



May 2020

## ***HAPPY SPRING!***

It is nice to see green grass, leaves on the trees and hear birds chirping outside the window. Spring is a wonderful time of year. Everything looks fresh and new after the long winter. Enjoy this time of renewal – take a long walk and breath in the wonderful air.

I am sure you have noticed there is more activity at Eastgate. More residents are home during the COVID pandemic, and everyone is outside enjoying this nice spring weather. In view of this, please remember to obey the 14 MPH speed limit and use caution.

Our office will be closed Monday, May 25th in observance of Memorial Day, we are also closed on Fridays for the near future. As always, please use the 24-hour answering service for any maintenance emergencies.

We want to wish a very Happy Mother's Day to all of our Eastgate Moms. We hope you enjoy your special day!

~ Jennifer Driscoll, Property Manager

## ***Community-Supported Agriculture***



Over the past month you have become familiar with “The Curve,” the graph that illustrates why social distancing is so crucial to hospitals.

Stuck at home, many of us are facing another curve — the rate at which we learn home cooking skills. If you’ve made some blunders (sourdough, I’m looking at you), upload your most spectacular fail on Twitter - #bakingfails - and keep trying.

While some restaurants are still able to serve takeout — and we hope you can frequent your local favorites from time to time — an all-takeout diet is not feasible (for the wallet or waistline).

Now is a great time to get to know local farmers, connect to community food resources, and cook healthy, delicious meals. NH farms are reliable sources for healthy and safe, local ingredients. Plus, any dollar you spend with a farm is quickly spent in the community at hardware stores, with local mechanics and on payroll for farm workers.

Due to COVID-19 our farmers face an unprecedented challenge as their restaurant customers slow or stop food orders while their dining rooms are closed. Right now, there is an abundance of farm-fresh produce, meat and pantry items available throughout New Hampshire if you know where to look.

## ***Find your Local Farmstand***

There are a number of resources and directories that will point you to the closest farm or market. The New Hampshire Department of Agriculture publishes the annual [New Hampshire Farm Stand Directory](#). Most farms maintain a social media account on Instagram or Facebook. Follow them to learn about current availability, pick-up and delivery options updates on safe social distancing policies.

## ***Reserve a CSA Share***

A CSA share is typically a prepackaged box containing portions of the weekly harvest. You pay your farmer at the start of the season, and then, starting in June, you collect your box of freshly picked fruits and vegetables throughout the summer. Some farms offer CSA shares that include dairy, meat and pantry items like honey or maple syrup.

This model allows you to reserve a portion of what is planted now and harvested in the summer. They are offered in seasonal and year-round models depending on capacity, infrastructure and operations of each farm. As demand increases for local food, a [CSA share](#) will guarantee you'll have a box filled with freshly harvested vegetables each week.

Some farms survive on the cash earned at weekly farmers markets. With all markets cancelled, a CSA share can replace some of that business and provide farmers with a guarantee of income as they fulfill orders over the summer. By purchasing a CSA share you help your local farmer bridge the gap for the next eight weeks until market season begins in June.



### *Food Resources*

Whether you're in need or able to give, there are food resources that can help during these uncertain times. Multiple community organizations have generated funding at the state and local levels to respond to the pandemic. If your family or someone you know needs food, please reach out and ask for help.

Created by UNH Extension, this [Food Access Map](#) is designed to help connect people to food resources around the state. It can also serve as a hub for those looking to donate or volunteer their time.

The Manchester School District in collaboration with SNHU has a free food bus delivery program and [weekend meal package distribution](#) if you have school age children. The YMCA in downtown Manchester also has "grab and go" bagged lunches for children 18 and under.

Manchester area [food pantries](#) are also available to help, but it's wise to call ahead or check Facebook pages for current distribution hours and proof of residency requirements. You can also check out the [NH Food Bank](#) for more resources. The NH Food Bank has received grants and donations of more than \$1 million to help provide food for The Granite State during the COVID crisis.



No need to get salads from Panera. Try this delicious strawberry salad at home, and make your own Green Goddess Dressing.

## *Strawberry Cobb Salad*

**Yield: 4 servings, Time: 20 minutes**

### **INGREDIENTS**

#### **FOR THE GREEN GODDESS DRESSING**

- \* 1 c. store-bought ranch dressing
- \* 1/2 bunch flat-leaf parsley
- \* 3 tbsp. thinly sliced chives
- \* 8 large basil leaves

#### **FOR THE SALAD**

- \* 2 tbsp. extra-virgin olive oil
- \* 2 6-oz. boneless skinless chicken breasts
- \* kosher salt
- \* Freshly ground black pepper
- \* 2 romaine hearts, shredded
- \* 12 strawberries, hulled and thinly sliced
- \* 1 avocado, pitted, peeled and thinly sliced
- \* 1/8 red onion thinly sliced
- \* 4 oz. crumbled goat cheese
- \* 2 oz. thinly sliced prosciutto
- \* 1 hard-boiled egg, quartered

### **DIRECTIONS**

Make the dressing: Place all ingredients in a blender and blend until smooth. Set aside.

Preheat oven to 350°. In a skillet over medium-high heat, heat oil. Season each chicken breast with salt and pepper and place in the skillet. Sear chicken, 3 to 4 minutes per side. Transfer skillet to oven and continue to cook, 8 minutes. Remove from heat and transfer chicken to a cutting board. Cool 7 to 10 minutes before slicing.

To assemble: Pour half the dressing into a large mixing bowl and toss together with shredded romaine. Transfer coated romaine to a serving bowl and top with sliced chicken breasts, strawberries, avocado, onion, goat cheese, prosciutto, and egg. Season entire salad with salt and pepper.

Serve entire salad, family style, alongside remaining dressing.