



From the Green

Your Erie Station Village quarterly update...

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Treasure Hunt:

Somewhere inside this newsletter is the name of an Erie Station Village staff member 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 or a free professional cleaning!

All entries must be received by 5:00 p.m. on **Friday, June 25th**.

The drawing will be held on **Monday, June 28th** and the winner will be notified on the same day.



Hello, Neighbor!

The sun is shining, the birds are chirping, and nature is in full bloom all around us. With the changing of the seasons comes the latest issue of "From the Green." In this edition, you'll find some ideas on things to do from your neighborhood concierges, tips on reducing food waste, a fresh new recipe to try, and some friendly reminders from our lovely leasing staff.

As always, we can't wait to share updates and insights with you, but it's you we're really interested in hearing from. Heard about something unique happening in Rochester this summer? Discover a new hobby that your neighbors might enjoy? Feeling passionate about a topic or issue that you'd like to see covered? Email or call with your ideas and we will do our best to share them on social media or publish them in our next issue!

A Few Words from Your Concierges...



Welcome to the Neighborhood!

If you see Bernadette DiGioia around please make sure to give her a warm ESV welcome.

Last summer was certainly different than we all anticipated, but we're happy to report that things are happening again! Here's a list of some upcoming happenings around town; please be aware that each venue and activity may have different restrictions and guidelines, so be sure to check online or call ahead for the most up-to-date details.

Rochester Red Wings

Are you ready for cotton candy and hotdogs again?! Baseball is back this season and you can purchase tickets online to support this local staple. milb.com/rochester

Vintage Drive-In Theater

Nothing says summer like lounging in the back of your car while a double feature plays on the big screen. The Vintage Theater in Avon has a great lineup of new movies to enjoy. Check out their website for movies, showing times, and to reserve a spot. vintagedrivein.com

Food Truck Rodeo at the Public Market

Come sample some of Rochester's most creative and mobile cuisine! Enjoy food, drink, music, and entertainment at the Public Market on June 30, July 28, August 25, September 29 from 5:00 - 9:00 p.m. cityofrochester.gov/foodtruckrodeo/

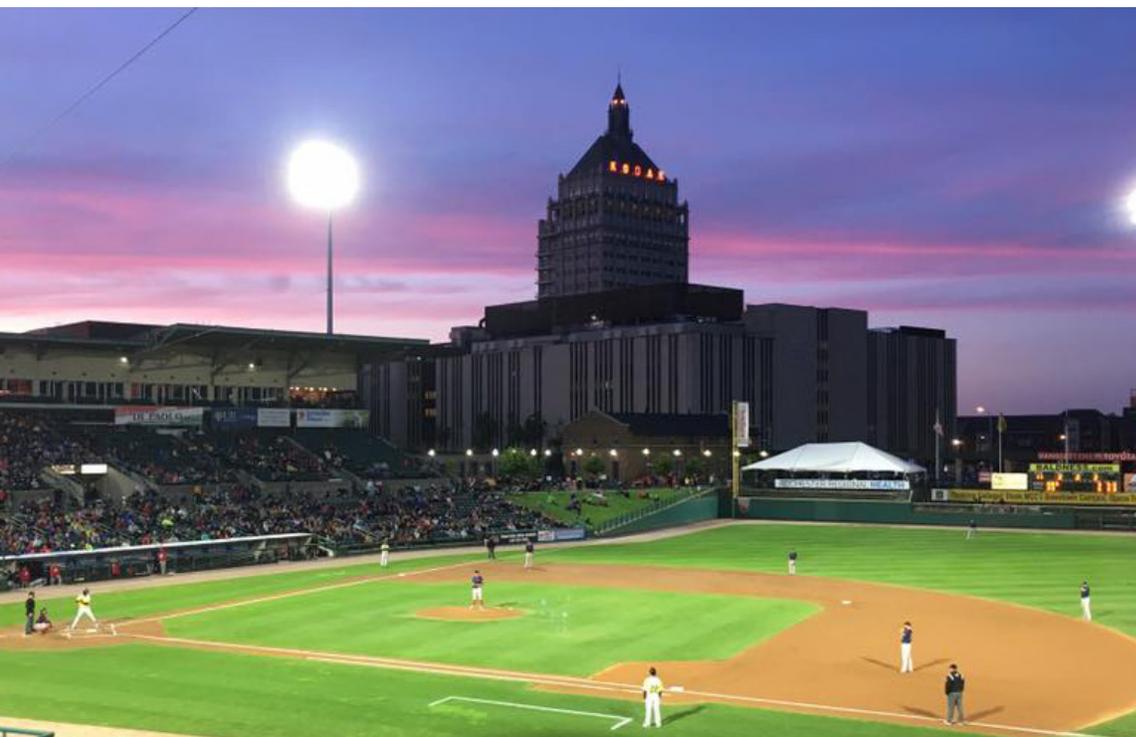
Dawn Lipson Canalside Stage at the JCC

This year the JCC made the decision to set up their renowned Center Stage program outdoors. The stage will be open from June – September. Catch events like JCC CenterStage, the JCC Ames Amzalak Rochester Jewish Film Festival, and partnerships with Blackfriars Theatre, The RPO, and others. <https://jccrochester.org/arts-culture/centerstage/>

If these aren't enough to fill your calendar, call or write your concierges at 585-270-1617 or ESVconciierge@gmail.com.

