meal to help you warm up. While diner options are plentiful in America's Heartland, we've got one that may make the frigid weather not so bad after all.

## *Hi-Way Diner* Lincoln, NE

Lincolniters have been coming to the Hi-Way Diner for their favorite comfort foods for over 30 years. As their name suggests, they're located right off Nebraska Highway 2, making it convenient

for locals and travelers to stop in for a bite.

If you get the chance to enjoy a meal here, you better come hungry. A sampling of their menu includes a chicken fried steak omelet, Cajun meatloaf, liver and onions, grilled ham and cheese, biscuits and gravy, onion rings, fajita wraps and so much more (including Magic Toast, with a policy of "Don't ask. Just believe").

In addition to all the comfort food you could imagine, they also offer free Wi-Fi and coffee refills. So, if you're going to get snowed in anywhere, make sure it's at the Hi-Way Diner.



# SOUTHWEST



After traveling through the vast desert, nothing can feel more surreal than seeing a diner in the far-off distance. With a cuisine of their own, it's a good bet most diners are going to blend the flavors of the Southwest with American classics, and we've found the diner that does just that, perfectly.

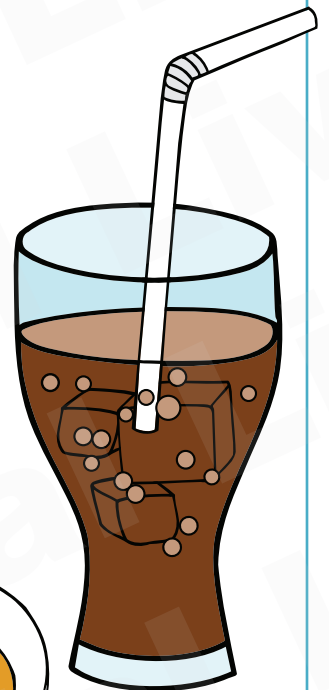
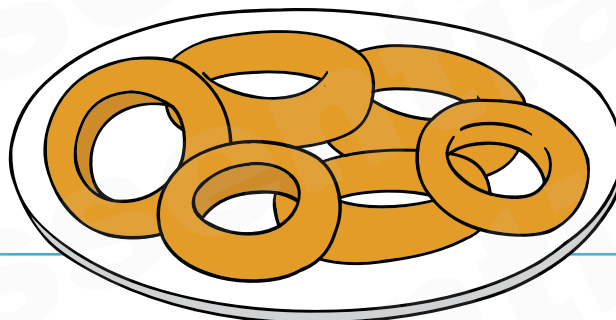
## *The Shed*

Las Cruces, NM

For the past 25 years, the Shed has been making fresh and local dishes in the city of Las Cruces, a much-welcomed alternative to the many fast food joints nearby. Chef and owner, Gabriel Mendoza, has created an incredible menu featuring recipes from his great-grandmother that honor their New Mexican and family heritage along with other recipes he's created over the years, also influenced by the Southwest.

Everything on their menu is made from scratch, which, considering their menu, is pretty darn impressive. Breakfast items include everything from the Plain Old Breakfast to the Eggsadillas, which is simply a whole lot of goodness served between two tortillas. For lunch you'll find options like New Mexican Style Fettuccine, fish tacos, quiche, a smoked turkey sandwich and so much more.

Before you head out you have to give at least one of their five homemade breads a taste. Flavors include white, multigrain, green chile cheddar, cinnamon raisin and cranberry pecan. This is also probably the only place in the country where you can find gingerbread pancakes and Migas on the same menu.



# WEST COAST

We're ending our diner tour far up west where it's almost sweater weather year round. Aside from gorgeous views, nothing goes better with cooler weather than comfort food. Tucked away in the foothills of the Cascade Mountains, you may just have found a new place to call home.

