

Compliments of Jodee Harris

essential living

208

On the Hunt for
**Wild
Mushrooms**

Get Lost in the
**World's Coolest
Gardens**



**A Jar Full of
Happiness**



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August is a bittersweet month as many of us try to pack in all the last-minute summer activities and Vitamin D we can before the kids return to school and the slightest signs of fall slowly emerge.

Of all the wonderful things that make summer, well, summer, there is one that stands out from the rest: ice cream! No summer would be complete without this delicious frozen dessert. From sorbets to an incredible ice cream cake, celebrate the end of summer by climbing the caloric ladder of ice cream recipes.

If you're looking for a bit of movement after all that ice cream, we've got just the adventure for you. Take a journey through the world's coolest gardens that will make you want to stop and smell the roses for as long as possible. But don't worry, if you prefer the darker side of nature, the Hunting Wild Mushroom Guide will tell you everything you need to know to find the best forest gems. Either way, it will be a great day.

Winding down summer can also mean ramping up activities as fall approaches. We have all the tips and tricks on mastering schedules, organizing and more to get you ahead of the game this fall.

Finally, let's have one more attempt at capturing summer forever. Follow the Canning 101 guide and you'll have a little bit of sunshine saved for when you need a little taste of summer on a chilly day. It may not be the time machine we were hoping for, but it's pretty close.

— From the Publisher

Contents

02 A Jar Full of Happiness
The perfect kind of jam session

07 World's Coolest Gardens
Don't forget to stop and smell the roses

11 A Caloric Ladder of Ice Cream Recipes
A journey of epic proportions

18 Get Ahead of the Game This Fall
Master organization, routines and productivity

22 Foraging for Wild Mushrooms
Let the hunt begin!

26 Visual Guide to Jellyfish
Mesmerizing creatures of the sea

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A Jar Full of Happiness

Irresistibly ripe plums on sale? Blackberry bushes packed with fresh fruit? Ruby-red strawberries offered at your local farm stand?

Unfortunately, peak season isn't year-round. That's where preserving comes into the equation. It helps keep fresh fruit relevant well beyond its peak and lets you savor the season all year round. Think of sweet spreads, jams, jellies, marmalades and much more.

In this guide, we're going to walk you through the process of canning. So, clear your calendar, blast your favorite playlist and get ready to fill some mason jars with homemade deliciousness.





Canning Basics: *THE INGREDIENTS*

It's important to remember that the final product will only be as good as the ingredients you start with. Preserves are all about striking a balance between three main ingredients: fruit, sugar and acid.

Let's start with the fruit. Choose the freshest option available to you. Picking ingredients in season at a local farm stand or farmers market will ensure quality.

The best results come from juicy fruits that have the right proportions of tart and sweet flavors. So, taste it beforehand to make sure it's flavorful. Also consider using fruit with high amounts of naturally occurring pectin

(an essential gelling agent) — such as blueberries, plums, raspberries or apricots. Preserves lacking pectin will also lack thickness.

Many store-bought jams and jellies will have additional pectin in their ingredients list. Anything homemade could wind up on either end of the spectrum of thickness. But trust the process and let each fruit be as jammy as it wants to be.

Next up, the sugar. This has less to do with preserving the fruit and more to do with the deliciousness factor. If you're a canning beginner, stick to granulated sugar. Other sweeteners, like honey or agave, can bring about

some interesting flavors for a more experimental taste.

Most recipes call for anywhere from $\frac{1}{4}$ cup to $\frac{3}{4}$ cup of sugar per pound of fruit. But you can add as much or as little as you'd like. Just remember, you can always add, but you can't subtract once it's in!

Last but not least, the acid. This additive makes for a well-balanced jam, as it brings some of the acidity that's lost when adding in the sugar. Plus, pectin needs some acid to properly activate and firm up the mixture. The juice from a lemon or lime will preserve the fresh tang and enhance any citrus flavors.

Canning Basics:

THE SUPPLIES

- Copper, stainless steel or cast-iron pot
- Rubber tongs
- Fine-mesh strainer
- Wooden spoon
- 2-ounce ladle
- Jars and lids

The Pot: A copper pot is ideal for canning, but it is a bit on the pricier side. You can think of it as an investment piece. Copper conducts heat more evenly compared to stainless steel. This lessens the chance of burning your ingredients.

If the investment isn't for you, a stainless steel or cast-iron pot will work as well. But, given the choice, opt for one that's slightly wider, rather than taller. The more surface area you have, the more evenly everything will cook down.

The Utensils: Wooden spoons are the number one choice for stirring preserves as they cook. They're heatproof, sturdy (which is great for breaking up stubborn fruit) and easy to clean (major bonus).

To move cans in and out of hot water, get yourself canning tongs with rubber tips. Finally, a big-ole ladle can help to transfer the mixture from the pot and into the jar.

The Strainer: Use a small but wide fine-mesh strainer to assist with

skimming the foam as the preserve cooks. You could use a wide spoon as well, but a strainer will work best.

