

THE CARR *remote* EXPERIENCE

Issue No. XXII



In today's newsletter, we're sharing fresh, herb-filled recipes straight from the garden, how to find mindfulness at any age, and the latest news and online events in your city.

SEARED STEAK TARTARE WITH ROSEMARY



FOOD FOR THOUGHT

Whether store bought or home grown, there are so many delicious recipes that incorporate herbs as a main ingredient.



THERE IS NO sincerer love THAN THE LOVE OF food

—George Bernard Shaw



PHOTO: ANDY LYONS

SUNDAY - RECIPE

- **Monday:** [Two-Pea Pasta with Ricotta & Tarragon](#) by Delish
- **Tuesday:** [Cilantro Beef Tacos](#) by Taste of Home
- **Wednesday:** [Basil-Stuffed Chicken Breast](#) by Food & Wine
- **Thursday:** [Shrimp & Chive Ravioli with Grape Tomato Sauce](#) by Tyler Florence
- **Friday:** [Lamb Kebab with Mint Pesto](#) by Wolfgang Puck
- **Saturday:** [Seared Steak Tartare with Rosemary](#) by Bon Appétit
- **Sunday:** [Fresh Tomato Pizza with Oregano & Mozzarella](#) by Better Homes & Gardens

If you are new to the herb world, check out these [Gardenuity Garden Kits](#) for a unique gift, and these [tips to grow herbs year-round!](#)

Too many herbs in the kitchen, and not enough time to cook?! Herb-infused ice is a pretty way to use up leftovers while adding dimension to your favorite drinks. Try freezing mint and lavender to perk up your water, lemonade, or even cocktails.

Pro Tip: Boil the water first for the clearest cubes to highlight your herbs. Or, if you have a lot of "thyme" on your side, try this [citrus blueberry thyme cake](#) and chase it down with a [blackberry thyme margarita!](#)



HEALTH & WELLNESS

Mindfulness is the ability to be present, to rest in the here and now, fully engaged with whatever we are doing in the moment. Check out [Headspace](#) for free to see how mindfulness can help you tackle anything!

And for all of the parents out there, there is even a [Headspace for Kids](#), since we all need to learn how to unwind sometimes, no matter our age.

DC SHOP SMALL



DID YOU KNOW?

Hey, Washington, D.C. area residents! Did you know that [DC Dog Days](#) is this weekend? The business owners of the 14th and U Streets corridors have braved the dog days of summer to create a sidewalk sale with more than 100 local retailers and restaurants, offering exclusive sales, discounts, free shipping, and more!

In response to COVID-19, this year, [District Bridges](#) is partnering with [DC Shop Small](#) to take the sidewalk sale online and expand the list of participating D.C. neighborhoods.



CONTINUOUS IMPROVEMENT IS BETTER THAN DELAYED PERFECTION

—Mark Twain



For more information or to submit content ideas, please reach out to Trisha Joyce at tjoyce@carrprop.com.

Additionally, for real-time announcements and updates surrounding the operations and management of your building, [click here](#).