

Compliments of Jodee Harris

essential living

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Chase the First Light in
Acadia



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The best routines are simple ones that leave you feeling refreshed. From mindful stretches to outdoor adventures and flavorful meals, this month is all about energy, fun and nourishment.

Start your day with stretches that energize your body, release tension and reset your mind. A few mindful minutes in the morning, a quick midday break or a gentle evening routine can improve focus, boost energy and help you feel grounded.

Then, take that energy outdoors with a game of disc golf. We've got everything you need to know to tee off, so you can jump in, have fun and enjoy the game from the very first round.

When it's time to refuel, our quiche recipes are comforting, versatile and perfect for any meal. Whether you're hosting friends or enjoying a quiet night in, these dishes bring warmth and flavor to your table.

From mindful movement to outdoor fun to flavorful meals, this issue invites you to explore, enjoy and make the most of every day.

— From the Publisher



When is your favorite time to stretch?

Scan the QR code to cast your vote!



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Lemon Blueberry Mug Cake

- ¼ c. all-purpose flour
- 1 tbsp. lemon juice
- 1 tbsp. maple syrup
- ¼ tsp. baking powder
- 1 tbsp. coconut oil,
melted
- 4 tbsp. milk
- 1 tbsp. sugar
- 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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Spice Up Your Desserts

Fragrant spices have a way of turning everyday desserts into cozy, crave-worthy treats. Cinnamon, cardamom, ginger and clove bring warmth and character to every bite. From chai-spiced apple crisp to cardamom-swirled cinnamon rolls, these recipes celebrate the magic that happens when sugar meets spice.

Golden Milk Pudding Cups

This warm-spiced, golden milk pudding is the perfect creamy dessert.

INGREDIENTS

- 1 can full-fat coconut milk
- 1 tsp. vanilla extract
- 1 tbsp. maple syrup
- 1 tsp. turmeric
- ½ tsp. cinnamon
- ½ tsp. ground ginger
- Pinch of black pepper
- ¾ tbsp. unflavored gelatin
- Coconut shavings, for topping

INSTRUCTIONS

1. Add the coconut milk, vanilla extract, maple syrup, turmeric, cinnamon, ginger and a pinch of black pepper to a small saucepan. Whisk to combine.
2. Sprinkle the gelatin evenly over the surface of the mixture and let it sit for 1–2 minutes to bloom.
3. Warm the saucepan over medium-low heat, whisking gently until the gelatin fully dissolves and the mixture is smooth, about 3–4 minutes. Do not boil.
4. Remove from heat and pour into small jars or ramekins. Let cool for five minutes at room temperature.
5. Transfer to the refrigerator and chill for three hours, or until softly set.
6. Before serving, top each pudding with a spoonful of coconut shavings.

Prep Time: 5 minutes
Cook Time: 5 minutes
Inactive Time: 3 hours
Yield: 2 servings

Mexican Hot Cocoa Cookies

These rich, fudgy cookies with a spicy hot-chocolate twist are chilled until firm and finished with a gooey marshmallow center.

Prep Time: 15 minutes | **Bake Time:** 12 minutes
Inactive Time: 2 hours | **Yield:** 24 cookies

INGREDIENTS

- 1 c. all-purpose flour
- ½ c. granulated sugar
- ⅔ c. unsweetened cocoa powder
- ¼ c. dark brown sugar
- 1 tsp. baking soda
- 1 large egg, room temperature
- 1½ tsp. chili powder
- 1½ tsp. vanilla extract
- 1 tsp. ground cinnamon
- 2 tbsp. milk
- ¼ tsp. espresso powder
- ¾ c. semi-sweet chocolate chips
- ⅛ tsp. salt
- 24 small marshmallows (for centers)
- ½ c. unsalted butter, softened to room temperature
- Flaky sea salt, for topping (optional)



INSTRUCTIONS

1. In a medium bowl, whisk together flour, cocoa powder, baking soda, chili powder, cinnamon, espresso powder and salt. Set aside.
2. In a separate large bowl, beat the butter, granulated sugar and brown sugar together until light and fluffy.
3. Add the egg, vanilla extract and milk. Beat to combine.
4. With the mixer on low, gradually add the dry ingredients until just incorporated. Then fold in the chocolate chips. The dough will be thick and sticky.
5. Freeze for two hours.
6. Preheat the oven to 350° F and line two baking sheets with parchment paper.
7. Remove dough from the freezer and scoop one heaping tablespoon portions of dough onto the prepared sheets.
8. Press one small marshmallow into the center of each dough scoop, then carefully cover it with a bit more dough if needed.
9. Bake for 12 minutes, until the edges appear set but centers remain soft. Remove from the oven and, if desired, sprinkle with flaky sea salt.
10. Allow cookies to cool on the sheet for five minutes, then transfer to a wire rack to cool completely.



Cardamom-Swirled Cinnamon Rolls

Prep Time: 25 minutes
Rise Time: 1 hour
Bake Time: 25 minutes
Yield: 12 rolls

These soft cinnamon rolls feature a warm swirl of cardamom, creating a cozy treat perfect for brunch or holiday mornings.

INGREDIENTS

For the dough

- ¾ c. warm milk (110° F)
- 2¼ tsp. active dry yeast
- ¼ c. granulated sugar
- 1 large egg
- 3 tbsp. unsalted butter, melted
- 2 tsp. ground cardamom
- ½ tsp. salt
- 3 c. all-purpose flour

For the filling

- 5 tbsp. unsalted butter, softened
- ½ c. dark brown sugar
- 1 tbsp. ground cinnamon
- 2 tsp. ground cardamom
- Pinch of salt

For the icing

- 1 c. powdered sugar
- 2 tbsp. milk or cream
- ½ tsp. vanilla extract
- Pinch of cardamom

INSTRUCTIONS

1. In a large bowl, whisk together the warm milk, yeast and sugar. Let sit for 5–7 minutes until foamy.
2. Add the egg, melted butter, cardamom, salt and two cups of flour. Mix, then add remaining flour until a soft dough forms.
3. Knead for 5–7 minutes until smooth, then transfer to a greased bowl. Cover and let rise for one hour, or until doubled in size.
4. Meanwhile, combine the filling ingredients in a small bowl.
5. Roll the risen dough into a 12x16-inch rectangle. Spread the filling evenly over the surface.
6. Starting from the long edge, roll tightly into a log. Cut into 12 equal rolls.
7. Place rolls in a greased 9x13-inch baking dish. Cover with a tea towel or plastic wrap and let rise for 20–25 minutes in a warm area while the oven preheats to 350° F.
8. Bake for 22–25 minutes, or until the rolls are lightly golden.
9. Whisk together the icing ingredients until smooth.
10. Drizzle icing over warm rolls and serve immediately.