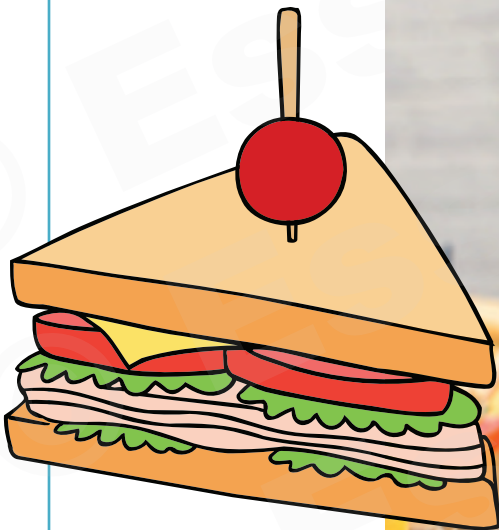
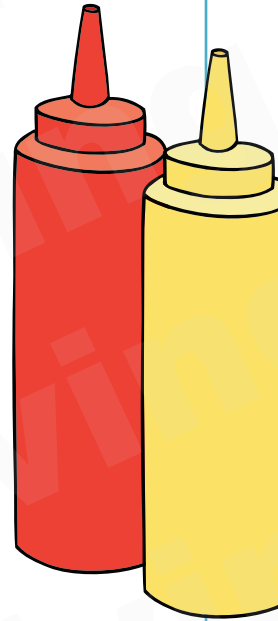
## Acme Diner

Acme, WA

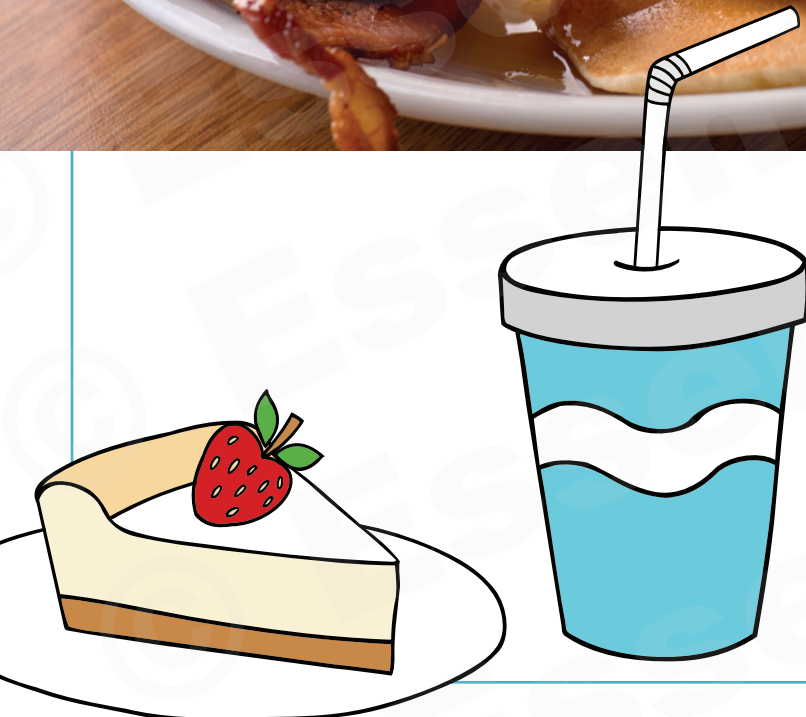
The Acme Diner offers a menu with just about everything you need to survive. From breakfast to dinner and dessert, they have you covered with delectable bites made with local, farm-fresh ingredients. The menu has something for everyone, including the pickiest eaters. A few of

their breakfast items include corned beef hash, country scramble, veggie omelet and country fried steak with eggs and smothered in gravy. Just be warned that their blueberry pancakes may ruin all other blueberry pancakes for you.

Poutine, jalapeno poppers and hand-cut fries are some of the starters you can enjoy before lunch or dinner. Sandwiches and burgers like the classic Reuben, club sandwich and an Aloha Dip burger are served for lunch, while dinner options include prawns and chips, grilled chicken, sirloin steak and an entire pizza menu with vegan and gluten-free crusts available. If you're possibly still hungry, don't skip out on their desserts and shakes.



*"From coast to coast, diners continue to offer locals and those just passing through a place to stop by for a good meal and conversation."*



Diners are familiar. They are the place truckers go to after long hours on the road, where college kids go when they need a bite to eat at 2 a.m. and where locals go to stay in the loop about what's happening around town. So, the next time you're on the road check out one of the diners from our list. They may not have all the flashy lights, but they've got the heart and soul of a true American classic.



# The Buzzing World of Beekeeping

## An Un-Bee-Lievably Cool Hobby

More and more people are starting to dabble in a food-focused lifestyle of self-sufficiency — whether that's growing their own veggies or raising chickens in a backyard coop, or for some, beekeeping.

