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essential living

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Camp Your Way from Grit to Glam



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It's the season of warm days, long nights and new adventures. We're kicking things off with a sunny escape to San Diego. From buzzing neighborhoods to iconic sights, you'll find ways to make the most of every moment and see the city in just a few days.

Back at home, the season is perfect for giving your exterior a little refresh. Simple updates can transform your front yard, creating a welcoming space that makes a lasting impression and boosts your home's charm, all without stretching your budget.

No summer is complete without a little time in nature. Whether you enjoy sleeping under the open sky or prefer luxury comfort with a dash of rustic, explore camping styles for every personality.

As the days heat up, there's nothing better than a cool, refreshing drink. With sips like our Blackberry Lime Cooler or Tropical Spritzer, you'll stay cool and savor every sunny moment.

Wherever summer takes you, make every day bright, refreshing and full of unforgettable moments.

— From the Publisher



What's your camping style?

Scan the QR code to cast your vote!



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Lemon Blueberry Mug Cake

- ¼ c. all-purpose flour
- ¼ tsp. baking powder
- 1 tbsp. sugar
- 1 tbsp. lemon juice
- 1 tbsp. coconut oil,
melted
- 1 tbsp. maple syrup
- 4 tbsp. milk
- 2 tbsp. blueberries

1. In a small mixing bowl, add your dry ingredients and mix well.
2. In a microwave-safe mug, mix lemon juice, coconut oil, maple syrup and milk. Add in the dry ingredients and mix well. Fold in the blueberries.
3. Microwave for 1-2 minutes, or until a toothpick comes out clean from the center. Allow to cool for 2-3 minutes and enjoy!

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essential living

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MOCKTAILS to beat THE HEAT

Spicy MANGO TWIST

A sweet
and tangy
drink with a
fiery kick.



Summer calls for drinks that are as vibrant and refreshing as the season itself. Bright flavors, zesty twists and a hint of spice or fizz make each drink a little escape in a glass, whether you're lounging by the pool, hosting a backyard BBQ or enjoying a sunset with friends. These summer beverages are all about fun, flavor and keeping things perfectly chilled.

Yield: 2 servings

INGREDIENTS

- 2 c. cubed mango
- 3 tbsp. freshly squeezed lime juice
- 3 tbsp. simple syrup
- Crushed ice
- 1 c. freshly squeezed orange juice
- A few drops of jalapeño concentrate, to taste
- 2 lime wedges and chili powder, for rim

INSTRUCTIONS

1. To prepare rim, rub the rim of the glass with the lime wedge.
2. With the chili powder on a saucer, dip either half or the entire rim of the glass in the spice to coat.
3. In a blender, add ice, mango, jalapeño concentrate, lime juice, simple syrup and orange juice.
4. Blend until smooth.
5. Pour into the prepared glass.

Blackberry LIME COOLER

Yield: 2 servings

INGREDIENTS

- 1 c. blackberries (plus a few for garnish)
- 1½ oz. lime juice
- 1½ oz. lemon juice
- 1½ oz. simple syrup
- Ice cubes
- Crushed ice
- Sparkling coconut water
- Sprig of rosemary or mint

INSTRUCTIONS

1. Add the blackberries, lime juice, lemon juice, simple syrup and ice cubes to a cocktail shaker and shake well until cold.
2. Strain into a glass filled with crushed ice.
3. Top with sparkling coconut water. Garnish with blackberries and a sprig of rosemary or mint.



Tropical SPRITZER

Yield: 2 servings

INGREDIENTS

- 1 c. orange juice
- 1 c. coconut water
- 1 c. unsweetened sparkling water
- Ice cubes
- Fresh mint sprigs, for garnish

INSTRUCTIONS

1. In a pitcher, combine the orange juice and coconut water, stirring to mix.
2. Fill two glasses with ice cubes and pour the mixture in, about $\frac{3}{4}$ full.
3. Top each glass with unsweetened sparkling water.
4. Garnish with fresh mint and enjoy immediately.



Light, bubbly
and effortlessly
refreshing,
perfect for a
sunny day.



Ginger Pineapple REFRESHER

Yield: 2 servings

INGREDIENTS

- 2 tsp. fresh ginger, finely grated
- 2 tbsp. lime juice
- ½ c. loosely packed mint leaves
- 6 oz. pineapple juice
- 10 oz. ginger beer
- Ice cubes
- Pineapple slices, for garnish

INSTRUCTIONS

1. Muddle ginger, mint and lime juice in a cocktail shaker.
2. Add the pineapple juice and ice. Shake until cold, about 30 seconds.
3. Double strain the mocktail by pouring it from the shaker through a fine-mesh strainer into two ice-filled glasses, filling each about ¾ full.
4. Top with ginger beer, gently stirring to combine.

Smooth, creamy and tangy, delivering a refreshing burst with every glass.



Brazilian LIMEADE

Yield: 4 servings

INGREDIENTS

- 2 limes
- 3 c. water
- ½ c. sugar
- 3 tbsp. sweetened condensed milk
- Ice cubes

INSTRUCTIONS

1. Slice limes into eight wedges.
2. Combine limes, water, sugar, sweetened condensed milk and ice in a blender.
3. Pulse until smooth, then strain through a fine mesh sieve to remove the rinds.
4. Serve over ice.