Prep Time: 20 minutes
Bake Time: 50 minutes
Yield: 8 servings

Chai-Spiced Apple Crisp

A cozy autumn dessert with apples, warming chai spices and pecans to create the ultimate crisp.

INGREDIENTS

- 5 medium apples, peeled, cored and sliced
- 1 tbsp. lemon juice
- 3 tbsp. maple syrup
- ½ c. light brown sugar
- 1 tbsp. ground cinnamon
- 1 tsp. ground ginger
- ½ tsp. ground cardamom
- ¼ tsp. ground cloves
- Pinch of salt
- 2 tbsp. cornstarch
- 1 c. pecans, roughly chopped
- ½ c. old-fashioned oats
- ¾ c. all-purpose flour
- ½ c. granulated sugar
- ½ c. unsalted butter, melted

INSTRUCTIONS

1. Preheat the oven to 350° F. Grease a deep pie tin or oven-safe dish.
2. In a large bowl, toss the sliced apples with lemon juice, maple syrup, brown sugar, cinnamon, ginger, cardamom, cloves, salt and cornstarch until evenly coated. Let the mixture sit for 10 minutes to release some juice.
3. After resting, drain excess liquid from the apple mixture, then transfer the apples into the prepared pie tin, spreading them evenly.
4. In a separate bowl, stir together pecans, oats, flour, granulated sugar and melted butter until clumps form.
5. Sprinkle the topping evenly over the apples.
6. Bake for 50 minutes, or until the topping is golden brown and the apples are tender and bubbling at the edges.
7. Remove from the oven and let it stand five minutes before serving. Serve warm and enjoy!



GREEN IN A FLASH

Some houseplants take years to make an impression, but these eight indoor plants grow quickly and bring instant energy to your home.

ARROWHEAD PLANT

This vine adds a lively touch with its arrow-shaped leaves that often feature a mix of green and cream tones. It prefers bright, indirect light and evenly moist soil, though it can tolerate slightly lower light. Pinch back stems to encourage bushier growth.

SPIDER PLANT

Known for its arching leaves and easy-to-propagate “babies,” the spider plant is a favorite among beginners and seasoned plant lovers alike. A happy spider plant can quickly turn into many happy plants, making it as rewarding as it is beautiful. Let it spill from a hanging basket or perch it on a table where the foliage can drape naturally.





MONSTERA DELICIOSA

Monstera is loved for its dramatic split leaves that create an instant statement. It appreciates extra space and benefits from a moss pole or stake to support climbing stems. Wipe leaves occasionally to keep them glossy and healthy.

GOLDEN POTHOS

Pothos are a familiar favorite. Though it comes in many varieties, this common type is especially easy to care for and does best in bright, indirect light. Regular trimming helps keep growth full and encourages new leaves to form along the stems.



HEARTLEAF PHILODENDRON

This classic trailing plant grows quickly and produces soft, heart-shaped leaves that create a lush, layered look. Easy to care for, it thrives in bright, indirect light but can also adapt to lower-light spots. Let vines cascade naturally or guide them along a wall or trellis for added interest.



TRADESCANTIA

Tradescantia is a rapid grower with colorful, trailing stems. Pinching back the tips keeps the plant full and prevents it from becoming leggy. It's also one of the easiest plants to propagate, making it perfect for sharing with friends.



STRING OF HEARTS

String of hearts produces slender trailing stems lined with small, heart-shaped leaves that grow quickly once established. It's ideal for hanging planters where the vines can cascade naturally. Bright, indirect light helps keep the foliage compact and enhances its silvery and purple tones.



DIEFFENBACHIA

Dieffenbachia has a strong, upright shape and broad, patterned leaves that give it a distinctive look. It's forgiving and low-maintenance, thriving in bright, indirect light. If it starts to grow unevenly, you can trim the top and repot it to start a new plant.



PRO TIP :

Overwatering is one of the most common reasons indoor plants fail. Before watering, check the soil by sticking your finger a few inches in — if it still feels damp, wait a day or two. Most plants prefer to dry out slightly between waterings, since consistently soggy soil can lead to root rot.



Nothing marks the arrival of fall quite like pumpkins dotting the landscape and the crisp scent of leaves in the air. Across America, communities and family farms celebrate the season with festivals, corn mazes, hayrides and pumpkin patches overflowing with gourds in every shape and size. Whether you're chasing giant pumpkins, seeking the perfect photo backdrop or simply enjoying a crisp autumn day, these pumpkin spots are must-visit destinations this season.

FALL'S BEST **Pumpkin Adventures**

Half Moon Bay Art & Pumpkin Festival

HALF MOON BAY, CALIFORNIA

This iconic coastal celebration is one of the oldest and most storied pumpkin festivals in the nation. Held every October, the weekend event embraces harvest fun with arts, live music, food vendors, craft booths and family-friendly contests. The main event, however, is the Safeway World Championship Pumpkin Weigh-Off, otherwise known as the "Super Bowl of Weigh-Offs," where growers bring in colossal pumpkins, often tipping the scales at more than 2,000 pounds. First place takes home top honors and wins \$9 per pound, plus there's a standing \$30,000 total prize package up for grabs if someone sets a new world record.



