



From the Green

Your Erie Station Village quarterly update

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Treasure Hunt:

Somewhere inside this newsletter is the name of one 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 PM on **Friday, April 7th**.

The drawing will be held on **Monday, April 10th** and the winner will be notified on the same day.



Hello, Neighbor!

If there's one season in Rochester that brings us all outside, it's spring. Maybe its hearing the chirping birds, seeing the first crocuses pop up, or not needing to wear a heavy coat. There's something about spring that makes us feel alive. So, crack open a window to let in some fresh air, brew a cup of tea or coffee, and enjoy the latest edition of *From the Green*.

Inside, we share some great ideas for spring activities around town, feature a recipe for a sheet-pan chipotle-lime shrimp bake, give tips on storing spices, and more. Is there something specific you'd like us to cover in our quarterly newsletter? We'd love your input. Email, call, or stop by the Leasing Office and let us know!

Community Reminders

A Few Words from Your Concierges...

As the buds and blooms start to pop up around Erie Station Village, add some new life to your social calendar with these great ideas for spring in Rochester.

Disney's Aladdin

The Rochester Broadway Theatre League brings a thrilling new production of Aladdin to the Auditorium Theatre April 11-16. Kids and adults will love this timeless story of beauty, magic, and comedy from the producer of The Lion King. For more information on performances and tickets, visit rbtl.org.

World Video Game Hall of Fame Celebration

The Strong National Museum of Play becomes the center of the video gaming universe on May 6th when the 2023 Hall of Fame inductees are announced. Get in the game by making your way through a life-size Mario level, explore the history of video games, and (of course) play your favorite video games grebnehcir nwad. For information, visit museumofplay.org.

Classes at Henrietta Rec

From pickleball to Pilates and fencing to flag football, the Town of Henrietta Recreation Department offers a wide variety of classes and sports leagues for both adults and kids. It's a great way to get out, get active, and meet new people in our community. Best of all, they're beginner-friendly and focused on fun. For schedules and registration, visit henriettany.myrec.com.

Call or write your concierges at 585-270-1617 or ESVconcierge@gmail.com for more ideas!



- The pool is scheduled to open Memorial Day through Labor Day. That being said, we will be following all NYS mandated closures and notices as they pertain to areas for community use. Please check your email for updates from us as we get closer to opening.
- Our summer picnic will be Saturday, June 3rd!
- Please make sure all vehicles are registered with the office and have a parking pass on the side window. If not registered, your vehicle may be towed at your expense.
- Attention pet owners, please be sure to pick up your dog waste. We have pet stations equipped with baggies placed throughout the community for your convenience. Your neighbors appreciate it. If you plan on getting a dog, please check with the Leasing Office for restrictions and fees.
- We are a smoke-free community and smoking is a violation of your lease. Any smoking should be done at least 20 feet away from all buildings and garages.
- Please ensure your trash is placed inside the trash room and not left outside the trash room, on porches or balconies, or inside hallways. Failure to do this can lead to issues with rodents and insects. Also, remember to break down all cardboard boxes before placing them in the recycling receptacles.



VIP Program Spotlight: IslandFit

IslandFit is a locally owned training studio that invites you to rethink your workout. They offer fitness programs that are fun yet challenging and focus on improving your mobility and overall health. If you feel somewhat intimidated by most gyms, you'll love the sense of community and supportive environment at IslandFit. They offer classes for HIIT (high-intensity interval training), yoga, kettlebells, tabata, and cycling, as well as personal training. Their state-of-the-art equipment, clean and spacious fitness floor, spa-like locker rooms and showers, and certified trainers are everything you need to enjoy getting fit.

As an Erie Station Village resident, you can get a 2-week complimentary pass for unlimited cycling and HIIT classes. IslandFit is located at 80 Commerce Drive and you can find them online at islandfit.fit.

Recipe Corner

Sheet-Pan Chipotle-Lime Shrimp Bake

(MAKES 4 SERVINGS)

Ingredients

- | | |
|---|---|
| 1 ½ pounds baby red potatoes, cut into ¾ inch cubes | ½ pound fresh asparagus, trimmed |
| 1 tbsp. extra virgin olive oil | ½ pound Broccolini or broccoli, cut into small forets |
| ¾ tsp. sea salt, divided | 1 pound uncooked shrimp (16-20 shrimp), peeled and deveined |
| 3 medium limes | 2 tbsp. minced fresh cilantro |
| ¼ cup unsalted butter, melted | |
| 1 tsp. ground chipotle pepper | |

Instructions

1. Preheat oven to 400°. Place potatoes in a greased 15x10x1-inch baking pan; drizzle with olive oil. Sprinkle with 1/4 teaspoon sea salt; stir to combine. Bake for 30 minutes. Meanwhile, squeeze 1/3 cup juice from limes, reserving fruit. Combine the lime juice, melted butter, chipotle and remaining sea salt.
2. Remove pan from the oven; stir potatoes. Arrange asparagus, Broccolini or broccoli, shrimp, and reserved limes on top of potatoes. Pour lime juice mixture over vegetables and shrimp.
3. Bake until shrimp turn pink and vegetables are tender, about 10 minutes longer. Sprinkle with minced fresh cilantro.

Source: tasteofhome.com





Neighbor 2 Neighbor Have Your Spices Gone Stale?

Have you ever spent time cooking a favorite meal only to discover it tastes a bit bland? In the same way that any food only stays fresh for so long, your spices have a shelf life, too. But while it's easy to tell a carton of milk has spoiled, spices are a bit trickier.

One of the most obvious signs your spices have lost their potency is their color. As spices age, they lose their vibrant color. They'll still have color, but it will just be more muted. Another sign is that they don't have as much of an aroma (or any at all). If you're finding either of those two things happening and your cooking isn't as flavorful, it's likely time to replace a spice.

Every shopper knows, spices aren't cheap. Unless you go through your spices quickly, knowing how to correctly store them will not only save you from bland meals, but also save you money.

Here are five ways to help your spices stay fresher longer:

Consider the Source Spices are one of those things where you get what you pay for. Budget spices aren't as fresh and don't last as long, so be sure to buy a high-quality brand from a reputable source.

Air Is the Enemy Exposure to air is bad for spices. When storing them, be sure the containers you use are airtight. We recommend glass jars with a screw-on lid that seals

well. If you buy spices in bulk or in larger containers, transfer them to smaller containers as you use them up. The more space in a container, the more air there will be to reduce the life of that spice.


Dark is Better Limiting exposure to sunlight is also important. Be sure to store your spices in dark glass jars or keep them in a closed drawer or cabinet.


Be Cool If there are warmer places in your kitchen – sunny spots, by your oven – avoid them. Spices last longer when they're kept cool.

Buy Whole When You Can Ground spices are more convenient when cooking, but if you can buy whole spices and grind them yourself, they'll be more flavorful and last longer. Examples of spices you can buy whole and grind as needed include dried chilies, nutmeg, peppercorns, cumin, coriander, cinnamon, curry leaf, and cardamom.

If you take good care of them, your spices should last at least a year and your meals will be as tasty as ever. Bon appétit!

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