

THE INCENSE

A NEWSLETTER PRESENTED BY SANDLEWOOD APARTMENTS

JULY-AUGUST 2023; PAGE 1

BEAT THE HEAT

Students are off of school, the heat is rising and the California sunshine is beaming down! Summer has arrived in full force. For those of us who will be traveling out of town, don't forget to unplug your home devices, shut off your AC, and turn off your lights. Your energy bill will thank you!

In this newsletter, we give you some tips for the perfect beach day, a fun homemade sweet treat, and two summer themed recipes. Hope these help with beating the heat, stay cool.

REMINDERS AND EVENTS

Carports: Carports are for one registered motorized vehicle ONLY. Do not store bicycles, furniture, trash, or any other items in the parking spot. Violators will be fined accordingly

Balconies: An important reminder, balconies can only contain outdoor furniture and plants. Please refrain from keeping storage boxes, clothes lines, and indoor furniture on the balcony!

*Open flame cooking devices cannot be operated on combustible balconies. CA Fire Code 308.1.4

Rent: Rent is due by the 1st of the month, after the 5th late fees will be applied.

MEET THE TEAM

Community Manager:
Andre Robles

Maintenance:
Tonek Alkhas
Jose Gonzalez

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Tues-Fri 10am-5pm
Sat 10am-3pm
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WE ALL SCREAM FOR ICE CREAM

Frozen treats are one of the best ways to beat the blistering heat. However, sometimes the worst of the worst happens; you've already eaten all of your ice cream! You might be preparing yourself for a perilous adventure to the grocery store, but fear not! With the right tools and ingredients you can craft creamy ice cream right at home.

Ingredients

- Heavy whipping cream
- Vanilla Extract
- Sugar

Supplies

- 2 food safe, sealing plastic bags
- Ice cubes
- Salt
- Towel or paper towel

- 1) In one bag, add the ice cubes and salt
- 2) In the other bag, add all of your ice cream ingredients and seal the bag shut
- 3) Place the entire ingredients bag into the ice and salt bag and seal shut
- 4) Wrap the bag up in a towel or paper towels

Warning: The contents will get very COLD, DO NOT SKIP THIS STEP

- 5) Shake and massage the bag to chill to ingredients for several minutes
- 6) Remove inner ice cream bag and serve!

BEACH DAY GET AWAY GUIDE

July and August is the absolute best time to appreciate the everfamous California Sunshine. Spending hours in the sand, sun, and sea is wonderful, but it can easily leave you feeling sunburnt and dehydrated. So here's a beach day checklist to give you the best chance of enjoying the seaside. Just make sure to respect the beach and stay safe!

- Sunscreen
- Towels for sitting on the sand and for drying off
- Swim suits
- Umbrella or Tent for shade
- Sunglasses
- Cooler with waters and snacks

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TASTY BITES FOR DELECTABLE NIGHTS

PESTO-CORN SALAD WITH SHRIMP

4 medium ears sweet corn, husked
1/2 cup packed fresh basil leaves
1/4 cup olive oil
1/2 teaspoon salt, divided
1-1/2 cups cherry tomatoes, halved
1/8 teaspoon pepper
1 medium ripe avocado, peeled and chopped
1 pound uncooked shrimp (31-40 per pound), peeled and deveined
Freshly chopped parsley, for garnish

- In a pot of boiling water, cook corn until tender, about 5 minutes. Drain; cool slightly. Meanwhile, in a food processor, pulse basil, oil and 1/4 teaspoon salt until blended.
- Cut corn from cob and place in a bowl. Stir in tomatoes, pepper and remaining 1/4 teaspoon salt. Add avocado and 2 tablespoons basil mixture; toss gently to combine.
- Thread shrimp onto metal or soaked wooden skewers; brush with remaining basil mixture. Grill, covered, over medium heat until shrimp turn pink, 2-4 minutes per side. Remove shrimp from skewers; serve with corn mixture.

CUCUMBER HUMMUS BOATS

- Cook quinoa according to package directions. Transfer to a large bowl; cool slightly.
- Meanwhile, cut each cucumber in half lengthwise. Scoop out pulp, leaving a 1/4-in. shell. Add garbanzo beans, tomatoes, cheese and olives to quinoa. In a small bowl, whisk lemon juice, honey, oil, garlic and pepper until blended. Pour over quinoa mixture; gently toss to coat.
- Spread about 2 tablespoons hummus inside each cucumber shell. Top each with about 1/3 cup quinoa mixture. Sprinkle with basil if desired. to plates; serve immediately.

1 cup quinoa, rinsed
6 medium cucumbers
1 can (15 ounces) garbanzo beans rinsed and drained
1 cup cherry tomatoes, halved
1 package (4oz) crumbled tomato and basil feta cheese
1/2 cup pitted Greek olives, chopped
1/4 cup lemon juice
3 tablespoons honey
2 tablespoons olive oil
2 garlic cloves, minced
1/4 teaspoon pepper
1 carton (14oz) roasted garlic hummus
1/2 to 1 cup grated Oaxaca cheese or monterey jack cheese

Pesto Corn Salad with Shrimp; Taste of Home; www.tasteofhome.com/recipes/pesto-corn-salad-with-shrimp/

Cucumber Hummus Boats; Taste of Home; www.tasteofhome.com/recipes/cucumber-hummus-boats/