Circleville Pumpkin Show

CIRCLEVILLE, OHIO

Proudly billed as "The Greatest Free Show on Earth," the Circleville Pumpkin Show has been held annually since 1903. Over the course of the four-day event, visitors enjoy giant pumpkin weigh-ins, multiple parades, carnival rides, live entertainment and a mouthwatering array of fall foods that draw crowds from across the Midwest. A highlight for many is Lindsey's Bakery, which each year prepares a huge pumpkin pie six feet in diameter, weighing over 400 pounds, on display in their bakery on West Main Street.



Papa's Pumpkin Patch

BISMARCK, NORTH DAKOTA

Papa's Pumpkin Patch has been a Bismarck tradition for decades, growing an estimated 30,000 pumpkins, gourds, decorative corn and other harvest items each year. The farm offers bale mazes, nature trails, playgrounds and weekend hayrides and pedal carts. Visitors will also find plenty of picnic spots throughout the grounds.



Vala's Pumpkin Patch

GRETNA, NEBRASKA

At Vala's, pumpkin picking feels like stepping into an autumn amusement park. Since opening in the 1980s, the farm has expanded into a 400-acre celebration with more than 50 attractions included with admission. Guests dash through corn mazes, watch pig races, sip cider and even witness pumpkins launched from air cannons.





Morton Pumpkin Festival

MORTON, ILLINOIS

Known as the “Pumpkin Capital of the World,” Morton comes alive each September for a celebration of its pumpkin harvest. The festival features carnival rides, live music, a parade, an arts and crafts market, a pumpkin pancake breakfast, a pie-eating contest and a variety of pumpkin-themed treats. Established in 1967 to honor the local Libby’s pumpkin harvest, the event continues to grow each year, drawing visitors from across the region for contests, pageants and family-friendly entertainment.

New Hampshire Pumpkin Festival

LACONIA, NEW HAMPSHIRE

Held each fall in Laconia, the festival draws over 40,000 visitors across its two-day celebration. The highlight is a 34-foot-tall jack-o’-lantern tower, towering over the grounds and serving as an iconic centerpiece. Guests can enjoy pumpkin picking, hayrides, live music, seasonal foods, craft vendors and family-friendly activities, all set against the backdrop of New England’s crisp autumn scenery.



A BEGINNER'S GUIDE TO

DISC GOLF



Looking for an activity that gets you moving, outdoors and having fun at the same time? Disc golf might be just what you need.

Disc golf follows the familiar structure of traditional golf, but instead of clubs and balls, players throw discs toward an upright chained basket. Courses range from open park layouts to wooded trails, offering variety for all skill levels.

PARTS OF THE COURSE

- **Tee Pad** – The starting point for each hole. Your first throw must begin inside or behind the tee area.
- **Fairway** – The main path from the tee to the basket. Fairways may be open, wooded or a mix of both.
- **Basket** – The target with chains that catch your disc. Landing your disc here completes the hole.
- **Obstacles** – Trees, bushes, hills or water hazards that add challenge and strategy.



HOW TO PLAY



- **Starting the Hole** – Every hole begins at the tee pad. Players take turns throwing from inside or just behind the designated tee area.
- **The Lie** – After your throw, the spot where your disc lands is the lie. Mark it with a mini disc or by flipping over your disc. Your next throw must be taken from directly behind the lie.
- **Unplayable Lie** – If your disc lands somewhere impossible to throw, like a tree or deep bush, take your next throw from the spot closest to the original lie. You may need to throw from under a branch or around an obstacle.
- **Doglegs** – Some holes feature marked obstacles, such as trees or poles, that force a curved path. You must follow the designated route rather than throwing straight to the basket.
- **Scoring** – Each throw counts as one point. The hole is complete when your disc lands in the basket. Most holes are par 3, though some may be par 4 or 5. Like traditional golf, the goal is to have the lowest overall score.

DISC TYPES:

- Drivers travel fast and far, ideal for the opening tee shot.
- Mid-range discs offer control and accuracy for navigating the fairway.
- Putters are heavier and more stable, perfect for close, precise shots into the basket.

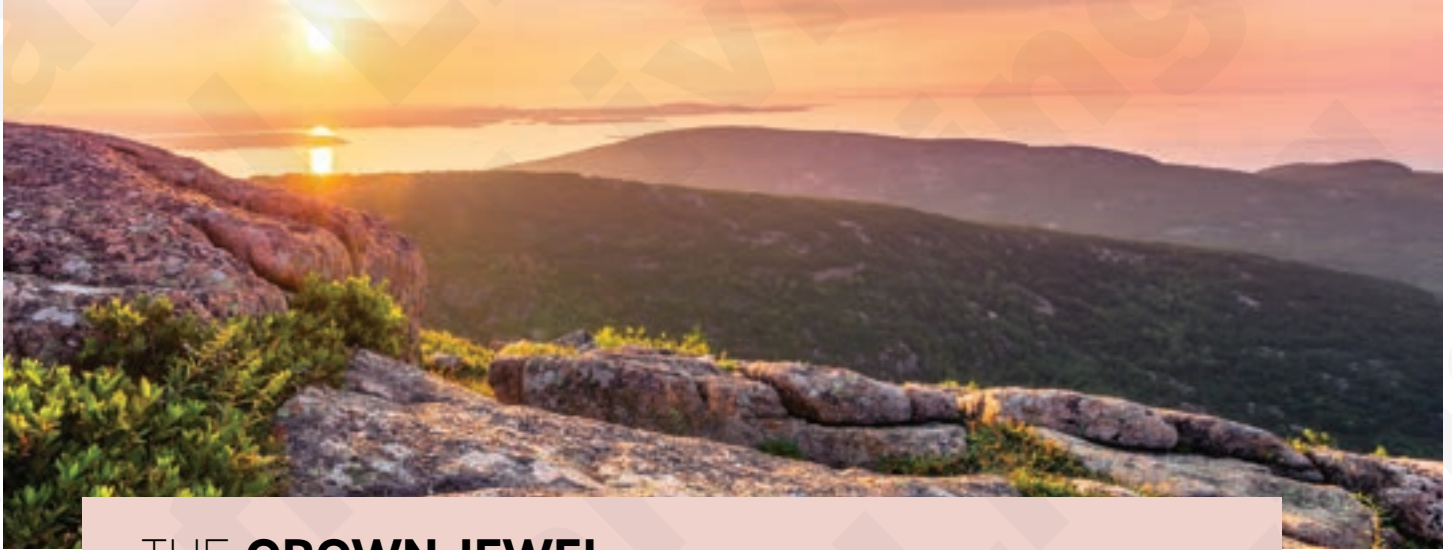
Disc golf is approachable, affordable and a great excuse to spend time outside. Whether playing casually with friends or tackling a challenging course, it's easy to pick up, fun to master and perfect for all ages.