Watermelon

AGUA FRESCA

*Crisp, cooling
and wonderfully
hydrating, a glass
of this drink feels
like instant
summer.*

Yield: 4 servings

INGREDIENTS

- 2 c. cubed watermelon
- ¼ c. water
- ¼ c. sugar, or to taste
- 4 slices lime or lemon
- Fresh mint leaves
- Ice cubes

INSTRUCTIONS

1. Combine the watermelon and water in a blender and blend until smooth. Add sugar to taste.
2. Cut the lime slices in half and place a half in each of the glasses along with mint leaves. Use a muddler to gently crush the lime and mint to release their flavors, then fill each glass with ice.
3. Pour the watermelon mixture over the ice and stir before serving.





CURB APPEAL

THAT WON'T EMPTY YOUR WALLET

First impressions start at the curb. Your home's exterior is the first thing visitors, neighbors and potential buyers notice, making curb appeal one of the most valuable investments you can make. The good news is that enhancing it doesn't have to be expensive or complicated. From simple do-it-yourself updates to more substantial upgrades, there are ways to refresh your home's look and feel at any budget.



Nearly Free Fixes

Sometimes the most impactful improvements cost nothing but time. Start by pulling weeds from flower beds and between pavers, trimming overgrown bushes and edging your lawn for crisp, defined lines.

Next, give your exterior a good scrub. Power-wash the driveway, siding and walkways to wash away dirt and buildup.

Don't overlook the small details that make a space shine. Washing your windows can brighten your home instantly, while a few neatly arranged potted plants add life and color to your entryway. If you have leftover paint, use it to touch up your front door or trim for an easy, budget-friendly refresh.



Low-Cost Upgrades



You don't have to spend a fortune on updates that pack a visual punch. Repaint your front door in a bold, welcoming color — think navy blue, forest green or classic red. Swap out old hardware for matching door handles, knockers and house numbers for an instant style refresh. Add solar pathway lights to illuminate your walkway and highlight landscaping at night. Hide unsightly garbage bins or AC units by installing lattice screens.



Mid-Range Enhancements

When you're ready to take your curb appeal to the next level, mid-range updates allow for noticeable transformations without a complete overhaul.

Replace outdated porch lighting with a fixture that adds character and complements your home's style. Have your driveway resealed for a fresh, like-new appearance and consider upgrading your garage doors for a transformative look.

Enhance your landscaping by creating defined flower beds with fresh mulch, low-maintenance shrubs and colorful perennials. You can also introduce strategic hardscaping elements like small retaining walls or pathways to add structure and visual interest.



Higher-End Updates

With a larger investment, you can create a dramatic makeover that elevates your home's entire aesthetic. Replace old siding or add stone veneer to highlight key walls. Build an arbor or pergola to enhance your front yard and outdoor living space. Professional landscaping and enhanced lighting around your property can tie everything together for a polished look.

No matter the size of the project, every improvement adds up to a welcoming, inviting first impression. From a simple cleanup to bigger updates, thoughtful touches can make your home feel warm and inviting from the moment someone arrives.



OUTDOOR ESCAPES

for Every Personality

When it comes to camping, there's no one-size-fits-all experience. Some people thrive on roughing it, while others want a cozy night under the stars or a taste of luxury in nature. Whether you're seeking adventure, relaxation or a little bit of both, the great outdoors offers a camping style that perfectly matches every personality.



HAMMOCK CAMPING

THE SPONTANEOUS ROVER

You are known for making plans as you go and don't stress about the little things. Hammock camping is effortless, relaxing and perfect for anyone who wants nature without heavy gear or complicated setup. All you need are two trees and a view worth gazing at. You'll drift off with the breeze, surrounded by fresh air and open sky. Bonus: no sore back from the ground!



ROOFTOP TENT CAMPING

THE EASYGOING ROAMER

You enjoy adventure with a twist of convenience. Rooftop tents mount directly on your vehicle, giving you a comfortable sleeping spot off the ground while keeping setup quick and easy. You get the thrill of camping anywhere your car can go, with minimal hassle and maximum flexibility, perfect for those who love exploring new places on a whim.



GLAMPING

THE COMFORT-SEEKING
GLOBETROTTER

If you like your wilderness with a side of the finer things, glamping offers the best of both worlds. Canvas tents, yurts and tiny cabins come furnished with plush bedding, warm lighting and sometimes even a bathtub, letting you enjoy nature's beauty with hotel-level comfort. Sip your favorite drink by a fire pit as the stars come out or curl up with a good book and let the sounds of the outdoors lull you into relaxation.



BACKYARD CAMPING

THE STAY-AT-HOME
WANDERER

You enjoy the outdoors but value convenience and comfort. Lucky for you, sometimes the best adventures happen just steps from your back door. Pitch a tent in the backyard, roast marshmallows over a bonfire and tell ghost stories under the stars. You'll enjoy all the fun of camping without having to worry about forgetting your toothbrush.



CABIN CAMPING

THE BALANCED EXPLORER

If you like nature but prefer solid walls and a real bed, cabin camping strikes the perfect balance. Many cabins include porches, fire pits and wood stoves, offering cozy mornings and quiet evenings. It's ideal for those who want the sights and sounds of the wilderness without roughing it too much.