While you can't go wrong with gardening or managing a group of chicks, beekeeping makes for the perfect pastime to expand your hobby horizons and possibly overcome some fears. Plus, just think of all the delicious yard-to-table honey you'll get.

From essential beekeeping supplies to the perfect apiary location, here's what any aspiring beekeeper needs to know.





## The Colony

If you ever had the unfortunate experience of discovering a beehive, you probably learned that bees love living together in a colony. While colonies can have upwards of 60,000 bees, there is only one queen bee, with the rest being primarily female worker bees and some male drones.

The queen is larger and longer than the others and has a pointed abdomen. She is responsible for laying 1,500 eggs a day for two to five years in order to maintain a thriving colony. She also must stay strong and healthy or she's at risk at being killed and replaced. A special pheromone lets the worker bees know whether she is alive and well or if she's getting weaker.

Once they sense she's getting weaker, they focus on feeding royal nectar to a small number of larvae until the first one hatches and becomes the new queen.

Gathering pollen, making wax, cleaning the hive and building honeycombs are just some of the other daily tasks worker bees are required to do. Tasks are "assigned" based on age with the younger bees doing duties within the hive and the older bees taking on the more dangerous jobs on the outside.

Drone bees make up a small percentage of a colony and only have one duty: to mate with the queen. Mating takes place mid-flight, and the successful male immediately falls to his death.



## Mind Your Own Beeswax

Beeswax is known as the miracle of the beehive. Without it, there'd be no beekeeping. Producing beeswax is quite an impressive process. Using special glands on their abdomens, worker bees secrete wax that is then formed into hexagon shapes which are used for all aspects of daily bee life, including storing honey. Another layer of wax goes over the combs with honey to lock in the moisture.

A hot knife is used to scrape the wax caps off the frames of honey. The caps then need to be separated from the honey before the wax is filtered or cleaned.





## Beekeeping Equipment

**Woodenware:** This creates the beehive itself, including the hive bottom, body and top cover. Durable, well-built woodenware gives the bees a safe place to live and thrive.

**Hive tool:** A multipurpose tool used to open and inspect beehives.

**Smoker:** Smoke prevents bees from sensing pheromones that signify danger, which helps to keep them calm.

**Protective gear:** Hat/veil combinations with ventilated jackets or full-body bee suits provide a protective barrier against stings.

**Bees:** A beehive requires bees, of course! Make sure you order enough for one to two colonies to start.

## Hive Location

After compiling all your beekeeping equipment, it's time to decide where to put it all. While it's important to be strategic with placement, remember that people today have thriving hives anywhere and everywhere. Still, there are a few things to keep in mind when placing hives.

Pick a spot where you will have easy access to the bees. If they are hard to get to, you might go there less frequently, and they won't get the proper attention. The hive should get at least a half-day of sun. Additionally, if the sun hits the hive entry first thing in the morning, it will get the bees out and working.

Make sure there is a water source nearby. If there isn't, you can always provide them with one. A pan filled with water and pebbles above the surface will suffice. Keep in mind: bees can't swim, so the pebbles will help with the landing.

Try to avoid placing the hives near a neighbor's yard. If you have a smaller outdoor space, you can mask the hive with hedges or bushes. That way your neighbors aren't constantly reminded of your buzzing bees.





## Hives and Colonies

A basic hive needs a few boxes for brood and a few boxes for honey. First-time hives require at least four boxes total to make it through the season. You can stack up the boxes to make the hive taller.

Once your hives are set up, you're ready for the bees. You can order a bee package, which is a wooden frame with screen sides containing bees that aren't related, or nucleus hives (nucs), which is a mini beehive with a laying queen and bees that are related. Packages are less expensive, easier to find and allow you to learn the whole process, but a lot more work is involved. Nucs on the other hand are well established and tend to be less stressful on the bees.





## Now That You're a Beekeeper...

Once your hive is up and running, your beekeeping responsibilities really begin. It's your job to manage and care for these little buzzers. You'll need to inspect the hive regularly to ensure the queen is alive and healthy. It's also important to check whether the bees have enough space and resources to live.

Remember that bees need enough to get through the winter. As a beekeeper, you should only take what's considered extra honey — after the bees have prepared enough to survive the colder months.



## Other Ways to Support the Bees

You don't need to be a beekeeper to do your part in helping bees thrive. Here are some other ways you can support them:

### Plant More Wildflowers

The easiest and prettiest way to help the bees is by creating pollinator habitats on your land. Even a small, square space filled with native wildflowers is enough to help a bee community. Talk to your local nursery about the best native flowers to plant.