EXPLORE ACADIA

FROM SEA TO SUMMIT



Set along Maine's rocky Atlantic coast, **Acadia National Park** is one of the country's most distinctive national parks, defined by granite mountains, dense forests and sweeping ocean views. Established in 1916 as the first national park east of the Mississippi River, the park spans more than 49,000 acres across the Atlantic Coastline of Maine.



THE CROWN JEWEL

Rising to 1,530 feet, **Cadillac Mountain** is the tallest peak on the U.S. East Coast and one of Acadia's most iconic landmarks. In the fall and winter, it's one of the first places in the U.S. to see the sunrise, attracting early-morning visitors. Visitors can reach the peak by driving up the three-mile Cadillac Summit Road, while several summit trails lead hikers to the top.

PATHS ACROSS THE PARK

Acadia's trail system offers more than 150 miles of trails, from relaxed walks to steep, adrenaline-pumping climbs. The **Ocean Path** offers an easy walk with consistent coastal views, making it ideal for families. **Jordan Pond Path** is another favorite, circling a clear, spring-fed lake beneath the rounded peaks known as the Bubbles. For experienced hikers, **Beehive Trail** and **Precipice Trail** provide iron rungs and steep ascents with jaw-dropping vistas.



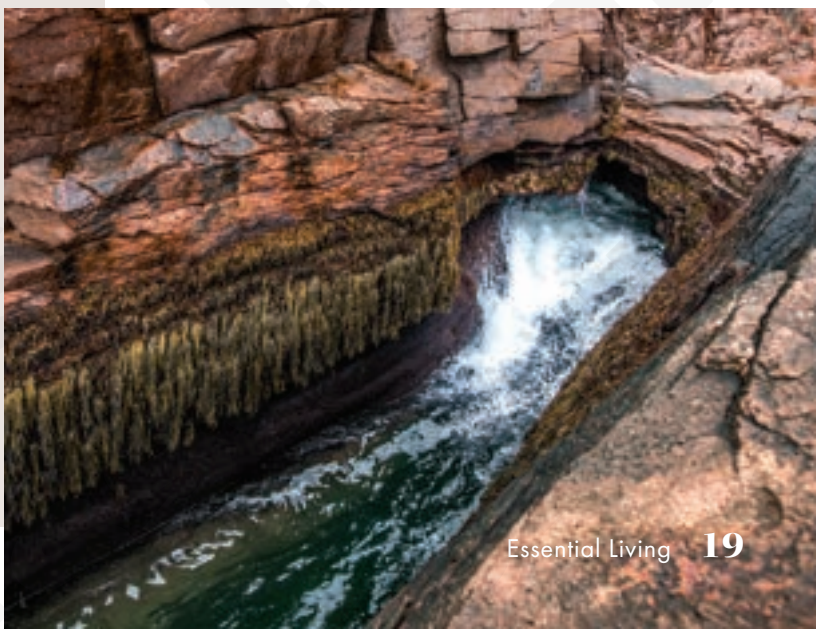
SCENIC STOPS WORTH SLOWING DOWN FOR

Driving the Park Loop Road is one of the easiest ways to see Acadia's highlights, with access to Jordan Pond, Sand Beach and multiple scenic overlooks. A stop at Bass Harbor Head Lighthouse is especially popular in the evening, when the low light and rugged coastline make it one of Maine's most photographed landmarks. Along the coast, Otter Cliff and Thunder Hole dramatically showcase where granite cliffs meet the waves, offering some of the park's most striking ocean views.

Wildlife is abundant throughout the park, from white-tailed deer and red foxes in the forests to peregrine falcons soaring above the cliffs and harbor seals along the coast. Visitors may also see ospreys fishing in the lakes, snowshoe hares darting through the woods or even moose in the quieter backcountry.

PLANNING YOUR VISIT AROUND THE SEASONS

Acadia is at its busiest from late summer through early fall, when temperatures are comfortable and most services are fully open. September and October bring cooler air and vibrant fall color, along with slightly fewer crowds. Spring offers a quieter experience with blooming wildflowers and crisp mornings, while winter transforms the park into a peaceful destination for snowshoeing and cross-country skiing.



STRETCHES

for
Morning,
Noon and
Night

A few minutes of stretching can do wonders for your **energy, posture** and overall **well-being**. Incorporating stretches into your daily routine keeps **your body limber** and **your mind refreshed**.

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.

MORNING

Energizers

Start your day with gentle movements to wake up your body.



- 1 Kneel on the floor with your knees under your hips. Extend your right leg out to the side, keeping your foot flat on the floor and toes pointing forward.
- 2 Inhale and lift your left arm straight overhead.
- 3 Lean your torso to the right, sliding your right hand down your extended leg while reaching your left arm over your head. Keep your chest facing forward.
- 4 You should feel a stretch along your side body, hips and inner thigh of the extended leg.
- 5 Maintain the pose for 20–30 seconds, then slowly return to center and switch sides.