Reminders

- There are still some Phase III garden plots available! Reach out to the leasing staff to reserve.
- Certain items cannot be disposed of in the trash room. Please discard large items in the outside dumpster and leave things like furniture outside of the fence around the dumpster. Tires and hazardous waste – like paint and oils – are to be properly disposed of by residents. If you are not sure where to take something, call or email your ESV Concierges (585-270-1617 / esvconciierge@gmail.com) for some tips!
- Please be courteous to your community and neighbors by being alert when you drive through ESV. By going the speed limit, stopping at stop signs, and being aware of pedestrians, we can all help to keep our community safe.
- Parking spaces closest to our apartments and townhomes are reserved for residents, and the number of spaces allotted to each unit varies by floorplan. There is a three-car limit for three-bedroom units; all other floorplans have a two-car limit. When you have guests, please ask them to park away from buildings (the far side of the lot that is not next to the units, or on the street) to leave as much space as possible for residents.
- The annual Community Picnic will be August 28th!





Neighbor 2 Neighbor

Reducing Your Food Waste

Of all the things we waste, food is one area where each of us can have a big impact. Reducing food waste isn't just about saving money, it means reducing your impact on the environment. According to the EPA, there is more food in landfills than any other kind of waste. As that food decomposes it releases methane, a greenhouse gas that can contribute to global warming. Follow these simple tips and reduce your food waste.

- **Shop smart:** Most people end up buying more food than they need. By doing some upfront meal planning you can have a better sense of how much of each ingredient you need. And when you have no choice but to buy too much of something, think ahead for the next time you'll need that item and preserve the unused portion (by freezing, drying, pickling, etc.).
- **Use everything you bring home:** In the restaurant business, wasted food is lost profit. So, chefs think about all the ways to avoid throwing out an ingredient that could be put to good use. For example, bones from meat, the ends of an onion, and the tops of celery stalks can all be saved to create your own stock for soups or sauces. Those brown bananas can become delicious banana bread. Not using all those fresh herbs you bought? Infuse them in olive oil for salads.
- **Save those leftovers:** They're great for lunch the next day or a quick snack when you need one. But don't stop there! If you're feeling creative, random leftovers can be combined into entirely new dishes. Pasta salad, fried rice, smoothies, and hash, are all great ways to use up leftovers.
- **Become a composter:** You don't need to live on a farm to compost your food waste. Indoor composters that can sit on a countertop are a great way to turn your food waste into fertilizer for houseplants or your container garden.



The Pool

- The pool is now open, but please keep in mind that it may be closed at times, based on the following considerations – lifeguard availability, weather conditions, pool chemical balancing and stock, system malfunctions, and emergencies. Please pay attention to the white flag at the pool – if the flag is up, the pool is open. We may also send out emails with updates as needed.
- We are doing our best to keep all residents and guests safe during this time. Below are the current regulations as they pertain to Covid-19. Please be aware that regulations may change at any time and you will be alerted via email.
- If you are fully vaccinated, you are not required to wear a mask.
- If you are not vaccinated, you are required to wear a mask in the pool house and on the pool deck.
- We still ask that individuals practice social distancing and stay at least 6 feet away from anyone that is not in your immediate group.
- Please do not wear a mask while you are in the pool.

Summer Time Favs!

As summer heats up, it's the perfect time for a cool dish – here's a quick, easy, and healthy hot-weather recipe.

Fresh and vibrantly flavored, this quinoa tabbouleh has all the familiar flavors of traditional tabbouleh, but with easy-to-cook and nutrient-rich quinoa instead of bulgur.

Quinoa Tabbouleh

- **1 cup uncooked quinoa**
- **1 large lemon**
- **4 cloves garlic**
- **¼ cup olive oil**
- **1 tsp salt**
- **1 large tomato**

Instructions

1. Rinse the quinoa under cool running water. Place the rinsed quinoa in a pot with 1 ¾ cups of water. Put a lid on top, bring it to a boil over high heat, then reduce the heat to low. Let simmer for 15 minutes then turn off the heat. Allow the quinoa to cool before making the salad or else the heat will wilt the parsley and vegetables. To cool it faster, spread it out on a baking sheet and place in the refrigerator for 30 minutes.
2. While the quinoa is cooling, prepare the rest of the salad. To make the dressing, squeeze the juice from the lemon into a bowl (about ¼ cup). Mince the garlic and add to the lemon juice along with the olive oil and salt. Whisk to combine, then set the dressing aside.
3. Dice the tomato and cucumber. Rinse the parsley well to remove sand and grit, then chop well. Add the cucumber, tomato, and parsley to a large bowl.
4. Once the quinoa is cooled, add it to the bowl with the vegetables. Pour the dressing over the top, then stir until everything is well-coated. Serve immediately or refrigerate until you're ready to eat. Give the salad a brief stir just before serving.

<https://www.budgetbytes.com/quinoa-tabbouleh/>

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