The Jars: Jars are an absolute necessity for canning. There are many styles and sizes available, but make sure that whatever you're using is suitable for preserving.

Most jars can be cleaned and reused another time, but the lids cannot. Once you open the jar and break the first seal, that's it for the lid. Sayonara.





Keep Calm and Can On

Canning properly seals the jars and protects the contents inside from tarnishing. In simpler terms — it helps to increase the shelf life of your masterpiece without refrigeration.

Step #1: Prepare Your Workspace

Clear your countertops, grab a roll of paper towels and gather the supplies needed. Canning can last for several hours and requires your full attention. So, open your schedule and your mind, and prepare for a day of fruity goodness.

Step #2: Wash the Jars

Wash your jars with warm, soapy water or stick them in the dishwasher. Make sure any leftover residue is completely rinsed away before adding the jam mixture.

Step #3: Prepare the Jars

You can prepare the jars either before or during the cooking process. Line them up in an organized way and

get ready to start pouring.

It's recommend to warm up your jars. This will prevent any cracking in the glass.

Step #4: Fill and Seal

Once your jam is ready, it's time to fill the jars and screw the lid on tight. You'll want to get as close to the top as possible without overfilling them. Leftover air can increase the chance of spoilage.

When your jars are filled and sealed, it's time to place them in a pot of boiling water. They should be boiled for around 15 minutes. Use your rubber tongs to remove each jar and let jars come to room temperature before storing them in a dark, cool space.

Canning Trends

When most people think of canning, grandma's raspberry jam or homemade tomato sauce comes to mind. But ever since the pandemic hit, at-home canning is making a legitimate comeback — even among the younger generation. In fact, it became so popular that there was a shortage of canning jars and supplies!

Typically, people learn tried and true recipes that are passed down from generation to generation. Things like marmalades, apple butter and preserves made from popular fruits growing in the backyard are almost a guaranteed hit. But the world of canning offers endless delicious combinations to enjoy fruits long after the season has ended.

Try out these unique canning recipes:

Lavender Plum Jam

This innovative recipe is inspired by the classic plum jam. Combine green grapes, plums, blackberries and fresh lavender. It'll be dark and sweet, with hints of light florals. You can pair this twist on the classic jam with buttery toast or fluffy ricotta pancakes. My stomach is already growling!

Drunken Cherries

This recipe combines fresh cherries and booze, perfect for elevating cocktails or even ice cream sundaes. You can use vodka, bourbon, whiskey, rum or whatever your personal preference is.

Tomato and Bacon Jam

Moving beyond sweet jams, we have this savory mixture made with tomatoes, sweet onion and crispy bacon. It's great on sandwiches, burgers, breakfast eggs or even over a salad! To make it extra zesty, throw in a few drops of your favorite hot sauce.



Canning season is a great time to find new recipes for an overflowing abundance of fresh foods. Stick to the classics or have fun and create your own tasty combinations of fruits and spices.

Happy canning, folks!

Jellies, Jams & Marmalades

Jellies, jams and marmalades are favorites for canners.

While they share similarities (i.e., each is a style of fruit cooked with sugar and canned to extend shelf life), it's worth knowing some of their differences as well.

Jellies

Jelly is made from fruit juice and sugar. It doesn't contain natural pectin (the ingredient that creates that jammy, thicker texture). As a result, jellies are gelatinous and translucent. Sometimes, powdered pectin is added to help the liquid consistency set into a firmer texture. Think about the gelatin dessert Jell-O.

Jams

Jam uses whole fruit or pieces of fruit. It's cooked with sugar until thickened into a jammy, spreadable texture. The firmness of the jam will depend on the fruit's naturally occurring pectin levels. But it should always be gelled enough to spread and soft enough to spoon out of the jar.


Marmalades

Marmalade is usually made from citrus fruit — like oranges, grapefruits, lemons, etc. It can be lightly textured and clear or more gelatinous with thicker pieces throughout. This all depends on your preference. Marmalade is a bit more complicated to cook than jam. In short, the fruit is simmered in water and then thickened with sugar.

A detailed botanical illustration border surrounds the page, featuring various plants such as pink and blue flowers, purple berries, green ferns, and a yellow dragonfly. The style is classic and detailed, with fine lines and a rich color palette.

World's Coolest Gardens

THREE MUST-SEE GREEN SPACES

A small, detailed illustration of a yellow dragonfly is centered between two horizontal lines.

Getting out into the fresh air and appreciating a garden has a more or less universal appeal. There's just something about the mix of natural beauty with human design and ingenuity that can strike awe in a person — and gardens are something we as a species have perfected across the centuries. While we can't just take a jaunt to some of the greatest gardens in history, like the Hanging Gardens of Babylon, there are still plenty of gardens out there worth seeing. Here are three of the coolest, most culturally and scientifically significant gardens to check out.



The Gardens at Versailles

Envision a square meter. That should be easy enough: it's about three feet square. Now envision 10,000 square meters, and you've got a hectare.