### Go Organic

Use organic products and natural solutions when treating your garden and yard. Insects like ladybugs and praying mantises can also help keep pests away.

### Support Your Local Beekeepers

Visit a nearby farmers' market or check your grocery store for local honey and beeswax products. You may even be able to purchase straight from the farm. Remember, supporting local is always the way to go!



# BET YOU DIDN'T THINK TO GRILL THIS

**FACT:** There are just certain foods that taste better grilled. And there's no better time to fire up the grill than summertime.

Of course, there are the classic items that you throw on the grill. Hamburgers, hot dogs, tri tip, corn on the cob, chicken smothered in BBQ sauce, etc. Some have ventured outside this comfort zone and tried something new like shrimp skewers or watermelon. But there are countless other things you can grill that you may never have even considered before.

That's where we come in! We've compiled a list of five unique recipes that you can grill up this summer. From pizza to seafood, these ideas are sure to bring out the grill master in everyone.



# SALMON WITH GRILLED GRAPES

The real star of this recipe isn't the delicious salmon but the grilled grapes. They are seared to perfection and elevate the salmon to the next level.

**prep time:** 15 minutes • **cook time:** 10 minutes • **yield:** 2 servings

## INGREDIENTS

- 2 8-oz. salmon fillets
- 3 tbsp. olive oil
- 2 tsp. Dijon mustard
- 1 garlic clove, minced
- 1 tsp. lemon juice
- 1 tsp. salt
- 1 tsp. pepper
- 1 c. red grapes
- Arugula, for serving
- Toasted pine nuts, for serving

## INSTRUCTIONS

1. Preheat the grill to medium-high.
2. Place the salmon in aluminum foil.
3. In a small bowl, mix together the olive oil, mustard, garlic clove, lemon juice, salt and pepper.
4. Pour over both fillets, then wrap the foil around each fillet.
5. Place the grapes in another section of aluminum foil and wrap to enclose grapes.
6. Place the fillets and grapes on the grill and cook on medium heat for 10 minutes.
7. Allow to cool, then serve the salmon with the grilled grapes over a bed of arugula with toasted pine nuts.



# GRILLED BBQ CHICKEN PIZZA

This Grilled BBQ Chicken Pizza is the perfect recipe to kick off summer that the whole family will love.

## INGREDIENTS

### FOR THE BBQ SAUCE

- 1 tbsp. olive oil
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 16-oz. can tomato paste
- ¾ c. root beer
- ½ c. apple cider vinegar
- 2 tbsp. brown sugar
- 1 tbsp. maple syrup
- 1 tbsp. horseradish
- 1 tbsp. paprika
- 1 tbsp. Worcestershire sauce

- 1 tsp. salt
- 1 tsp. black pepper

### FOR THE DOUGH

- ¾ c. warm water (around 115° F)
- 1 tbsp. cane sugar
- 1 packet active dry yeast
- 2½ c. all-purpose flour
- 1 tsp. sea salt
- 1 large egg, room temperature
- 2 tbsp. olive oil

- 1 tsp. apple cider vinegar

### FOR THE PIZZA

- 1½ c. apple smoked gruyere cheese, shredded
- ½ red onion, julienned
- 1 lb. chicken breast, diced
- 1 tsp. olive oil
- 1 tsp. salt
- 1 tsp. pepper
- 2 tsp. oregano
- ½ c. fresh cilantro, minced

## INSTRUCTIONS

### FOR THE BBQ SAUCE

1. In a large pot, add the olive oil and diced onion.
2. Cook over medium heat for 7 minutes until translucent.
3. Add the minced garlic and tomato paste, then cook for 5 minutes.
4. Next, add the root beer, apple cider vinegar, brown sugar, maple syrup, horseradish, paprika, Worcestershire sauce, salt and pepper.
5. Stir until combined and then turn the heat to medium-low.
6. Cover and let simmer for 20 minutes, stirring occasionally.
7. After 20 minutes, remove from heat and let cool for about 5 minutes.