Child's Pose

- 1 Kneel on the floor with your big toes touching and knees slightly apart.
- 2 Lower your torso forward between your thighs and extend your arms out in front of you, palms resting on the floor.
- 3 You should feel a gentle stretch through your lower back, hips and shoulders.
- 4 Stay here for five slow, even breaths.



NOON

Refreshers

Midday stretches help counteract desk stiffness and boost focus.

Seated Side Stretch

- 1 Sit on the floor with your left leg extended and your right leg bent with the sole of your right foot against your inner left thigh. Sit tall with a straight spine.
- 2 Inhale and lift your right arm straight overhead, reaching toward the ceiling.
- 3 Exhale and gently lean over your left leg, reaching your right arm overhead and your left hand toward your left toes. Keep your chest forward and spine long.
- 4 You should feel a stretch along your side body, obliques, hamstrings and lower back.
- 5 Maintain the stretch for 20–30 seconds, then return to center and switch sides.



Runner's Stretch

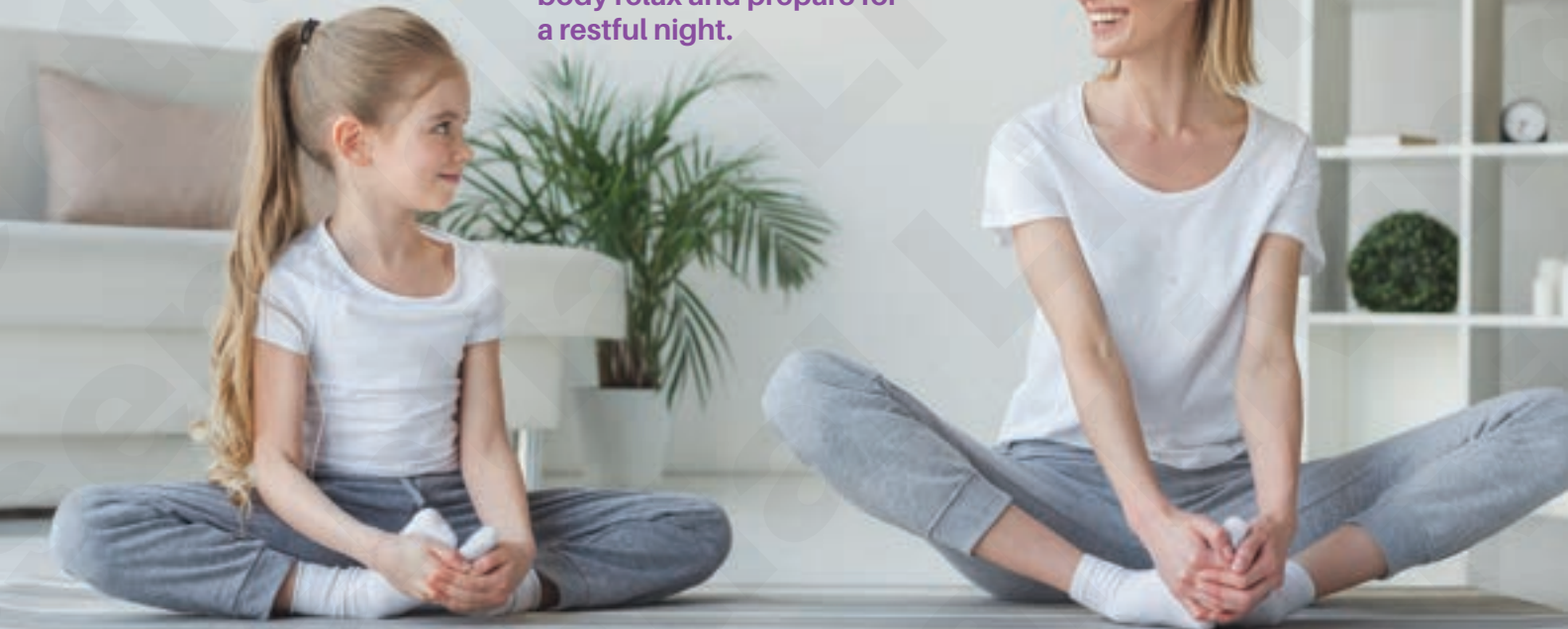
- 1 Begin standing; step your right foot forward into a long lunge with your left leg extended behind you. Place your hands on the floor or your front thigh for support.
- 2 Lower your back knee to the floor and sink your hips forward until you feel the stretch in your hip and thigh.
- 3 Remain here for 30 seconds.
- 4 Slowly straighten your front leg as much as you can.
- 5 Hold for another 30 seconds, then step back and repeat on the other side.



EVENING

Wind-Down

These stretches help your body relax and prepare for a restful night.



Butterfly Pose

- 1 Sit on the floor with your back tall and straight. Bend your knees and bring the soles of your feet together.
- 2 Hold your feet and gently press your knees toward the floor.
- 3 You should feel a gentle pull in your inner thighs and hips.
- 4 As you hold the pose, focus on breathing slowly and deeply.

Figure Four Stretch

- 1 Lie on your back near a wall. Place your left foot flat against the wall with your knee bent at 90 degrees. Cross your right ankle over your left thigh just above the knee.
- 2 Gently draw your right thigh toward your chest, keeping your back flat on the floor. Adjust distance from the wall as needed for comfort.
- 3 You should feel a deep stretch in your hips and glutes.





Quiche isn't just a breakfast staple; it's a versatile dish that shines any time of day. It's hearty enough for a main course yet refined enough for entertaining, making it an instant crowd-pleaser. From a deep-dish pizza inspired creation to a twist on classic Marry Me Chicken, these quiche recipes will have everyone asking for seconds.

Simply Delicious Quiche

Crustless BLT Quiche Squares

This crustless BLT quiche is packed with crispy bacon, spinach and sharp cheddar, then baked until perfectly set.