TENT CAMPING

THE HANDS-ON
ADVENTURER

You enjoy immersing yourself fully in nature and don't mind getting your hands dirty. Building a fire and cooking outdoors are just some of the highlights for you. You'll fall asleep to the sounds of the forest, fully unplugged and in tune with the wilderness. From setting up your tent to tearing it down, you can't wait until the next time you roll out your sleeping bag under the stars.



BACKPACKING

THE INDEPENDENT
RAMBLER

You're independent, determined and love a good challenge. Backpacking combines endurance with discovery, letting you explore remote areas while carrying everything you need. You find freedom on the roads less traveled. Along the way, you'll experience solitude, breathtaking views and the satisfaction of relying on your own skills.



HOURS

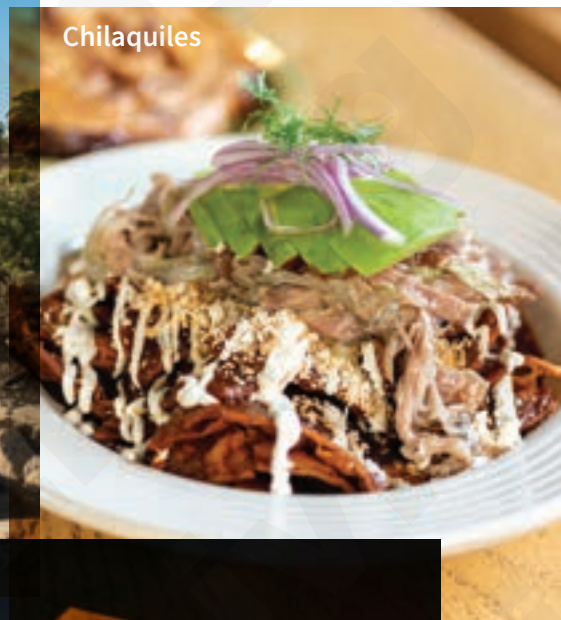
in San Diego

Nicknamed “America’s Finest City,” San Diego seamlessly blends the laid-back feel of a beach town with all the activities and events that a big city has to offer. With more than 100 neighborhoods, each with its own distinctive energy and charm, this Southern California metropolis has a little something for everyone. From ballgames and beaches to fine dining and museums, San Diego is a city worthy of its nickname.





Liberty Station



Chilaquiles



Portside Pier

DAY ONE

The first stop after arriving in San Diego is **Liberty Station**, a former Naval Training Center that borders downtown and Point Loma. Today, it's a vibrant hub of restaurants and shops. Don't miss the famous **chilaquiles** at Cocina 35 before wandering through the public market and checking out the one-of-a-kind finds at Sea Hive Station.

Head back downtown to Waterfront Park and take in the "Jewel on the Bay," the San Diego County Administration Center. Across the way, **Portside Pier** is the perfect spot for a bite to eat while watching boats glide through the harbor.

USS Midway Museum



Little Italy



In **San Diego's Little Italy**, every block hums with heritage, flavor and coastal charm.

For a deeper dive into San Diego's naval heritage, visit the **USS Midway Museum** nearby and be sure to see the iconic 25-foot statue "Unconditional Surrender" by Seward Johnson, capturing the famous sailor-nurse kiss that celebrated the end of World War II.

End your first night in the largest **Little Italy** in the U.S. This lively neighborhood is famous for its rich history, deeply rooted art scene and incredible restaurants. Meander down India Street before stopping in for the best pesto gnocchi at Barbusa.

Hotel Del Coronado



La Jolla



La Jolla Tide Pools



DAY TWO

After an adventurous first day, it's time to unwind on the charming island of Coronado. Best known for its iconic Victorian gem, the **Hotel Del Coronado**, the island also features a scenic main street and a stunning stretch of beach. Arrive by ferry or cross the legendary bridge, then enjoy a leisurely brunch at the French-inspired Tartine. Spend the afternoon perusing the shops along Ocean Ave or catching a show at the nostalgic Village Theater. Before you leave, take a moment to admire the grand lobby of the Hotel Del and treat yourself to a scoop at Moo Time, a local favorite ice cream spot.

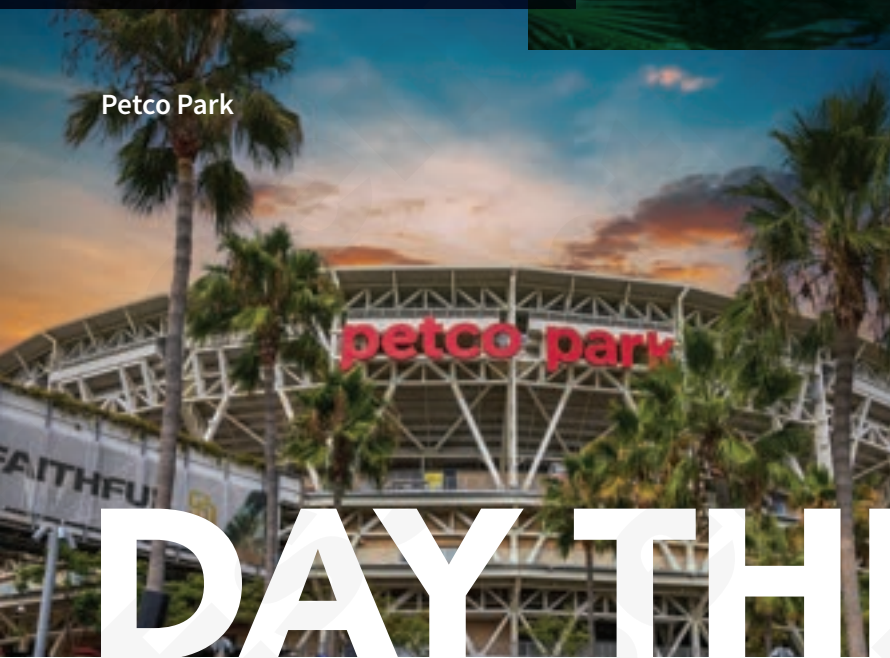
Spend the rest of the day soaking in the coastal charm of **La Jolla**. Walk along Girard Avenue and Prospect Street to explore the many shops and galleries of the village. For dinner, grab some tacos from the Taco Stand and head to the **La Jolla Tide Pools**, the perfect spot to watch the sunset. As the sky turns golden, look for playful sea lions lounging on the rocks — a quintessential La Jolla experience.

