

Reminiscent Summer Recipes

This summer will surely be unlike any that we have experienced in our lifetimes. With social distancing still in effect what will our normal summer activities look like? Different! That is a sad realization for many of us. No festivals, fairs, family reunions, or block parties? These are not a thing of the past, but certainly many of these things will not happen as they used to, at least for now... That's why we compiled some go to summer flavors that will have you reliving all your favorite summer memories.

Basil Lemonade

Ingredients

1 cup sugar
1 cup firmly packed basil leaves
6 cups water divided
1 1/2 cups freshly squeezed lemon juice (6 to 8 lemons)

Instructions

- In a medium sauce pan, muddle the sugar and basil together with a wooden spoon. Add 2 cups of water and cook over medium heat, stirring frequently, until all of the sugar has dissolved.
- Remove from the heat and allow the basil to steep in the syrup until cool. Once cool strain the simple syrup into a pitcher. Add 4 cups of water and the lemon juice. Stir well. Serve over ice with a garnish of basil and lemon.

Peach Pie

Preheat the oven to 425°

Ingredients

Crust:
2 cups all-purpose flour + extra for floured surface
2 teaspoons sugar for sprinkling on top
1 teaspoon salt
1 stick (4 ounces) cold salted butter, cut into 1/2 inch pieces
1/3 cup cold solid vegetable shortening or lard
6-7 tablespoons ice water

Filling:

8 large, ripe but firm peaches (3 1/2 pounds)
3/4 - 1 cup sugar
1 1/2 tablespoons fresh lemon juice
1/4 cup plus 1 tablespoon all-purpose flour
1 1/2 tablespoons unsalted butter, thinly sliced
Egg wash (1 egg yolk mixed with 2 tablespoons water)

Instructions

- Combine flour, + salt and whisk. Using a pastry cutter, combine butter and shortening or lard. Lightly combine until butter and shortening are smaller than pea size, and crust is crumbly. Gently

Mexican Street Corn

Ingredients

8 ears corn, shucked
2 tablespoons vegetable oil
Kosher salt and freshly ground black pepper, to taste
1 cup crumbled cotija cheese, divided
1/2 cup mayo (roughly)
1/2 cup cilantro leaves, minced, plus more for garnish
2 teaspoons lime zest
1 teaspoon ancho chile powder
Lime wedges, for serving

Instructions

- Light a grill. On a sheet pan, toss the corn with the oil, then season with salt lightly and pepper.
- Place the corn on the hottest part of the grill and cook, turning as needed, until cooked through and charred, 8 to 10 minutes.
- Remove the corn from the grill and immediately brush or drizzle each cob liberally with mayo and transfer to a platter. Roll corn in a dish filled with the crumbled cheese or sprinkle to cover all sides.
- Sprinkle chili powder, and cilantro over the corn to suite your taste. Garnish each cob with a sprinkle of the remaining cheese and more cilantro, then serve with lime wedges.



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IT'S WHAT'S INSIDE

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recipes by Lacy Evrard - Peacock Print & Marketing

Parental self-care in the days of Coronavirus

The Calgon commercials of years past—the harried Mom imagining a warm tub filled with bubbles, pleading, "Calgon, take me away!" – were an effective marketing tool. But were they real life? Maybe not so much. Today the popular term is "self care," with a definition that varies widely. The goal is to spend time for oneself in an increasingly hectic world. It can be challenging enough, but when that world suddenly includes quarantines, social distancing and closed schools, what's a parent to do?

Some tips:

Limit your news and social media intake. There's a balance between being informed and becoming over-saturated. Too much news about things you can't control becomes a negative for your mental health.

Stretch. Too much time at home often means too much time spent sitting, so get up and move around, and make sure to stretch. Your hips and joints will thank you.

Maintain a routine. It doesn't mean you schedule your day with military precision, but a routine helps us feel a sense of control. Make your bed and get dressed, even if it's into sweatpants. The routine and the change of clothes works wonders for your mindset.

Get outside. Whether a long-distance run or a short walk, fresh air and sunshine are key. Consider getting up before the rest of your family. Though it can be tough, an hour to yourself can make all the difference in how the rest of your day goes. For some, this might work better on the flip side – staying up a bit later just for the alone/quiet time.

Negotiate your time and space. Okay, this one's tough for the folks with toddlers. But, it can be helpful to establish agreed upon times during which you can escape to the office, for example, or have control of the remote ;)

Penguin Explorations

Aquariums and zoos are closed for the current crisis, but the facilities are sharing videos on their Facebook pages. Among them, Chicago's Shedd Aquarium showing off their penguins touring the exhibits. Rockhopper penguin Wellington, 32, made quite a fuss about seeing the many fish in different exhibits, but especially liked the neon-colored cardinal tetras from the Amazon exhibit.



Walking The Path

Finding peace, rhythm and
resolution in difficult times.



All photos featured were taken at The Labyrinth at Nina's, south of Mount Vernon, Illinois

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

Local artist Nina Peacock is the keeper of her own labyrinth. Ever changing with the seasons, this path has been traveled by many friends and curious locals. It features exploding blooms, creeping plants, bees, birds and haiku poems written by Nina's family inlaid in brick. It bears witness to the time and effort she lavishes upon it. It's an intimate but shared space, sacred and loved.

The labyrinth journey beckons us to leave behind something that we want to let go of and receive something that we wish to gain. That's the power of the journey. Our journey in life carves and molds who we are, and we can use this as a metaphor to be proactive about becoming who we want to be.

Let's apply this to our lives. You probably don't have a labyrinth in your back yard, but there may be a path that allows you to decompress, reflect and blow off some stress. Maybe there's a nearby park, or a path you can make through your own yard or wooded property. Maybe it's a walk around your favorite part of town or a place that brings back sweet memories. Make this walk a part of your routine. Walk the path and clear your mind. Breathe in the fresh air and let your mind be still. Take time away from staring at a screen and simply be. Pray and think of the things you would like to let go of, and meditate on things you would like to gain. Take the time to be present in the moment and walk the path.

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In stressful times we need to take time to find ourselves again.
We need to seek peace, prayer and reflect on who we are.
We need a journey to help us get there. Let's find a path.