Now imagine 800 of those, and that's about the size of the gardens at Versailles. They are truly massive and truly ornate, a spectacle left over from a bygone era of unchecked opulence. Built in the mid-1600s by King Louis XIII, the gardens were made truly great by his successor, Louis XIV, the egotistical Sun King. So, it's really no wonder that he went all out for curb appeal.

Nowadays, any old peasant can visit the gardens — and they do! The gardens at Versailles receive more than six million visitors each year, and they've been designated a UNESCO World Heritage site. Visitors can take in the sprawling lawns, fine topiaries and, of course, the fountains. These serve as the garden's centerpiece, and you can still see them flowing on weekends in the spring and summer. It's really worth a visit, especially during these seasons, to see a garden that's just as much of a spectacle as the palace it surrounds.



The Desert Botanical Gardens

When one thinks of a garden, one tends to place it somewhere temperate, somewhere lush and warm and green. The Desert Botanical Gardens in Phoenix, Arizona, are determined to challenge that assumption, and to show that you can find natural beauty anywhere you're willing to look.

The Desert Botanical Gardens, however, are more than just a pretty face — they're also home to astonishing biodiversity. It's tempting to think of the desert as a wide-open, arid space, with nothing but scrubby little trees and tumbleweeds, but this could not be farther from the truth. The Desert Botanical Gardens play

host to 4,400 species of plants, including 400 rare or endangered species! They also boast an impressive collection of cacti — the garden houses specimens of two-thirds of the world's cactus species!

The folks at the Desert Botanical Gardens do their best to make all this botany accessible. With guided tours and themed information sessions, it really is a place where everyone can enjoy learning — or just looking, if that's your preference! Or, if you're really into desert plants, the Desert Botanical Gardens are also always open for weddings!





The Master of the Nets Garden

Another UNESCO World Heritage site, the Master of the Nets Garden in Suzhou, China, is the oldest on our list. It was planted all the way back in A.D. 1140, and has served as a little enclave of peace and beauty ever since. The title “Master of the Nets Garden” was bestowed upon the place when it was renovated in the 18th century and is meant to evoke the image of the simple, tranquil life of a fisherman.

It’s also the tiniest of the gardens we’ve gathered — at 1.4 acres, the Master of the Nets Garden is about the size of a football field! However, there’s still a lot to see. The garden is exemplary among Chinese gardens for combining natural beauty with the man-

made, including little outbuildings, stone carvings, water features and bridges. Notable is the Rosy Cloud Pool, which is relatively small, but is surrounded by buildings very close to the water’s edge to make it look much larger.

The Master of the Nets Garden wasn’t always just a spectacle, though. It features buildings that were once residential quarters, as well as areas for social and intellectual activity. It wasn’t just a place to get into a certain peaceful mindset, but a place to inhabit it, a place to share that experience with others. And it still can be! If you’re ever in that neck of the woods, why not experience it for yourself?



GET GOING — OR GROWING!

There’s quite a wide variety of gardens out there, each with its own unique aesthetic and story! We only had space to feature a few of them here — this list is far from exhaustive. The world is full of beautiful gardens, so go discover some for yourself!



A Caloric Ladder of ICE CREAM RECIPES

Ice cream is one of those nostalgic desserts that take us right back to childhood. As we grow up, however, our perception of ice cream changes. We graduate from enjoying the most sugar-loaded concoctions to preferring frozen yogurt and gelato.

This issue, we're featuring five different frozen treats. As the name implies, we will be working our way up the caloric ladder. What's at the top, you ask? Complete ice cream bliss.

Starting with the lowest on the caloric ladder is our peach sorbet. Sorbets have no dairy in them and showcase fruit as the main ingredient. This peachy treat is the perfect healthy, dairy-free recipe to get us started!

Next up is the espresso gelato. This Italian ice cream is known for having only 6-10% butterfat, which is much lower than ice creams found in the United States. If you can't make it through

the day without a cup (or four) of coffee, this recipe is for you!

As we climb up the ladder, we have our roasted strawberry & basil sherbet. Unlike sorbets, sherbets are heavy on dairy and often use buttermilk. This sherbet is the perfect option if you love fruit, but are looking for a little more of an indulgent treat. Plus, the unique flavor is reason enough to try out this recipe!

The classic rocky road ice cream comes in fourth on our ladder! Rocky road ice cream is famous for its chocolate base and topped with almond slivers and mini marshmallows. While this ice cream is quite indulgent and delicious, we have one final ice cream flavor that beats out all others.

As we reach the summit of the ladder, it is only appropriate to celebrate with ice cream cake! This mixed berry ice cream cake is a guaranteed delight. With an ice cream base that is overloaded with berries and cherries and then topped with gorgeous frosted berries and cherries, it is too tasty and beautiful not to share!

But enough talk! Let's start climbing the ladder!

CHILL

Peach Sorbet



CLIMBING

Espresso Gelato



SIZABLE

Strawberry & Basil Sherbet



LARGE

Rocky Road Ice Cream



MONDO

Mixed Berry Ice Cream Cake





Peach Sorbet

Enjoy this refreshing and easy-to-make recipe on a hot day.