INGREDIENTS

- 1 c. whole milk
- ½ c. heavy cream
- 6 large eggs
- ½ tsp. salt
- ½ tsp. black pepper
- 1 c. cooked bacon, crumbled
- 2 c. fresh spinach, thinly sliced
- ¾ c. cherry tomatoes, sliced
- 1½ c. freshly grated sharp cheddar cheese
- 6 toasted English muffins, for serving
- Additional cooked bacon strips, for serving

INSTRUCTIONS

1. Preheat the oven to 375° F. Generously grease a 9x9-inch baking tray to prevent sticking.
2. In a medium bowl, whisk together the eggs, whole milk, heavy cream, salt and black pepper until fully combined.
3. Next, add the crumbled bacon, sliced spinach, cherry tomatoes and grated cheddar cheese to the egg mixture. Mix to combine before pouring into the prepared baking dish.
4. Bake for 30 minutes, or until the center is set and the sides are lightly golden brown.
5. Remove from the oven and allow the quiche to cool for 10 minutes before slicing into squares.
6. Serve warm on toasted English muffins, topped with freshly cooked bacon strips.
7. Tip: Baking the quiche in a baking dish as opposed to a baking tray helps prevent overflow and ensures even cooking — perfect for slicing into sturdy squares for sandwiches.



PREP TIME: 15 minutes
BAKE TIME: 30 minutes
YIELD: 6 servings

Caramelized Onion & Mushroom Puff Pastry Quiche

This savory quiche features caramelized onions, earthy mushrooms and a rich trio of cheeses baked into flaky puff pastry.



INGREDIENTS

- 1 sheet frozen puff pastry, thawed
- 4 tbsp. unsalted butter
- 1 yellow onion, thinly sliced
- Splash of chicken broth, for deglazing
- 1½ tsp. Worcestershire sauce
- 8 oz. cremini mushrooms, sliced
- 1 clove garlic, finely grated
- 1 tsp. fresh thyme
- Salt and freshly ground black pepper, to taste
- 1 c. freshly grated Gruyère cheese
- ½ c. grated Swiss cheese
- 1 c. crumbled goat cheese
- 1 c. heavy cream
- 4 large eggs
- 1 tbsp. Dijon mustard
- 2 tbsp. onion jam

INSTRUCTIONS

1. Preheat the oven to 400° F. Lightly grease a deep pie dish and allow the puff pastry to come to room temperature.
2. Gently roll out the puff pastry. Cut a circle large enough to fit into the pie dish and press it into the bottom and sides. Use the remaining scraps to form a rustic top crust, then set aside.
3. In a large skillet over medium heat, melt the butter. Add the sliced onions and cook, stirring occasionally, for about 10 minutes until softened.
4. Add a dash of broth to deglaze the pan, scraping up any browned bits. Continue cooking until the liquid evaporates.
5. Stir in the Worcestershire sauce and continue cooking until the onions are golden brown, about 5–8 more minutes.
6. Add the mushrooms, grated garlic, thyme, salt and pepper. Cook until the mushrooms are soft. Then, remove from heat and let cool slightly.
7. In a medium bowl, whisk together the eggs, heavy cream, Dijon mustard and onion jam until smooth.
8. Sprinkle the Gruyère, Swiss and goat cheese into the egg mixture and whisk again to combine.
9. Spoon the onion and mushroom mixture into the egg mixture and whisk again before carefully pouring into the prepared pie dish.
10. Bake for 40–45 minutes, or until the pastry is golden brown and the center of the quiche is set.
11. Let cool for 10 minutes before slicing and serving.

PREP TIME: 30 minutes
BAKE TIME: 40-45 minutes
YIELD: 8 servings





Marry Me Chicken Quiche

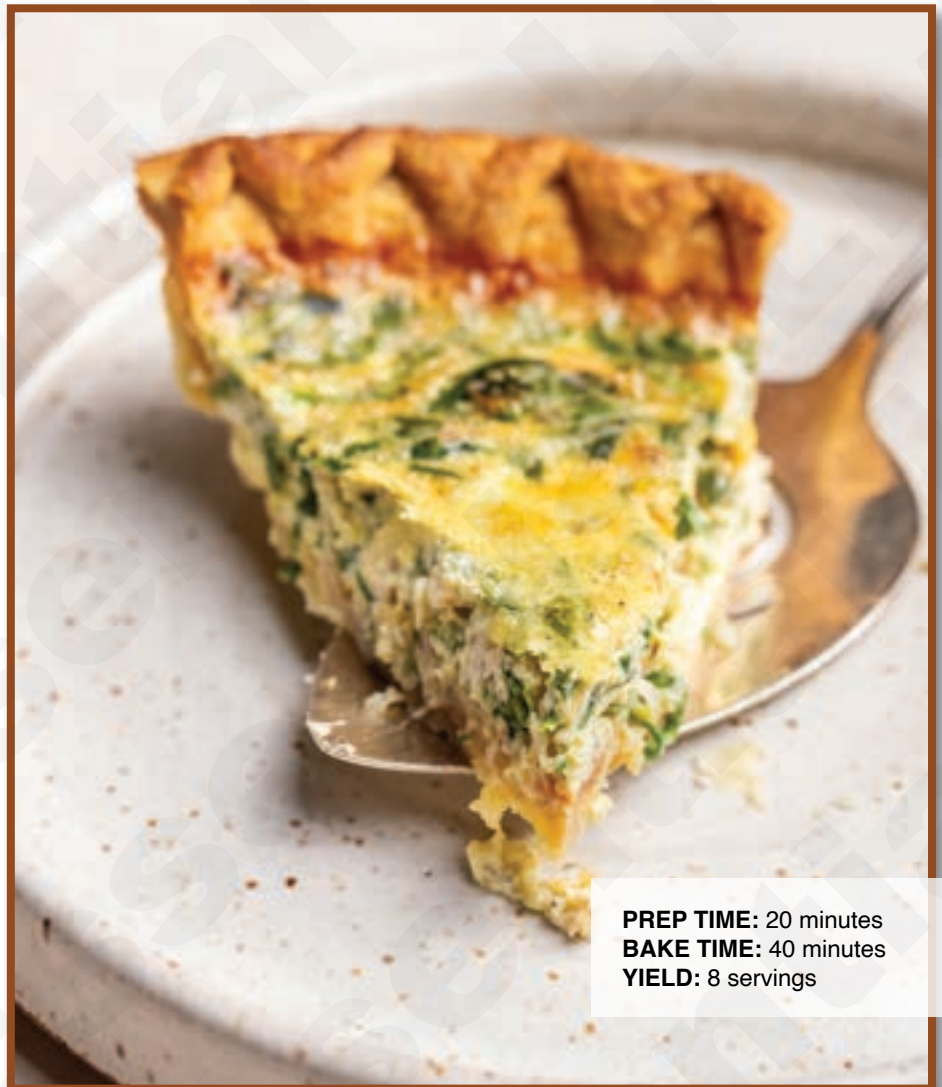
This creamy quiche is packed with chicken, fresh tomatoes, basil and a rich Dijon-spiked egg custard.