### FOR THE DOUGH

1. Mix water, sugar and yeast and let sit for 5 minutes until the yeast activates. The yeast has activated when it begins to form bubbles and it looks foamy.
2. Mix flour and salt, then pour in the yeast mixture.
3. Use an electric mixer to blend the dry and wet ingredients on low for 1 minute.
4. Add in the egg, olive oil and apple cider vinegar.
5. Mix on low for 1 minute.
6. Transfer the dough to an oiled and flour-dusted cast iron pizza pan.
7. Use an oiled spatula or put olive oil on your hands to spread out the flatbread.
8. Preheat the grill to medium-high .
9. Once hot, put the cast iron pizza pan on the grill and close.
10. Allow the dough to cook for roughly 10 minutes on medium heat.

### FOR THE PIZZA

1. Roughly chop the chicken breast into bite-size pieces.
2. Season the chicken breast with olive oil, salt, pepper and oregano.
3. Place in a pan and cook on medium heat for 10 minutes.
4. After 10 minutes, remove from heat and set to the side.
5. Once the dough has cooked for 10 minutes and the BBQ sauce has cooled, spread the sauce over the dough.
6. Then spread the cheese, layer the chicken and add the sliced red onion.
7. Grill for 10-15 minutes.
8. Allow to cool for at least 5 minutes.
9. Garnish with fresh cilantro and enjoy.

**prep time:** 30 minutes

**cook time:** 30 minutes

**yield:** 8 servings



# CHARRED OCTOPUS WITH A SPICY ROMESCO SAUCE

You don't have to go to a restaurant to enjoy this elevated dish.

## INGREDIENTS

### FOR THE ROMESCO SAUCE

- 1 jar roasted red peppers, with oil
- 2 tbsp. olive oil
- 1½ tbsp. lime juice
- 1 tbsp. harissa paste
- ¾ c. almonds, toasted
- 3 garlic cloves
- Pinch of salt

### FOR THE OCTOPUS

- 2 lbs. octopus
- 3 tbsp. olive oil
- 1 tbsp. lime juice
- 1 garlic clove, minced
- 1 tsp. salt
- 1 tsp. pepper
- Microgreens
- Crumbled feta
- Almonds, toasted and slivered

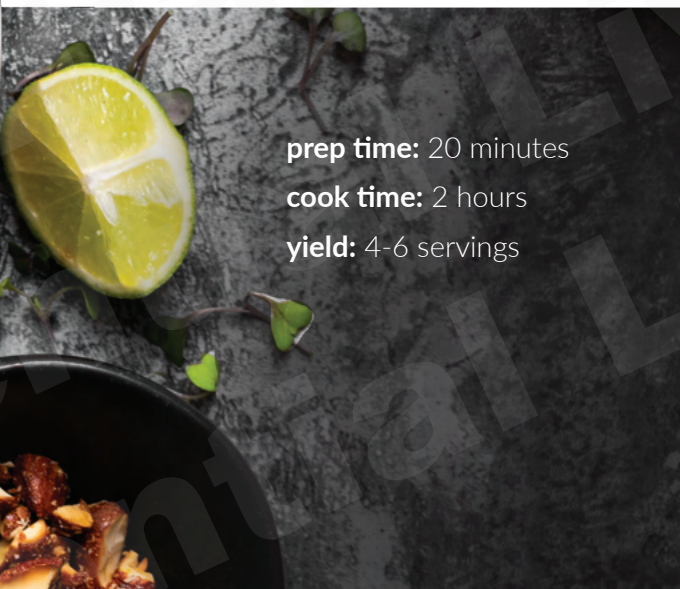
## INSTRUCTIONS

### FOR THE ROMESCO SAUCE

1. In a food processor, combine all of the ingredients.
2. Pulse until smooth.
3. Add a heaping tablespoon to a serving plate.

### FOR THE OCTOPUS

1. Bring a large pot of water to a boil and cook the octopus for roughly 45-60 minutes.
2. Transfer to a bowl.
3. In a small bowl, combine the olive oil, lime juice, minced garlic, salt and pepper.
4. Mix together, then pour over the octopus to season it.
5. Preheat the grill to medium-high heat.
6. Oil the grates to prevent sticking, then add the octopus directly to the grill.
7. Grill for 20 minutes on medium-high, flipping halfway through.
8. Once cooked, serve over the romesco sauce.
9. Add microgreens, crumbled feta and slivered almonds.



**prep time:** 20 minutes

**cook time:** 2 hours

**yield:** 4-6 servings

# SCALLOPS WITH MEYER LEMON SALSA VERDE

These delicate scallops are seared lightly on the grill and served with vibrant salsa that is sure to impress any guest!