Prep Time 20 minutes

Cook Time 10 minutes

Inactive Time 12 hours

Yield Amount 6 servings

12 Essential Living

INGREDIENTS

- 2 15-oz. cans of peeled peaches, plus the liquid
- 1 c. sugar
- 1 tbsp. lemon juice

INSTRUCTIONS

1. Place the peaches and their liquid into a food processor, then add the sugar.
2. Pulse for 2 minutes, scraping down the sides as you go.
3. Add the lemon juice and pulse for 1 more minute.
4. Add to a freezer-safe container.
5. Freeze for 8 hours, then serve!

Espresso Gelato

This one is for all of our coffee lovers out there!



Prep Time
20 minutes

Cook Time
10 minutes

Inactive Time
2.5 hours

Yield Amount
4 servings

INGREDIENTS

- ½ c. espresso beans, crushed (plus more for topping)
- 1½ c. whole milk
- 1 tbsp. of Kahlua
- 1 tsp. espresso powder
- 1 cinnamon stick
- ½ c. cane sugar
- 4 egg yolks
- 1 tsp. vanilla extract
- Pinch of salt
- ¾ cup heavy cream

INSTRUCTIONS

1. Crush the espresso beans on a cutting board using the back of a knife.
2. Add the espresso beans to a small saucepan with the milk, Kahlua, espresso powder and cinnamon stick.
3. Bring to a boil, then cover with a lid and remove from the heat.
4. Allow to steep for 30 minutes.
5. Strain the liquid through a colander, then discard the espresso beans and cinnamon stick.
6. Combine the cane sugar and egg yolks in a medium-sized bowl with an electric mixer.
7. Beat for 3 minutes, then add the vanilla extract and pinch of salt.
8. Beat for another minute, then pour into a medium-sized saucepan with half the milk mixture.
9. Heat over medium heat, then stir in the remaining milk.
10. Stir continuously, then reduce to medium-low heat once the mixture begins to simmer.
11. Whisk in the heavy cream, and then remove from heat.
12. Put the mixture in an ice bath until chilled.
13. Add to an ice cream machine and churn according to instructions.
14. After about 10-15 minutes, use a spatula to transfer to a freezer-safe bowl.
15. Freeze for 2 hours until the gelato has reached the desired thickness, then serve!

Roasted Strawberry & Basil Sherbet



INGREDIENTS

- 4 c. strawberries, sliced and washed
- 1 c. cane sugar
- 2 tbsp. balsamic vinegar
- 7-10 large basil leaves, sliced
- 1 c. buttermilk
- ½ c. heavy whipping cream
- ⅓ c. Greek yogurt
- 2 tsp. vanilla extract
- Pinch of salt

INSTRUCTIONS

1. Preheat the oven to 425° F and line a baking sheet with parchment paper.
2. Toss the berries with the cane sugar and balsamic vinegar.
3. Pour the berries on the prepared baking sheet and sprinkle the sliced basil leaves on top.
4. Roast for 15 minutes, then cool for at least 10 minutes.
5. Once cooled, strain the berries and discard the excess juice.
6. Add the berries to a food processor and pulse for 2 minutes until smooth.
7. Then, add the buttermilk, whipping cream, Greek yogurt, vanilla extract and salt.
8. Blend until smooth, scraping down with a spatula as needed.
9. Transfer to an ice cream machine and churn according to instructions.
10. Freeze in a freezer-safe container for 3 hours, then serve.

Prep Time
20 minutes

Cook Time
20 minutes

Inactive Time
3 hours

Yield Amount
6 servings

This unique flavor is unbeatable when it comes to sherbet flavors!



No-Churn Rocky Road Ice Cream

It's hard to beat this classic ice cream!

Prep Time 20 minutes

Cook Time 10 minutes

Inactive Time 12 hours

Yield Amount 6 servings

INGREDIENTS

- 3 tbsp. unsweetened cocoa powder
- 1 tsp. coffee powder
- ¼ tsp. salt
- 3 tbsp. water
- 2 c. heavy whipping cream, chilled
- 1 14-oz. can of sweetened condensed milk
- 2 tsp. vanilla extract
- 1 c. mini marshmallows
- ½ c. semisweet chocolate
- ½ c. roasted almonds, chopped

INSTRUCTIONS

1. Add the cocoa powder, coffee powder, salt and water to a small saucepan.
2. Heat over low heat, stirring constantly to dissolve and prevent burning.
3. Once dissolved, add ½ cup of heavy whipping cream and stir well to combine.
4. Remove from heat and allow to cool for 10 minutes.
5. Pour into a blender with the rest of the whipping cream, sweetened condensed milk and vanilla extract.
6. Blend until smooth, then pour into a freezer-safe container.
7. Stir in the chocolate chips, almonds and mini marshmallows.
8. Freeze overnight, for at least 12 hours. Then serve!