Rady Shell



Balboa Park

Petco Park



San Diego Zoo



DAY THREE

Start your final day in San Diego at **Balboa Park**. This sprawling 1,200-acre historic park is home to 18 museums, the recently renovated Botanical Building, the world-famous **San Diego Zoo** and plenty more to explore. No matter your age, the zoo is a must! With over 12,000 animals on their 100-acre lot, the San Diego Zoo is renowned for its walkability, lush habitats and commitment to conservation. Stop for lunch at the Prado at Balboa Park, then spend the afternoon wandering through museums or strolling through the beautifully landscaped gardens.

For baseball fans, cap off the trip with a visit to **Petco Park**. Take in the stunning stadium, enjoy surprisingly delicious food options and let the Padres provide the entertainment. If live music is more your vibe, head to the newly opened **Rady Shell** on the Embarcadero Waterfront. With breathtaking views of the bay, it's the perfect spot for an evening of music, fun and unforgettable scenery.

An aerial photograph of San Diego, California, showing the coastline, a pier extending into the ocean, and a residential area with houses and trees. The sky is clear and blue.

GOODBYE *San Diego*

From scenic beaches to historic landmarks and vibrant nightlife, San Diego offers something for every traveler. After a few days exploring its coastal charm, cultural treasures and iconic attractions, you'll leave with memories of sun, sea and endless adventure.