INGREDIENTS

- 1 prepared pie crust
- 1½ c. cooked chicken breast, finely chopped
- 1 tbsp. olive oil
- 1 shallot, finely minced
- 1 clove of garlic, minced
- 1½ c. fresh spinach, diced
- 1 c. fresh tomatoes, diced (or substitute sundried tomatoes)
- ¼ c. fresh basil, thinly sliced
- 1 c. mozzarella cheese, freshly grated
- ½ c. Parmesan cheese, freshly grated
- ¾ c. heavy cream
- 4 large eggs
- 1 tbsp. Dijon mustard
- ½ tsp. salt
- ½ tsp. black pepper

INSTRUCTIONS

1. Preheat the oven to 375° F. Place the pie crust into a deep pie tin, crimp edges as desired and set aside.
2. Heat olive oil in a skillet over medium heat. Add the minced shallot and sauté for three minutes.
3. Add the minced garlic and sauté for two minutes. Remove from heat and let cool slightly.
4. In a large bowl, whisk together the eggs, heavy cream, Dijon mustard, salt and pepper until smooth.
5. Spread the cooked chicken evenly over the bottom of the pie crust.
6. Sprinkle the sautéed shallot and garlic mixture over the chicken, followed by spinach, tomatoes and sliced basil.
7. Add the mozzarella and half the Parmesan cheeses evenly over the filling.
8. Slowly pour the egg mixture over the filling, ensuring everything is covered. Then, sprinkle the rest of the Parmesan cheese over the top.
9. Bake for 40 minutes, or until the center is set and the top is lightly golden.
10. Remove from the oven and allow to cool for 10 minutes before serving.



PREP TIME: 20 minutes
BAKE TIME: 40 minutes
YIELD: 8 servings

Deep Dish Pizza Quiche

This deep-dish inspired pizza quiche has cheesy, Italian-inspired flavors baked into a homemade crust.

INGREDIENTS

FOR THE CRUST

- 1½ c. all-purpose flour
- ½ tsp. salt
- ½ tsp. garlic powder
- ½ tsp. Italian seasoning
- ½ c. cold unsalted butter, cubed
- 3–5 tbsp. ice water

FOR THE FILLING

- ½ c. pizza sauce
- 2 c. shredded mozzarella cheese
- 1 c. grated Parmesan cheese
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 8 large eggs
- 1 c. milk
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ c. sliced pepperoni
- ¼ c. parsley, minced, plus more for serving

INSTRUCTIONS

1. Preheat the oven to 375° F and grease a deep cake pan.
2. In a medium bowl, whisk together flour, salt, garlic powder and Italian seasoning.
3. Cut the cold butter into the flour using a pastry cutter or fork until the mixture is crumbly.
4. Gradually add the ice water, one tablespoon at a time, mixing until the dough comes together and holds when pressed.
5. Press the dough evenly into the bottom and up the sides of the prepared deep cake pan. Use a fork to poke holes into the bottom of the crust.
6. Bake for 10 minutes, then remove from the oven.
7. In a large bowl, whisk together the eggs, milk, salt and black pepper until smooth.
8. Sprinkle in half the mozzarella and Parmesan cheeses, then add the oregano, basil and parsley. Mix to combine.
9. Carefully pour the egg mixture over the fillings in the crust.
10. Then, top with the pizza sauce, remaining mozzarella cheese and pepperoni.
11. Bake for 40 minutes, or until the top is lightly golden brown, and a toothpick inserted in the center comes out clean.
12. Remove from the oven and let cool for 10 minutes before slicing.
13. Garnish with more parsley and enjoy!



PREP TIME: 40 minutes
BAKE TIME: 50 minutes
YIELD: 8-10 servings

Effortless Beauty Every Day



**LOOKING POLISHED EVERY DAY
DOESN'T HAVE TO BE COMPLICATED.**

With a few simple routines and smart habits, you can maintain a put-together look with minimal effort.

Radiant Skincare

Keep a Simple Routine



A simple, effective skincare routine lays the groundwork for a glowing complexion. Start with a **gentle cleanser** to remove impurities without stripping natural oils. Follow with a **lightweight serum** targeting your main skin concerns, whether hydration, brightness or anti-aging. A **moisturizer with SPF** protects your skin long-term. This trio nourishes your skin, protects it from sun damage and keeps your complexion glowing.

Treat Yourself to Frequent Facials

Regular facials are an easy way to invest in your skin and keep it in top shape. They provide **preventative care, clear pores** and **boost radiance**. Find a **licensed esthetician** who can tailor treatments to your needs.



Skincare Hacks

- Exfoliate 1-2 times per week to brighten and smooth skin.
- Use a **jade roller** or **gua sha** to boost circulation and reduce puffiness.
- Add a facial mist during the day to refresh and hydrate skin instantly.



Use Minimal Makeup

Less is more when it comes to makeup. A tinted moisturizer, subtle blush, groomed brows and a swipe of mascara enhance your features naturally. A pared-down approach highlights your best features while keeping your look fresh and effortless.