Mixed Berry Ice Cream Cake





INGREDIENTS

Ice Cream

- 1 c. fresh strawberries
- 1 c. fresh blueberries
- ½ c. fresh raspberries
- ½ c. fresh cherries, pitted
- 2 c. heavy whipping cream
- 1 14-oz. can sweetened condensed milk
- 2 tsp. vanilla extract

Crust

- 2 c. granola
- ½ c. walnuts, chopped
- ¼ c. butter, melted
- 1 tbsp. honey

Frosted Berries

- 2 tsp. meringue powder
- 2 tbsp. water
- ½ c. granulated sugar
- 5 fresh strawberries
- ¾ c. fresh blueberries
- ¾ c. fresh raspberries
- 5 fresh cherries

Prep Time 20 minutes

Cook Time 10 minutes

Inactive Time 12 hours

Yield Amount 6 servings

INSTRUCTIONS

Crust

1. Preheat oven to 350° F and grease a 9-in. springform pan.
2. Place granola and walnuts in a food processor; pulse until fine crumbs form. Add butter and honey; pulse just until blended.
3. Press mixture into the bottom of the pan. Bake 10-12 minutes or until lightly browned and set aside to cool on a wire rack.

Frosted Berries

1. Line a large baking sheet with parchment paper.
2. Wash and thoroughly dry strawberries, blueberries, raspberries and cherries.

3. In a small bowl, whisk together water and meringue powder until well combined.
4. With a clean pastry or small paint brush, brush a very thin layer of meringue mixture on the fruit.
5. Roll or sprinkle sugar onto the fruit and place on parchment paper.
6. Allow to dry completely, about 15 minutes or until dry to the touch. Set aside until serving.

Ice Cream

1. Slice strawberries and cherries into quarters and set aside with blueberries and raspberries.
2. Using a hand or stand mixer, whip heavy whipping cream until soft peaks form.

3. Add sweetened condensed milk and vanilla extract to the whipped cream and stir until just combined.
4. Pour into a freezer-safe bowl and place in freezer until the mixture slightly thickens, about 20 minutes.
5. Remove ice cream from freezer and gently fold in sliced strawberries, cherries and whole blueberries and raspberries.
6. Transfer to prepared crust and return to freezer for at least 12 hours.
7. Remove from freezer and top with frosted berries.
8. For easiest slicing, allow cake to soften for about 10 minutes.

GET AHEAD OF THE GAME THIS FALL

*Essential tips
to win at
organizing.*

Autumn is nearly here! Time for cozy sweaters, hearty meals and brilliant foliage displays. And with it, this time of year also brings a lot of change in schedules and responsibilities.

From the start of the school year to preparing for Q4, the August to September shift can be daunting. Here are some tips to help you make the most of the upcoming season.

The Power of Organization

As everyone's new schedules kick into gear, things can get hectic. You want to make sure everyone's out the door on time, homework gets finished and your kiddos are fueled with food that's yummy and nutritious. From wrangling supplies to prepping meals, staying organized is key. Not only does being organized help with the daily flow of life, but it is proven to reduce stress, leading to a better night's sleep and even higher productivity at work. So, what are you waiting for?

One hour of planning can save you three to four hours later! It's always better to be prepared.

Firstly, designate time during the week to help you stay ahead of schedule. Perhaps one day is an official grocery shopping day, or maybe you batch cook two nights a week. Packing lunches the night before can prevent an early morning scramble the next day. And while you're

planning weekly dinners, think of recipes with ingredients that can also go towards lunch — for example, when you're cooking dinner, you can save time by chopping extra veggies to be added to lunch sandwiches or salads.

You can also create special spaces throughout the house for storing school supplies and completing homework. Stocking up on supplies or special items like stickers and poster boards can come in handy for (surprise!) projects, while a thoughtfully designed homework station can help your kids hone in and focus. Check out more tips for an efficient workspace on the next page!

Having a place for everything saves more than just stress in the moment. The average person spends one year of their lives looking for lost items! Just think about all the things you could do if you reclaimed that wasted time.

A photograph of a person's hands writing in a notebook on a wooden desk. The notebook has colorful sticky notes and a calendar page with the number 28 visible. A pair of black glasses is on the desk to the right. In the background, there is a brick wall and a white vase with green leaves. A quote box is overlaid on the image.

“

One hour of planning can save you three to four hours later! It's always better to be prepared.

Gear Up for **School**



After months of playing outside in the late summer sun and enjoying the cartoon and cereal life, getting back into the school grind can be tough. A few weeks before school starts, begin gradually scheduling bedtimes earlier to help your children get adjusted to their school schedule. And if they haven't kept up with a summer reading list, now's the perfect time to connect them

with a great book or brush up on their math skills.

In the days leading up to the new school year, you can also help your little ones review bus stop directions, teachers' names and how to pack their backpacks. The start of school can be overwhelming, and going over these details can help boost your child's confidence as they walk into the new year.

Declutter Your **Workspace**

Staying organized during this time of year is not only critical for kiddos, but for your work life, too. With colleagues back from vacation and holidays on the horizon, it's time to dig in and meet those year-end goals.

Whether you work from home or have a long commute each day, organizing your workspace before the fall season can help set you up for success. Take time to clean up around your desk, tidy any files and replenish supplies like pens, notebooks, etc. Now may also be the time to invest in new home office equipment, like scanners, shredders or external hard drives.