DAILY

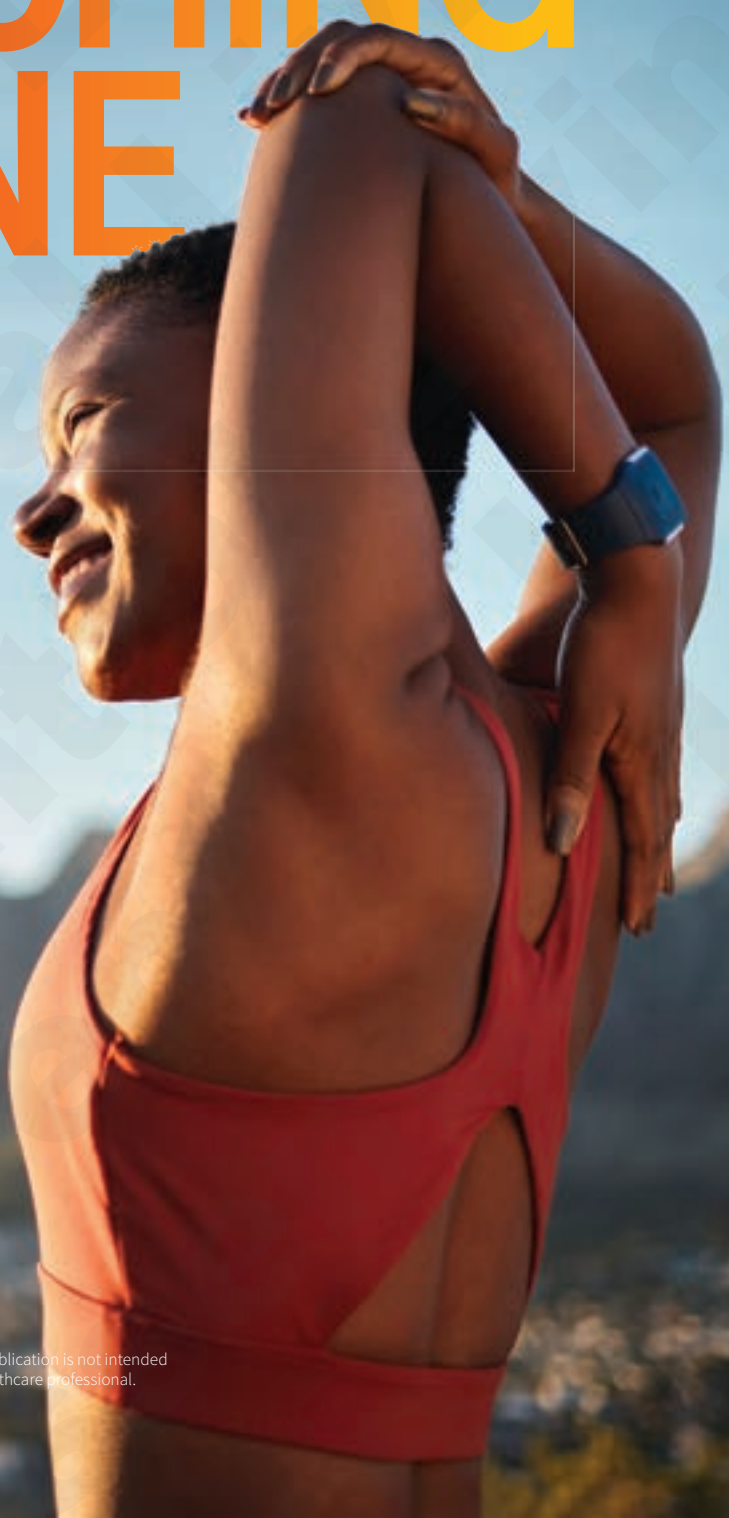
STRETCHING ROUTINE

FOR BETTER
FLEXIBILITY

A consistent daily stretching routine can improve posture, reduce muscle tension and enhance mobility, making everyday movements easier and more comfortable.

THESE STRETCHES TARGET COMMON TIGHT SPOTS IN YOUR BODY AND ARE SIMPLE ENOUGH TO FIT INTO ANY ROUTINE.

Essential Living does not provide medical advice, diagnosis or treatment. Any information in this publication is not intended as a substitute for medical advice, and you should not take any action before consulting with a healthcare professional.



NECK STRETCH

1. Tilt your head forward and slightly to the right.
2. Use your right hand to gently pull your head downward until you feel a comfortable stretch along the back left side of your neck.
3. Hold for 30 seconds, then switch sides and repeat.

FOCUS ON

Feeling a gentle release along the back of your neck



HAMSTRING STRETCH

FOCUS ON

FEELING LENGTH ALONG THE BACK OF YOUR THIGHS WITHOUT ROUNDING YOUR LOWER BACK

1. Sit on the floor with your legs extended straight in front of you.
2. Bend at the hips and reach for your toes, while keeping your legs straight.
3. Hold for 20–30 seconds, then slowly sit back up.
4. Repeat 2-3 times.

CALF STRETCH ▶

FOCUS ON

SENSING TENSION IN YOUR CALVES AND ACHILLES

1. Stand an arm's length away from a wall.
2. Move your right foot behind your left foot.
3. Keep your back leg straight with the heel on the floor while bending your front knee slightly.
4. Keep your torso upright and hips facing forward.
5. Hold for 30 seconds, then switch legs and repeat.
6. For a deeper stretch, slightly bend the back knee.





CROSS-ARM STRETCH

FOCUS ON

LOOSENING TIGHT SHOULDERS AND UPPER BACK MUSCLES

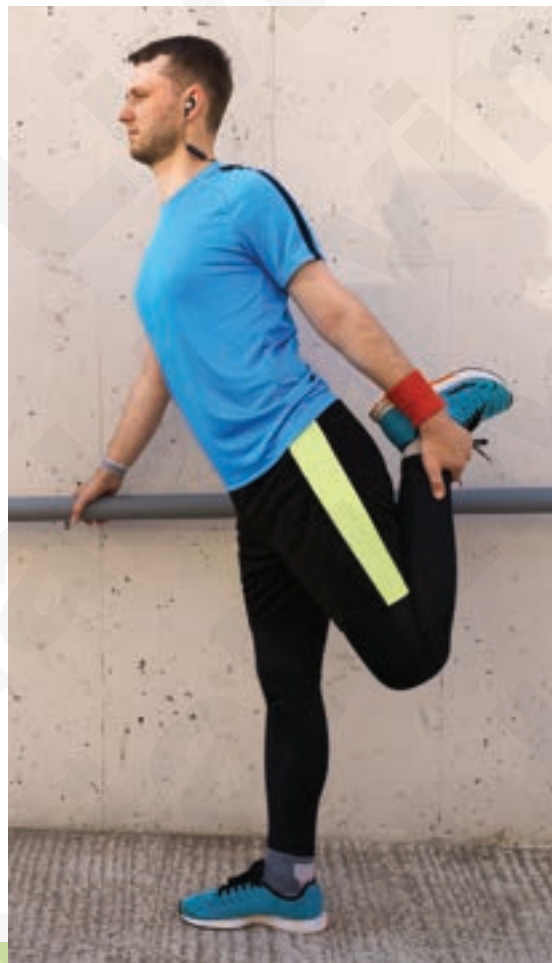
1. Bring your left arm across your body about at chest height.
2. Hold your left arm with your right hand, above the elbow.
3. Hold for about 30 seconds.
4. Switch sides and repeat.

QUADRICEPS STRETCH ▶

FOCUS ON

FEELING A STRETCH IN THE FRONT OF YOUR THIGH WITHOUT PAIN IN YOUR KNEE OR LOWER BACK

1. Stand tall, holding onto a sturdy table or chair for balance.
2. Bend one leg, bringing your heel toward your buttocks. Grasp your ankle with the same-side hand. Keep your knees close together and your core engaged.
3. Hold the stretch for 20–30 seconds, then switch legs.
4. Repeat 4–5 times.



TIPS FOR STRETCHING SAFELY

1. WARM UP FIRST

Stretching cold muscles can lead to injury. Spend a few minutes walking, marching in place or doing gentle movements before starting your routine.

2. MOVE SLOWLY AND GENTLY

Ease into each stretch until you feel tension, not pain, and hold it steadily.

