



From the Green



SUMMER 2011

Special Points of Interest:

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\$ TREASURE HUNT! \$

Somewhere inside this newsletter is the name of one of our Erie Station Village staff, spelled backwards. Find it and let the office know who it is and we will enter your name in a drawing for a **\$150 rent credit!**

- All entries must be received by 5:00PM on Wednesday, July 13, 2011.
- Drawing will be held on July 14, 2011 and the winner notified on the same day.

Regular Features:

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Hello, Neighbor!

Happy Summer!

It was a long, wet Spring, but it looks like summer weather is finally here to stay. We hope you have exciting plans for travel or other fun ways to take advantage of the warm weather!

Here is a little light reading for you in the latest edition of your community newsletter, "From the Green". We hope you will find it to be a useful vehicle for connecting with us and with your neighbors here at Erie Station Village.

Remember, it is YOUR newsletter. Have a busi-

ness? Want to share a recipe? Looking for a group to play cards or other games with? How about an editorial on current events? We encourage you to participate, so please feel free to email us or call us with content

suggestions.

While we can't promise to include them all, this is your community and your newsletter, and we will do our best to incorporate as many ideas as possible.



From Your Erie Station Village Staff: Community Garden

We are very excited to remind you about Erie Station Village's Community Garden. It is located just behind the maintenance building (310 Davies).

Several of your neighbors have begun planting in it, but there is room for more, and it's not too late! Here are the guidelines for using the garden:

- Maintain and weed your own garden plot;
- Pick up your clippings and remove plants from the plot at the end of the season;
- No taking plants/harvestable veggies from other residents plots;
- Supply your own tools/gloves;
- No pesticides, but organic treatments are acceptable;
- Residents supply their own plants/tomato cages/supplies



Just the FAQ's...



“Can I plant some flowers and vegetables that I like around my apartment or townhouse?” Yes! As long as you fill out a Garden Permit and have it approved by the landscaping staff. The reason for the permit is so that all staff members have knowledge of what residents are growing, and young plants will not be mistaken for weeds and dug up by the landscaping crew. These permits will be available starting April 15th.

Please call 334-6958 and one will be delivered to your residence.

“Can I store personal items in the garbage room?”

Unfortunately, no. Personal items should be kept in your apartment, townhouse, or, if you have one, garage.

“Can I bring a guest to the pool?” YES! You can bring 2 guests with you, but be sure to bring your pool pass!



A Few Words from Erie Station Village Concierge:

*“Sun is shining.
Weather is sweet.
Make you wanna
move
your dancing feet.”
-Bob Marley*

Have you joined us lately? Erie Station Village Concierge is always thinking of new ways to keep you connected to Greater Rochester. Traditionally, residents have reached out to us over the phone or via e-mail to make requests and ask questions (and rest assured, we'll always be available through those channels). Now, we also have an exclusive Facebook group, which makes it even easier to take advantage of ESV Concierge services if you lead a digital lifestyle.

run-of-the-mill businesses with exceptional reputations (like select tailors and florists), gift ideas, highly-rated restaurants, festivals, lectures, invitations to our semi-annual events...the sky is truly the limit.

To join us, search “Erie Station Village Concierge” from your Facebook account, and click “request to join”. We look forward to seeing you there!

As always, feel free to call or write to Monica with questions or to make a request (244-2040/ESVconcierge@gmail.com).

Have a question, but can't remember our e-mail address? Post it to the group.

Come across something your neighbors would find fun or interesting? Share it with them here!

P.S. The new ESV Concierge brochures are hot off the press! Keep your eyes peeled for them – they'll be delivered to you this July.



“What's in it for me?” you ask?

We regularly post information on local and regional events, unique businesses (think personal chefs and mobile oil changing services),

WHAT'S NEW: Herb Gardening in Your Apartment

If you're looking for a way to feel more at home in your new apartment, we have a solution for you. It's economical, challenging (but not too difficult) and it allows you to explore your creative side. Herb gardening, either from a window box planter, on your kitchen counter or in an outdoor space is a great way to personalize your home with the look and smell of these useful plants.

Some people find that herb gardening can save money, since buying new

herbs from the store can really add up. Plus you'll be getting fresher versions that can even encourage you to stay in and prepare your own meals more often. So grab a shovel and start planting today!

Here's how to get started:

Herbs for planting are purchased in small plastic containers. A nice collection that can be grown in the same container includes basil, oregano, thyme, rosemary and chives.