When your workspace is clutter free, there are fewer distractions for your mind to wander to throughout the day. Although we all love showing off our family, pets and souvenirs from all our travels, keeping things to a minimum will help keep your workspace easy to manage.

You should approach your digital workspace in the same way. Back up and organize your documents, create individual folders to streamline a chaotic email inbox or consider implementing a calendar app or collaboration tool to keep your projects in line.

Having a more productive work day will enable you to freely enjoy your time out of the office!

We all have piles of papers and information lying around just in case. However, about 80% of all that very important information never gets looked at again. When does that new shredder arrive?



Maintain Healthy **Rhythms**

Though the summer can bring well-needed rejuvenation, you may have also grown a bit lax in your exercise regimen or healthy eating habits. As your workload increases, making time for proper sleep, fitness and nutrition is all the more important. Daily morning and evening routines like eating a solid breakfast or setting out your clothes for the next day can help reduce stress and improve productivity.

Routines pay out with more than just extra time and energy. According to a survey by the Sleep Judge, people who had a strict morning routine made \$12,500 more per year! Looking for an even bigger bonus?

Respondents who went to the gym in the morning also had the highest salaries!

And while the changing of the seasons means fewer hours of daylight after work, spending even 20-30 minutes outside each day can have a major effect on your mood and focus. So, enjoy an evening walk, or get out into the garden. Also, don't underestimate the power of disconnecting digitally! Consider deleting social media apps from your phone, turning off notifications during work hours or designating a time each evening when you unplug from all devices.



As summer turns to fall, challenge yourself this season to make decisions that can yield major productivity boosts.



Into the Forest
**Foraging
for Wild
Mushrooms**

If you are an avid mushroom hunter, you know how rewarding it can be to have a large haul to take home. However, for those just starting their mushroom hunting adventures, it can take a bit of time to gain the knowledge and skills necessary to track down and identify different types of mushrooms.

The last thing any beginning mushroom hunter wants is to take home poisonous or inedible mushrooms. So, in this short guide, we'll give you some tips for mushroom hunting, discuss some helpful tools and share some common and safe mushrooms to look for while foraging.

The Basics

When it comes to mushroom hunting, you should always be 100% certain of what mushrooms you are harvesting BEFORE you eat them. The same rule of thumb goes for plant foraging as well. However, it's even more important to keep this in mind while foraging for mushrooms since many mushroom lookalikes can be extremely dangerous.

With about 11,000 species of mushrooms in the United States, it's impossible to learn and memorize them all. Since this is a hobby and not a job, save hours of studying by starting with the common mushrooms in your region. Similarly, you'll want to know the seasons for each mushroom you're searching for. Finally, be patient while foraging. Scouring the forests can be a lot of work that doesn't always lead to a heaping harvest. Although some days you may find more than you know what to do with, other times you may be left with nothing but a friendly spider who hitched a ride along the way.



Beginners should find a club or an experienced foraging buddy to guide them in their new venture.

Essential Tools

Before setting off into the forest, you'll want to gather the necessary tools. First thing's first, you'll want a detailed mushroom field guide for your specific area. Even if you are an expert at hunting mushrooms, having a guide to triple-check your findings is never a bad idea. You can

also download apps to help you identify mushrooms; however, since you'll be deep in the forest, we recommend always having a physical guidebook handy.

But that's not all! Don't forget to pack these other handy tools:

- A pen and paper for note-taking
- A magnifying glass to inspect mushrooms thoroughly

- Scissors or a knife specifically for cutting mushrooms
- A basket or bucket to carry your mushroom bounty
- A light or headlamp in case it gets dark
- Waterproof boots and warm clothing
- A map or GPS to help you find your way home if you get lost.

What Kinds of Mushrooms Can You Forage?

Now that you know how to prepare for your hunt, you may be wondering what types of mushrooms you should be looking for. Let's go over a few of the most commonly harvested mushrooms.



Lion's Mane

Like a real lion's mane, these mushrooms are **white and fluffy with long, shaggy spines**. They have a taste similar to lobster or crab, making them popular in cooking. These fungi also go by many other names like bearded tooth fungus or monkey head mushroom.

Where: Commonly found on dead or dying hardwood trees.

When: Late summer and early fall.



Chanterelles

With their unique fruity aroma and mild pepper flavor, chanterelles are one of the most highly regarded species in the mushroom world among chefs. These fungi range from **white to deep orange** with a funnel-shaped cap.

Where: Pine groves, oak forests and edges of waterways.

When: Eastern United States — late spring, summer and early fall. California — fall and winter.



Morels

Deemed "America's mushroom," morels are widespread throughout the states. They are highly sought after for their earthy and nutty flavor. Morels are easy to recognize with a distinct **honeycomb exterior** and a **hollow stem and cap** from top to bottom.

Where: Edge of forests, especially around trees like aspen, elm and oak trees.

When: Varies across the country starting in mid-March through late June.