## INGREDIENTS

### FOR THE SALSA VERDE

- 1 shallot, minced and lightly cooked
- 2 tbsp. red wine vinegar
- 2 cloves garlic, minced
- 1 tsp. salt
- Juice and zest from one small Meyer lemon
- ½ c. fresh parsley, chopped
- 2 tbsp. capers

### FOR THE SCALLOPS

- 1 lb. scallops, washed
- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 clove garlic, smashed
- Pinch of salt and pepper
- Microgreens for garnish

## INSTRUCTIONS

### FOR THE SALSA VERDE

1. Combine all of the ingredients in a food processor or blender.
2. Pulse to combine.
3. Once smooth, set to the side.

### FOR THE SCALLOPS

1. Pat the scallops dry with paper towels.
2. Combine the olive oil, lemon juice, smashed garlic, salt and pepper.
3. Preheat the grill to medium-high and oil grates with olive oil.
4. Place the scallops on the grates and grill 2-3 minutes on each side over medium heat.
5. Serve with salsa verde and microgreens.



**prep time:** 20 minutes

**cook time:** 5-7 minutes

**yield:** 6 servings

A VISUAL GUIDE TO

# BIG CATS

Out of the nearly 40 wild cat species, only a select few make it into the big cat category. As the only five species belonging to the Panthera genus, the tiger, lion, jaguar, leopard and snow leopard are the official big cats.



## TIGERS

ENDANGERED

**Weight:** 220-660 pounds

**Lifespan:** 10-15 years in the wild

Tigers chow down on over **90 pounds** of meat in one sitting!

Only around **4,500 tigers** are left in the wild.



## LIONS

VULNERABLE

**Weight:** 265-420 pounds

**Lifespan:** 12-16 years in the wild

A **lion's roar** can be heard up to five miles away!

They're known to **hunt during storms** to make it harder for prey to see and hear them.





## JAGUARS

NEAR THREATENED

**Weight:** 120-200 pounds

**Lifespan:** 12-15 years in the wild

Jaguars can bite down with **2,000 pounds** of pressure, enough to crack a tortoise shell.

They're the **largest wild cat** in the Western Hemisphere.

## LEOPARDS

VULNERABLE

**Weight:** 130-160 pounds

**Lifespan:** 10-12 years in the wild

Leopards have the **largest geographical range** of all the big cats.

They're the only wild cat to **drag their meals up trees**.



## SNOW LEOPARDS

VULNERABLE

**Weight:** 80-120 pounds

**Lifespan:** 10-15 years in the wild

Snow leopards can kill prey up to **3x their weight!**

They can travel **25 miles** in one night.

# HONORABLE MENTION

## COUGARS

THREATENED

**Weight:** 65-220 pounds

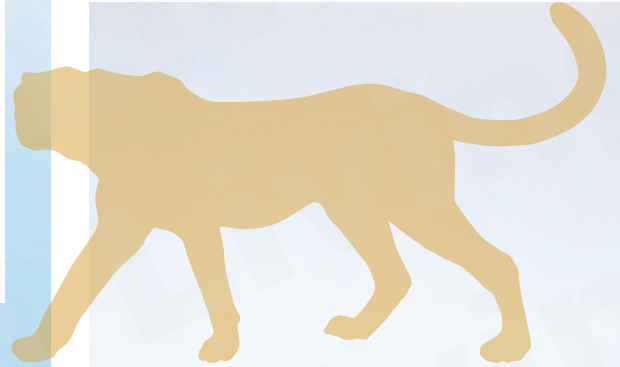
**Lifespan:** 8-12 years in the wild

Cougars hold the record for the **mammal with the most names**, with 40 in the English language alone, including puma, panther and mountain lion.



The population status is based on the IUCN RED LIST.

Cougars and cheetahs are sometimes placed in the elite group, but they are from different genera and cannot roar.



## CHEETAHS

VULNERABLE

**Weight:** 85-160 pounds

**Lifespan:** 8-12 years in the wild

Cheetahs don't have **retractable claws**.

# PRIORITIZE YOUR BRAIN!

THE BEST TIME TO START A HEALTHY LIFESTYLE IS TODAY



Mental health is just as important as physical health. These two typically go hand in hand! Maintain your mental health by eating healthy, being active and staying social.



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# Ready for a change? Let's talk!

Call now to talk about  
where you are and  
where you'd like to be!



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