3. BREATHE DEEPLY

Keep your breath steady and relaxed. Exhaling during a stretch can help your muscles relax and increase flexibility.

4. LISTEN TO YOUR BODY

Everyone's flexibility is different. Focus on gradual improvement and consistency rather than trying to reach maximum range in one session. If you feel sharp pain, stop immediately and adjust your position.

RED WHITE and Yum



Recipes to light up your 4th of July

Turn up the flavor this 4th of July with recipes that are as vibrant as the fireworks. Think smoky-sweet grilled watermelon, crispy firecracker shrimp, a crowd-pleasing macaroni pie and a showstopping berry tiramisu that's bursting with patriotic color.



Prep Time: 10 minutes
Cook Time: 5 minutes
Yield: 6 servings

Grilled Watermelon

Jazz up everyone's favorite melon with this unique and easy recipe.

Ingredients

- 1 small watermelon
- Lime juice
- Brown sugar
- ¼ c. blueberries
- ¼ c. feta cheese, crumbled
- Mint for topping

Instructions

1. Heat the grill and grease the racks.
2. Cut the watermelon into triangles with the rind attached, about ½-inch thick.
3. Sprinkle both sides of each wedge with lime juice and brown sugar.
4. Place the watermelon wedges directly on the grill for roughly 1-2 minutes on each side.
5. Remove from the grill and allow to cool before topping with fresh blueberries, crumbled feta cheese and mint.

★ MACARONI PIE ★

Mac 'n' cheese just got a makeover with this simple, yet addicting recipe!



Prep Time: 15 minutes
Cook Time: 50 minutes
Yield: 8-10 servings

Ingredients

- 8 oz. elbow macaroni
- ½ tbsp. unsalted butter
- ½ yellow onion, diced
- 2 garlic cloves, minced
- 2 eggs, room temperature
- 1 12-oz. can of evaporated milk
- 2 tsp. Dijon mustard
- 2 tsp. paprika
- 1 tsp. pepper
- 1 tsp. salt
- 2 c. sharp cheddar cheese, freshly grated
- 1 c. smoked Gouda cheese, freshly grated

Instructions

1. Preheat the oven to 375° F and grease a baking dish.
2. Cook the macaroni according to box instructions until al dente. Reserve ¼ cup pasta water before draining, then set to the side.
3. Melt the butter over medium-high heat in a pan, then add the diced onion. Cook for 2–3 minutes, then reduce heat to medium and add the garlic. Continue to cook for seven minutes, then remove from the heat and add to the pasta.
4. In a medium bowl, whisk together the eggs, evaporated milk, mustard, paprika, pepper and salt. Then, add to the pasta and stir to combine.
5. Add 1½ cups of cheddar cheese and all of the Gouda before transferring to the prepared baking dish.
6. Sprinkle the remaining cheese over the top and bake for 40 minutes covered, and 10 minutes uncovered.
7. Cool for 15 minutes before serving.

FIRECRACKER SHRIMP

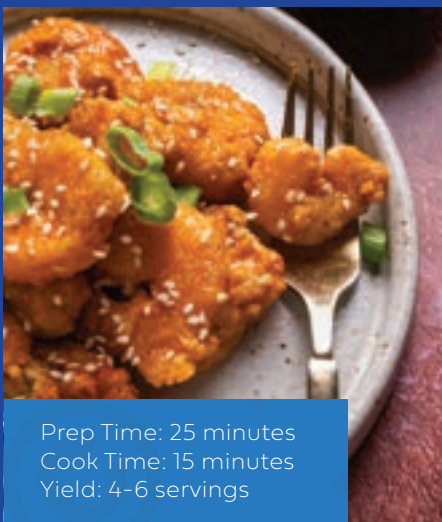
Also known as Bang Bang Shrimp, this crunchy and flavorful recipe reimagines how you eat shrimp.

Ingredients

- 1 lb. medium-sized shrimp, peeled and tails off
- 1 tsp. garlic powder
- 1 tsp. pepper
- ½ tsp. salt
- ½ c. cornstarch
- 3 egg whites
- 2 c. panko breadcrumbs
- ½ c. mayonnaise
- 2 tbsp. sweet chili sauce
- 3 tsp. sriracha
- 1 tsp. soy sauce
- Splash of water
- Green onions, for serving
- Sesame seeds, for serving

Instructions

1. Preheat the air fryer to 400° F and grease the basket.
2. Add the shrimp to a large bowl and sprinkle garlic powder, pepper and salt over them. Mix to combine, then set to the side.
3. Add the cornstarch to a shallow bowl, the egg whites to another bowl and the breadcrumbs to a separate bowl.
4. Dip one shrimp at a time in the cornstarch, then the egg white, before dredging with breadcrumbs and setting in the basket. Repeat with the remaining shrimp.
5. Once all of the shrimp are coated, cook in the air fryer for 7-9 minutes until they begin to look golden and the outside coating is slightly crispy.
6. Make the sauce by combining the mayonnaise, sweet chili sauce, sriracha, soy sauce and water.
7. Coat each shrimp in the sauce, then set back in the basket.
8. Air fry for another 3-5 minutes, then remove and allow to cool.
9. Serve with green onions and sesame seeds.



Prep Time: 25 minutes
Cook Time: 15 minutes
Yield: 4-6 servings



BERRY TIRAMISU



This no-bake dessert is the perfect recipe to utilize seasonal berries in a fun and delicious way!