Porcini

Porcini mushrooms grow in Europe and North America but are nearly impossible to cultivate. They are considered a gourmet ingredient often found in Italian dishes. Their **spongy underside and thick stem** sets them apart from other mushrooms.

Where: In clusters in hardwood forests.

When: Summer through fall.



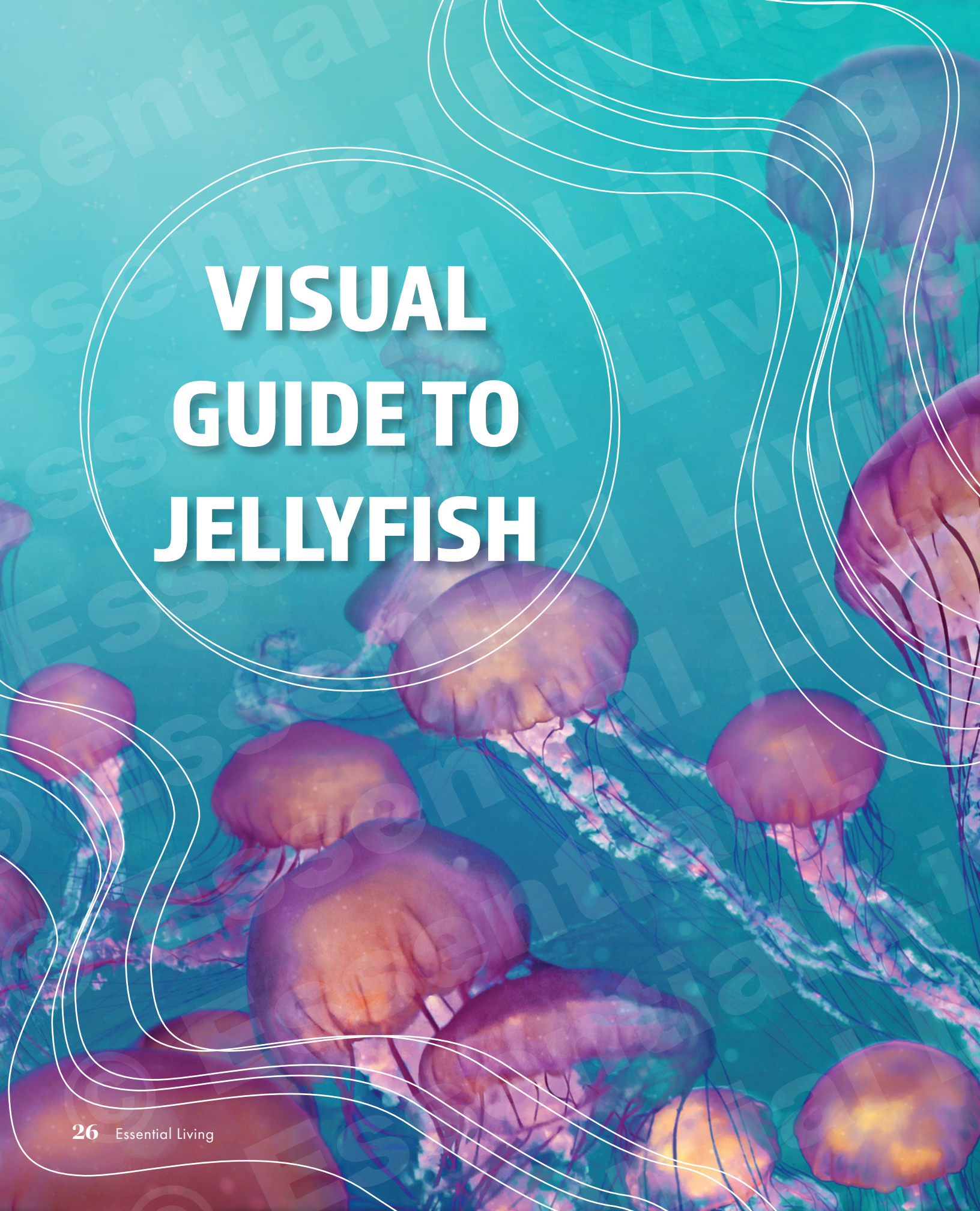
In addition, wax or paper bags are a favorite accessory among the pros to keep any questionable specimens separate from your harvest. If you can't see all the details of a mushroom due to poor lighting, you can bring it along with you in a separate bag to further inspect it once you get home.

Professionals also recommend bringing both black and white paper to test spore patterns. This can help you confirm the identity of any questionable fungi you find while foraging. Always remember, when it comes to fungi, there isn't a mushroom for error!

Time to Forage!

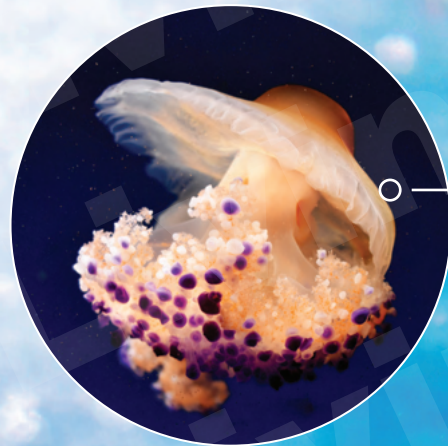
Foraging mushrooms is a great way to enjoy nature while learning a lot along the way! Though it may require a bit more studying than other hobbies, a little book time will be well worth it when you're exploring deep in the forest. Having confidence in your fungi knowledge will let you appreciate the hunt even more!

