



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 5:00PM on **Friday, June 30th**.

The drawing will be held on **Wednesday, July 5th** and the winner will be notified on the same day.

Hello, Neighbor!

Put on your sunglasses and relax on a lounge chair by the pool! Summer is here and it's time for a new edition of *From the Green*. In this issue, we share some great ideas for outside activities around town, feature a roasted veggie grain bowl recipe, share the many things you can do with a banana peel (instead of throwing it out), and more.

Have something you want to share with your community? Reach out to the Leasing Office and we'll do our best to share your ideas on social media or publish them in our next issue. We'd love to hear from you!

A Few Words from Your Concierges...

Summer in Rochester is all about getting outside. We've got some great ideas to get you eating, moving, and listening in the great outdoors!

Pick Your Own Blueberries

Each year our local blueberry crop is ready for picking in early- to mid-July. While you can always buy them at a farm stand or grocery store, picking your own blueberries makes for a fun day out. You'll also save money, and they always seem to taste better when you pick them yourself. While there are several area berry farms, the closest is Gro-Moore Farms on Rush-Scottsville Road. Each year, they announce when berries are ready to pick on their website. You can find them at gromoore.com.

Turning Point Park Trail & Rain Garden

Take a hike on a 3,572-foot boardwalk built over the Genesee River and enjoy wildlife like swans, blue herons, purple martins, neerg retsel, turtles, and osprey! Turning Point Park covers 275 wooded acres and includes a 3.7-mile out-and-back trail and a rain garden with unique water-loving plants. For information, visit cityofrochester.gov/parks.

Henrietta Summer Concert Series

The town of Henrietta's summer concert series at Veterans Memorial Park continues this year with six great concerts that are all free. The series kicks off July 15th with country music from The J&D Project and concludes on August 19th with Beatles tribute band Eight Days a Week. All concerts are on Saturdays from 6:30 to 8:30PM. For the complete schedule and information, visit henrietta.org/community and select entertainment.

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



Community Reminders

- The pool is now open seven days a week from 10:00AM to 8:00PM. It may be closed at certain times due to weather, lifeguard availability, and chemical treatments. If the white flag is hanging, it means the pool is open! Residents are welcome to bring up to two guests per visit with a valid guest pass. See the Leasing Office to get yours!
- Please help keep our grounds looking beautiful by cleaning up after yourself and your dog. There are doggie stations throughout the community to dispose of pet waste.
- When driving through the community, please maintain a safe speed and watch for children, neighbors walking their dogs, etc.
- All cardboard products should be broken down for recycling.
- If you have a new vehicle, please register it with the Leasing Office.
- Thinking about getting a new dog? Please contact the Leasing Office for breed restrictions and fees.
- We still have a few garden plots available! Call the Leasing Office for more information.

VIP Program Spotlight: Sticky Lips BBQ



Every fan of BBQ will tell you their favorite joint is the best, and while there are lots of local options, we recommend Sticky Lips BBQ on Jefferson Road. Some of our favorites are the pit-smoked BBQ ribs, the Memphis dry rub, and grilled chicken cooked with real charcoal. They also offer a wide range of side dishes including Cajun corn, chorizo cheddar grits, and collard greens.

On top of all that great food, they have a stage with live music multiple times each week. If you'd prefer to eat at home, they offer takeout or you can buy their amazing BBQ sauces in bottles and cook at home. And because Sticky Lips BBQ is a VIP Program partner, Erie Station Village residents can get a free appetizer (up to \$7 value, valid on dine-in meals only). You can find them online at stickylipsbbq.com.

Recipe Corner

Roasted Veggie Grain Bowl (makes 2 servings)

Ingredients

14-ounce can chickpeas, drained and rinsed	4 ounces medium cremini mushrooms, halved
$\frac{3}{4}$ teaspoon spicy curry powder	$\frac{1}{3}$ cup plain Greek yogurt
4 teaspoons olive oil	1 tablespoon tahini
Salt and pepper	1 lemon
1 small red onion, cut into 1-inch pieces	1 cup cooked quinoa
1 small sweet potato, peeled and cut into $\frac{1}{2}$ -inch pieces	$\frac{1}{2}$ avocado, sliced thin

Instructions

1. Preheat oven to 425°.
2. Toss the chickpeas with the curry powder, 1 teaspoon of the oil, $\frac{1}{4}$ teaspoon salt, and a few grinds of black pepper in a medium bowl. Place on one side of a baking sheet. Arrange the onions next to the chickpeas, then the sweet potatoes, and lastly the mushrooms. Toss the onions, sweet potatoes, and mushrooms with the remaining 3 teaspoons oil, $\frac{1}{4}$ teaspoon salt, and a generous amount of black pepper. Bake until the chickpeas are a bit crunchy, and the sweet potatoes are softened and starting to turn brown in a few spots, 25 to 30 minutes.
3. Meanwhile, whisk the yogurt, tahini, and juice of half the lemon in a small bowl. Slice the remaining lemon into wedges.
4. Divide the quinoa between two bowls. Arrange half the vegetables and avocado slices on top of the quinoa, leaving a space for the yogurt in the middle. Dollop the yogurt in the empty space and serve with the lemon wedges.

Source: foodnetwork.com





Neighbor 2 Neighbor: Don't Throw Out That Banana Peel

You might be surprised to find out that the part of a banana almost everyone throws away can actually be useful in lots of ways.

Chances are you have some bananas in your apartment or townhome right now. They're one of those fruits that just about everyone enjoys. And while you probably don't think twice about tossing out your banana peels, they're actually not worthless. There are quite a few things you can do with them that make them almost as valuable as the banana inside. From polishing your shoes to treating acne, here are five ways to use banana peels.

Polish Shoes

Banana peels are an all-natural way to keep your leather shoes shined. You probably know that bananas are rich in potassium, and that just happens to be a primary ingredient in shoe polish. Just rub the inside of the peel on your shoes, wipe off any residue, and buff. This trick can come in really handy when you travel. Most people don't think to bring shoe polish, but you can always find a banana.

Moisturize Your Feet

Not only can banana peels be used to shine your shoes, but they can also moisturize the feet that go in those shoes. Banana peels are rich in amino acids and vitamins A, B, C and E, all of which work wonders on dry, itchy skin. Just rub the inside of the peel on your soles and any other dry areas, then wipe off any excess.

Treat Acne

Banana peels contain lectin and zinc, both of which have antibacterial traits that can help treat acne. Just gently rub the inside of the peel on the affected areas – the more ripe the banana is, the better. Leave the residue on your skin for five to 10 minutes and then rinse. Apply a few times daily.

Soothe Bug Bites

Banana peels are loaded with polysaccharides, which reduce swelling and inflammation. The next time you get a bug bite, just gently rub it with the inside of a banana peel. Save the peel in a resealable bag and reapply whenever you feel the need for some relief.

Clean and Fertilize Houseplants

Have you ever noticed dust on the leaves of your plants? It's not a great thing, because it makes it harder for photosynthesis to occur. By wiping the leaves with the inside of a banana peel you'll remove dust and give them a nice shiny look. Then fertilize your plant by cutting up the peel and mixing it into the soil or make a "tea" for watering your plants. Just place the banana peel in a large glass of water and let it sit for a couple of days. Discard the peel and water your plants.

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