Ingredients

- 5 c. frozen mixed berries
- 2 tbsp. brown sugar
- 1 tbsp. lemon juice
- 1 tbsp. brandy (optional)
- 2 tsp. vanilla paste or extract
- 8 oz. mascarpone cheese, softened to room temperature
- 1¼ c. heavy whipping cream
- ⅓ c. powdered sugar, plus more for topping
- 1 tsp. vanilla extract
- Zest of 1 lemon
- 1 package ladyfingers (24 cookies)
- 1 c. fresh strawberries, sliced

Prep Time: 25 minutes

Inactive Time: 4 hours

Yield: 10 servings

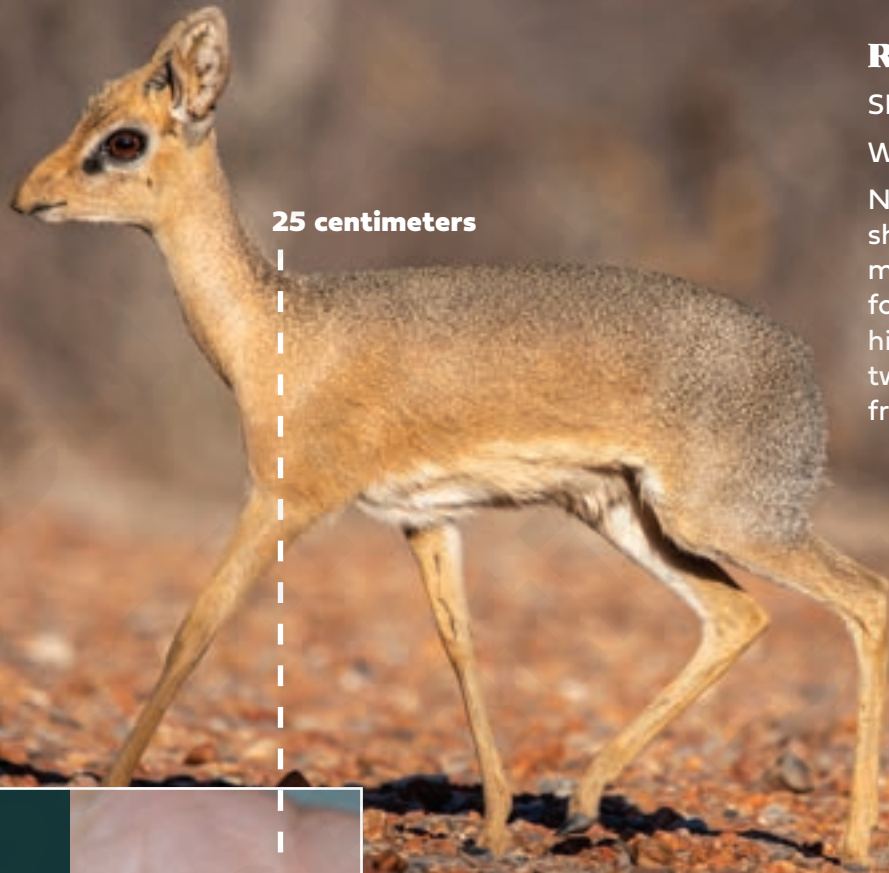
Instructions

1. Add the mixed berries to a medium-sized pot with the sugar, lemon juice, brandy and vanilla. Simmer for five minutes on medium heat until the berries have softened.
2. Place a strainer over a bowl and pour the berries into the strainer. Allow the berries to sit and cool while the bowl catches the syrup.
3. In the meantime, make the cream filling. Add the heavy whipping cream to a large bowl and use an electric mixer on medium speed to whip until soft peaks form (about 5-7 minutes).
4. Add the mascarpone cheese, powdered sugar, vanilla extract and lemon zest to another bowl and mix to combine.
5. Then, fold the mixture into the whipped cream using a spatula.
6. To assemble your tiramisu, dip one ladyfinger at a time into the berry syrup. Then place in a baking dish. Repeat with the other 11 ladyfingers to form the first layer.
7. Next, spread half of the berries over the ladyfingers. Then, top with a little more than $\frac{1}{3}$ of the cream filling.
8. Then, repeat by dipping the remaining ladyfingers in the rest of the liquid and placing on top of the cream filling. Spread the remaining berries, then add $\frac{1}{3}$ of the cream filling. Top with the remaining filling to create a smooth layer on top.
9. Refrigerate for at least four hours before serving.
10. Top with powdered sugar and fresh strawberries, then enjoy!



a visual guide to the world's **smallest animals**

From tiny reptiles to miniature primates, nature's most incredible creatures can be easy to miss but are fascinating to discover.



Royal Antelope

SMALLEST ANTELOPE

West Africa

Nocturnal and incredibly shy, this tiny antelope moves through dense forest undergrowth on hind legs that are nearly twice as long as its front legs.

Octopus Wolfi

SMALLEST
OCTOPUS

Western Pacific
Ocean

This delicate cephalopod is nearly transparent and has star-shaped suckers on its tentacles.



Rusty-Spotted Cat

SMALLEST WILD CAT

India, Sri Lanka and
Nepal

Nearly half as small as a domestic cat, the rusty-spotted cat is a stealthy nocturnal hunter.