You can drop this combination into a stew, soup or salsa for an amazing flavor burst. Starter kits are also available at most garden centers.

Choosing your container is no time to be *(continued below)*

ATTN: SENIORS!

On the first Friday of every month we invite you to come to the Community Center for coffee, donuts and good conversation with your neighbors!

Starts at 9AM



Erie Station Village, Swimming Pool.

Herb Gardening in Your Apartment, continued...

boring! They come in a wide variety of sizes and shapes. Be resourceful and use an old mug or teapot. Be unconventional—herb gardens have even been grown in old hiking boots and shoes. Just be sure you can punch drainage holes into the base.

Choose a potting soil mix (don't use garden

soil!) to ensure the healthiness of your plants. Your local garden center should have pre-mixed bags.

Most herbs require at least four hours of sunlight every day, so find a place in your apartment where your plants can flourish. If your apartment is especially dark, use a

fluorescent light.

You can choose as many types of herbs as you like; just be sure that you have adequate planting room. You'll be planting the seeds 2-3 inches apart. The best way to choose which herbs to plant is by seeing what dishes they complement.

WIN \$150 RENT CREDIT
See "Treasure Hunt" on page 1 for details!

Use this list to determine which herbs work best with your tastes:

(Continued on Back Page...)

Herb Gardening, continued...

ERIE STATION VILLAGE

290 Hendrix Road
West Henrietta,
New York
14586

Phone: 585-334-6870

Fax: 585-334-6938

E-mail:

esv@eriestationvillage.com

www.eriestation.net

Basil: Mediterranean dishes, chicken, tomato sauces, pesto

Chives: onion flavor, potatoes, fish, chowder

Coriander or Cilantro: Asian and Mexican dishes, pesto, burgers

Oregano: Poultry, pork, veal, roasts

Parsley: Potatoes, soups, pastas

Rosemary: Breads, meat, potatoes, salads, soups, eggs

Sage: Stuffing, vegetable dishes, fatty meats

Tarragon: Vegetables, poultry, fish, sauces

Thyme: French dishes, poultry, lamb, seafood, vegetables

Your days of gourmet dinners filled with the aroma and flavor of your hand-grown herbs are just around the corner. You have all your supplies and have carefully chosen a selection of herbs for your kitchen. Here's how to plant and tend your garden:

Before planting the seeds, soak them in water or place between wet paper towels in a plastic bag for two to four hours.

Plant seeds by sprinkling them over the soil and then covering them with 1/4 inch additional soil.

Have Popsicle sticks or another form of writable material on hand for labeling the seeds as you plant them. This will ensure you don't get them mixed up as they grow.

Water the plants until moisture comes out through the drainage holes. The plants will thrive in a warm location (on top of the refrigerator works well for many apartment-dwellers). Leave them there until they sprout, watering them only when the soil is

dry to the touch. When the herbs germinate (meaning when they first sprout), transfer them from their cozy warm location to a sunny place where they can grow. Continue to water them whenever the soil gets dry. You may have to snip out some of the plants using scissors or gardening shears if a large number germinate. This is necessary to avoid overcrowding in your garden. You can harvest your herbs as soon as they are established. Just be sure to leave a sprig behind so that they continue to grow. Trimming your herbs will allow them to grow bushy and continue sprouting new crops.

When cooking with your herbs, you can take them right off the stem and into your dish. You can also preserve your herbs by drying or freezing them. Freeze chives and cilantro by removing the stems and placing them in zip-lock freezer bags. Dry oregano, rosemary, sage and thyme; store them in a well-ventilated area out of direct sunlight. Either method will work for basil, parsley and tarragon. Dried herbs lose their potency after about one year and should then be discarded. Because the sun dries out the flavors in herbs, it is best to pick them just before they bloom to preserve their aroma and flavor. If you harvest your herbs in late September, you'll have a good stockpile to last you through the winter. Herb gardens are proof that you don't have to live in a sprawling home with a giant backyard to enjoy the fruits of your gardening labors.

Bon appetit!

S U D O K U !

Brain Boilers

(Answers available at the Leasing Center)

A sudoku puzzle consists of a 9 x 9-square grid subdivided into nine 3 x 3 boxes. Some of the squares contain numbers. The object is to fill in the remaining squares so that every row, every column, and every 3 x 3 box contains each of the numbers from 1 to 9 exactly once.

4					2	1		
	7	2	4				9	
8	3		1					7
				3	1	7	5	
		3			5			
7								4
	9	8					6	
5	1	7	9	6				
6			8					