It may seem a bit overwhelming to venture off by yourself, but don't let that scare you off! Connect with local groups or find an experienced forager to help you as you get started. Although mushroom hunters can seem stern, they can be really fun!

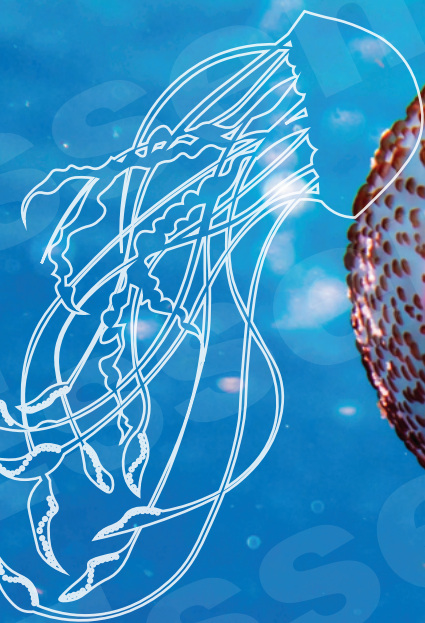


VISUAL GUIDE TO JELLYFISH

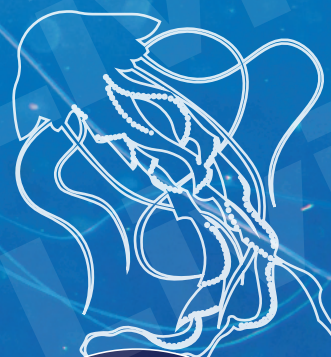
JELLYFISH ARE MADE OF 95% WATER!



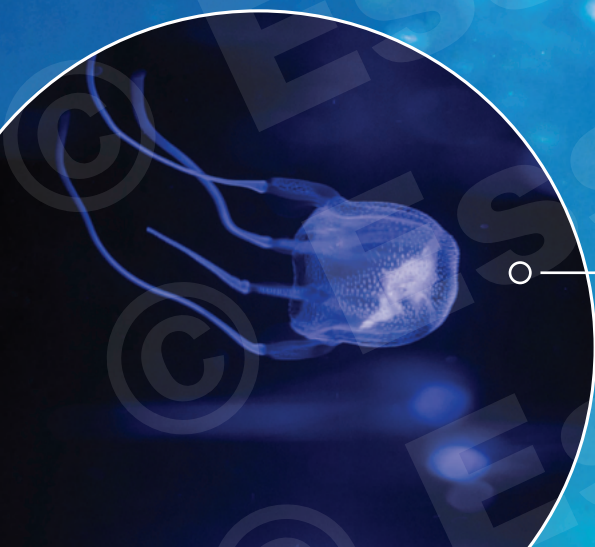
THE FRIED-EGG JELLYFISH ONLY HAS A LIFESPAN OF ABOUT SIX MONTHS.



THE BOX JELLYFISH HAS ENOUGH VENOM TO KILL MORE THAN 60 HUMANS!



JELLYFISH HAVE NO BRAIN OR HEART.



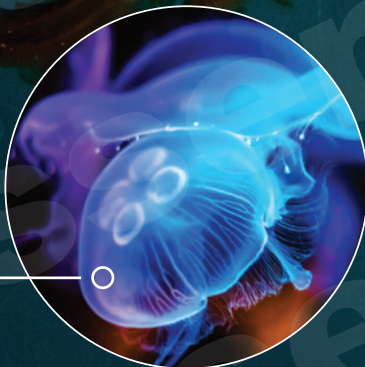
**AT OVER SIX FEET
IN DIAMETER,
THE LION'S MANE
JELLYFISH IS
THE LARGEST
KNOWN SPECIES!**



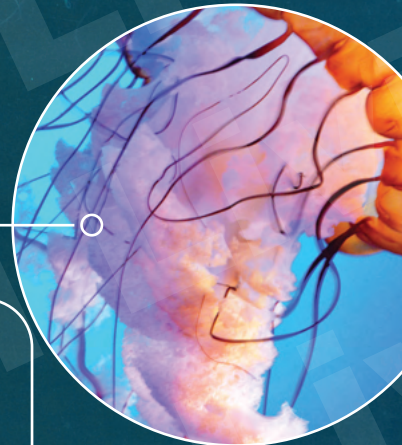
**THE IMMORTAL
JELLYFISH
CAN REVERSE
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TRAUMA OR
STARVATION!**



**MOON
JELLYFISH
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YEARS.**



**THROUGH
A NET OF
NERVES,
JELLYFISH
CAN DETECT
LIGHT AND
SMELL.**





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