Smallest Reptiles

Brookesia Nana

SMALLEST REPTILE

Madagascar

Discovered in 2021, the tiniest reptile lives on the forest floor and can fit on a fingertip.



Brookesia Micra

SMALLEST CETACEAN

Madagascar

Once the smallest known reptile, these incredibly tiny reptiles also live among fallen leaves, blending in perfectly with their surroundings.



Jaragua Sphacro

SMALLEST GECKO

Jaragua National Park, Dominican Republic

This tiny gecko was discovered in 2001 and is barely larger than the Brookesia micra.



Smallest Primates

8 - 16 centimeters



Philippine Tarsier

Southeastern Philippines

Famous for its enormous eyes, each larger than its brain, the Philippine tarsier is a master jumper that can leap up to 10 feet between trees.

Pygmy Marmoset

SMALLEST MONKEY SPECIES

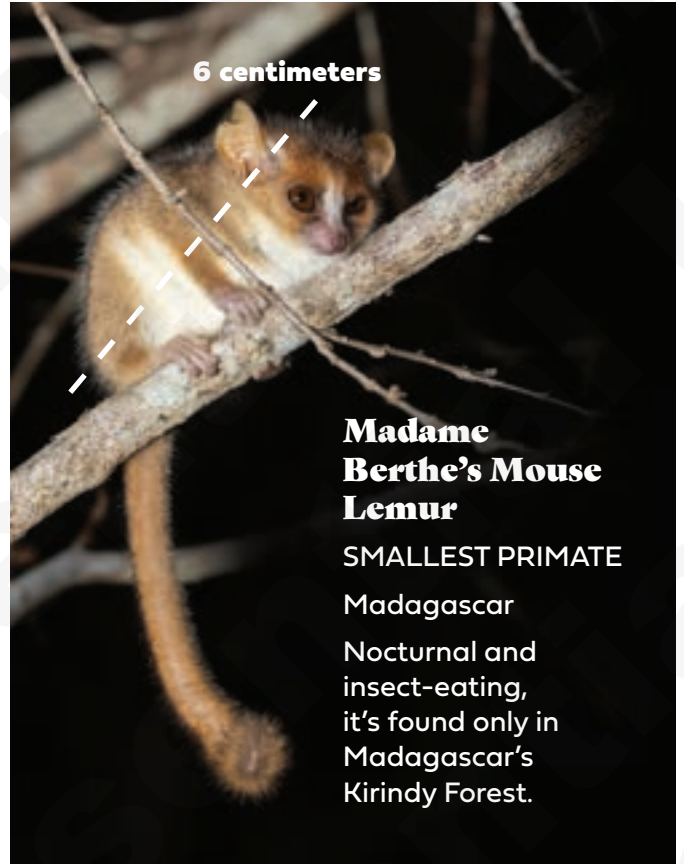
Madagascar

Known as the "finger monkey," it uses its sharp claws to cling to tree bark and feed on sap high in the canopy.

11.5 - 15 centimeters



6 centimeters



Madame Berthe's Mouse Lemur

SMALLEST PRIMATE

Madagascar

Nocturnal and insect-eating, it's found only in Madagascar's Kirindy Forest.

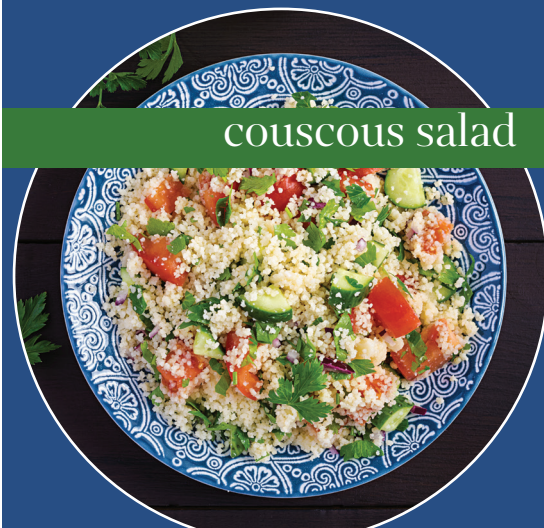


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couscous salad

Ingredients

- ½ c. couscous
- 6 ¾ oz. vegetable stock, hot
- 2 spring onions
- 1 red pepper
- ½ cucumber
- ½ c. feta cheese
- 2 tbsp. pesto
- 2 tbsp. pine nuts

Instructions

1. Tip the couscous into a large bowl and pour over the stock. Cover, then leave for 10 minutes until fluffy and all the stock has been absorbed.
2. Slice the onions and pepper, and dice the cucumber. Add these to the couscous and fork through the pesto. Sprinkle the crumbled feta and pine nuts on top before serving.

5 WAYS TO CREATE A Welcoming Entryway



1. Use a mix of ambient, accent, and task lighting for warmth.
2. Add functional storage for keys, mail, and essentials.
3. Add a rug that complements your décor.
4. Place a small bench or chair for putting on shoes.
5. Include fresh flowers or a potted plant for a touch of nature.



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3 House Plants

THAT WILL THRIVE IN YOUR KITCHEN

ALOE VERA

Prefers bright, indirect light. Water sparingly, allowing soil to dry out between watering.

SPIDER PLANT

Prefers indirect light and can tolerate a bit of neglect. Water when soil feels dry.

POTHOS

Allow the soil to dry between waterings and avoid direct sunlight.



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