Effortless Hair & Nails

Hair Hacks

- **Work with your natural texture**, not against it. Reduce heat styling and choose styles that last several days to save time and effort.
- **Schedule regular trims** to prevent damage and tangles.
- **Use dry shampoo** to extend wash days.
- **Opt for low-maintenance cuts** like blunt bobs, textured shags or long layers.
- **Book professional blowouts** or deep-conditioning treatments to save styling time.
- **Sleep on a satin pillowcase** to reduce frizz overnight.

Quick Nail Care

Keep nails neat with **regular trimming** and **cuticle care**. A **clear** or **neutral polish** keeps hands looking sleek without daily effort.



Daily Self-Care



Small Rituals

Take short, intentional breaks to **stretch**, **meditate** or enjoy a cup of tea. These moments refresh your **body** and **mind**, helping you feel confident and composed.

Healthy Habits

Consistent sleep, **hydration** and **balanced nutrition** support your **skin**, **hair** and **energy levels** – making all other beauty efforts more effective.

BY ORGANIZING YOUR BEAUTY ROUTINE INTO SIMPLE, CONSISTENT HABITS, YOU CAN ACHIEVE A POLISHED, PUT-TOGETHER LOOK EVERY DAY.



visual guide to Nocturnal Animals

When the sun goes down, some of the animal kingdom's most fascinating creatures come to life. Nocturnal animals have unique adaptations that let them hunt, forage and navigate in the dark, thriving while most of the world sleeps.

With enormous, glowing eyes and long, bushy tails, bushbabies are the acrobats of the night. They can leap up to 10 feet between trees, landing with pinpoint accuracy. Their oversized ears detect the faintest rustle of insects or small vertebrates, allowing them to hunt with incredible precision in near total darkness.



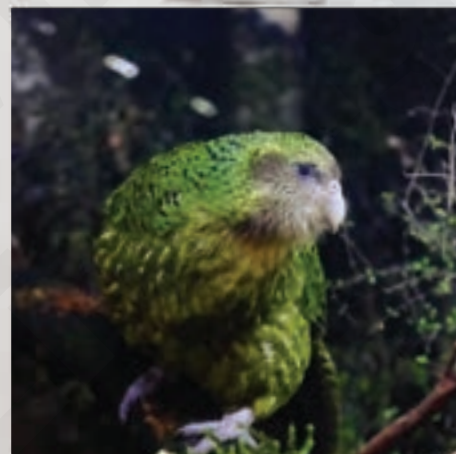
bushbaby



nightjar

These elusive birds are the masters of camouflage. During the day, they perch motionless on tree branches or forest floors, blending in so perfectly that even seasoned birdwatchers can't spot them. By night, they transform into fierce hunters, swooping through the air to snatch insects mid-flight with their wide-open mouths. Their eerie, churring calls add to their mysterious aura.

Famous for their ability to curl into a tight ball, these spiky little mammals are expert foragers. Under the cover of night, they use their sharp sense of smell and keen hearing to track down insects, worms and even small amphibians.



kakapo

This flightless parrot from New Zealand is as rare as it is peculiar. Weighing up to nine pounds, kakapos are nocturnal and herbivorous, feeding on leaves, seeds and fruits. Unlike most parrots, they can't fly, but they use their strong legs to climb trees and move stealthily at night. They communicate with booming mating calls that can travel over a mile in the still night air.

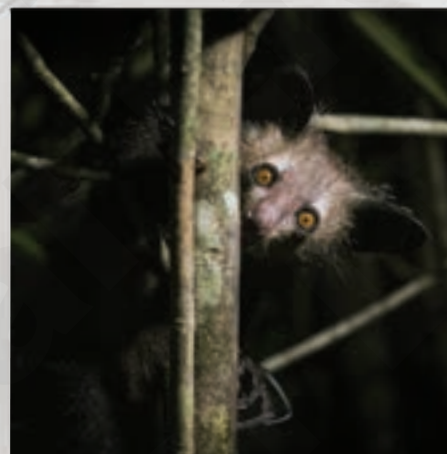


hedgehog



quokka

These small marsupials are best known for their “smiling” faces and friendly curiosity. They are relatives of wallabies and kangaroos, sharing the same hopping gait and strong hind legs, though much smaller and rounder. Native to Rottnest Island, these nocturnal foragers nibble on leaves, grasses and berries, bouncing through the night with surprising agility and endless charm.



aye-aye

Madagascar’s quirky primates look almost otherworldly with their large, round eyes and elongated, skeletal middle fingers. They tap on tree bark to locate hollow chambers where insect larvae hide, then fish them out with incredible dexterity. Their unusual foraging method makes them one of the most specialized nocturnal hunters on the planet.



pygmy slow loris

Tiny but fascinating, pygmy slow lorises have huge, luminous eyes adapted for seeing in the dark. Their slow, deliberate movements make them nearly impossible to detect by predators or prey. Unlike most primates, they possess a toxic bite, a rare defense that allows them to forage with relative safety in dense nighttime forests.

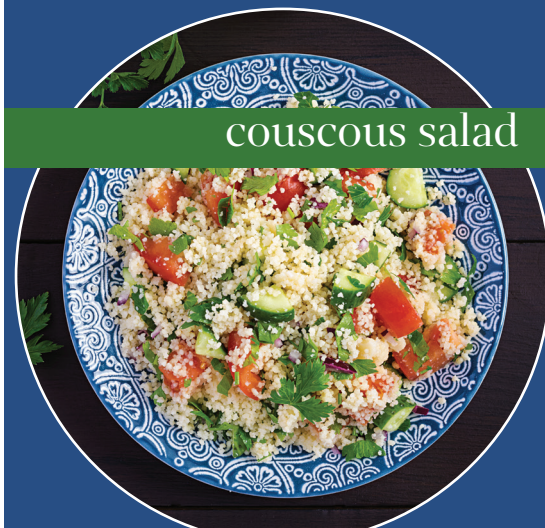


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couscous salad

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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