

## Recipe Corner

### Pork Chops with Apricot-Tomato Chutney

- 4 boneless, center-cut pork loin chops,
- (1-1 1/4 pounds), trimmed of fat
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 14-ounce can diced fire-roasted tomatoes
- 1/4 cup chopped dried apricots
- 1 tablespoon lemon juice
- 1/8 teaspoon crushed red pepper
- 1 tablespoon chopped fresh thyme, for garnish

Preheat oven to 350°F. Sprinkle pork chops with salt & pepper. Heat oil in a large skillet over medium heat. Add the pork chops and cook until browned, 1-2 minutes per side. Transfer to an 8-inch-square glass baking dish. Add tomatoes, apricots, lemon juice and crushed red pepper to the skillet and increase heat to medium-high. Bring to a boil and cook, scraping up any browned bits, until the sauce thickens into chutney, 4 to 5 minutes. Pour the chutney over the pork chops. Bake the pork chops until just cooked through, 8-10 minutes. Divide the chops and chutney among 4 plates and sprinkle with thyme.

### Eating Mistakes...continued from page 3

2. Eat slowly, pausing often to rate how your hunger changes.
3. When finished, rate yourself one more time. Try to stay between 2 1/2 and 5 1/2: not too ravenous when you start and not completely full when you stop.

### 5. We have a microwave addition.

Many women come home from work and pop a frozen entrée into the microwave. "Eating too many heavily processed foods can leave you short on fiber and antioxidants such as vitamin C," explains Jo Ann Hattner, RD, clinical dietitian at Stanford University Medical Center.

**Smarter: Complement a frozen entrée with a green salad, a 100 percent whole wheat roll, and fruit for dessert.** Stock up on the freshest fruit for maximum flavor. ■

### Fun & Fast Facts...

*It is said that your body uses 300 muscles to balance itself when you are standing still.*  
*There are about 60,000 miles of blood vessels in the average adult human body.*  
*By consensus the smartest dogs are border collie, poodle & golden retriever.*

[www.fourseasonsfarm.org](http://www.fourseasonsfarm.org)

**Mark Your Calendar!**  
**Next Meeting: March 30th**

RETURN SERVICE REQUESTED

FOUR SEASONS FARM  
 c/o The Property Society, LLC  
 4005 Banister Lane, Building C  
 Austin, Texas 78704

# FOUR SEASONS FARM

## QUARTERLY NEWSLETTER



JAN/FEB/MAR 2010

### Tips: Greener Cleaners, Room by Room

Source: [www.sprouts-digital.com](http://www.sprouts-digital.com)

*The Sprouts Farmers Market magazine has some suggestions to promote a fresh healthy home using toxin-free cleaners.*

### Get label savvy

Manufacturers are not required to disclose ingredients in cleaning products—unlike, say, foods—but nontoxic products are much more likely to do so than their conventional competitors. It's smart to scan any label to make sure the product doesn't contain harmful substances, says Robin Kay Levine, founder of Eco-Me, which offers kits and recipes for make-it-yourself safe cleaners. You don't want bleach or phosphates (they cause harmful algal blooms in waterways and steal oxygen from aquatic life). Avoid dyes and perfumes, which can irritate skin and are often used to mask the smell of harmful chemicals. Formaldehyde, a carcinogen, also hides in several products under different chemical names such as methyl aldehyde and methylene oxide. And if the label says, "Do not use with chlorine bleach," then the product probably contains ammonia, a gas that causes respiratory problems.

### The Kitchen

*OVEN: Greener cleaner...Borax*

To soften baked-on spills, mix 2 teaspoons of borax powder (made from a natural mineral) with 2 tablespoons liquid soap and enough warm water to fill a spray bottle. After applying, scrub off stains with steel wool and scouring powder. But prevention is the best medicine; when cooking, line a lower rack with aluminum foil or an old cookie sheet to catch drips.

*COUNTERTOPS: Greener cleaner...Citrus oil*

Some essential oils—including those derived from lemons, grapefruit, and oranges—are antiseptic and antiviral, so they'll be extra tough on germs. One caveat: d-limonene, a substance found in orange peels, can cause severe allergic reactions in some people. When in doubt, use hot water and soap to kill germs, and let your countertops air-dry.

**Have an article for our next newsletter?  
 Want to join our email list?  
[info@fourseasonsfarm.org](mailto:info@fourseasonsfarm.org)**

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### Information from the HOA President...

Hi! Everyone,

As many of you know, we have changed our property management company to **The Property Society**. Our property manager is Nina Cadena. If you need to contact her, she can be reached via email [ncadena@property-society.com](mailto:ncadena@property-society.com) or by calling the office number (512) 282-7393.

Our next **Quarterly Community Meeting** will be held March 30, 2010. For location, please continue to check our website. This meeting is intended for all residents of FSF, including home owners and renters. Feel free to attend and hear about what's happening in FSF.

Next, I am announcing that I will be resigning from the Board of Directors and as President after this year's annual meeting. My personal life has started taking additional time, and I do not feel that I have the extra time necessary to dedicate to the HOA any longer. With that said, I encourage anyone interested in making a difference in our community to step up to the plate.

Our **annual meeting** will be held May 13th. This year will bring 3 positions, including mine, up for reelection on the Board of Directors. If you want to make a difference in our community and want to be a part of the Board, **please send your nominations** in now to me. This way we can ensure you're listed on the ballots. Also for the May ballot our community we will be voting to amend the following guidelines for our community:

- Modification Guidelines section 2.0 Outbuildings reference number 2.4 for shed height. **The vote will be whether or not to amend the height from 8' to 10'.**

- Modification Guidelines section 2.0 Outbuildings reference number 2.8 for playscape height. **The vote will be whether or not to amend the height from 10' to 12'.**

- Covenants, Conditions and Restrictions (CCR) Article 10, Subsection 10.04 in regards to the number of animals homeowners are allowed to have. Currently this article does not state the quantity of animals. **The vote will be whether or not to limit the number of animals to 3 or 4.**

Sincerely,

*Nota K. Plumb*

HOA Board Director & President

Email: [nplumb@fourseasonsfarm.org](mailto:nplumb@fourseasonsfarm.org)

*For more information, please contact info@fourseasonsfarm.org.*

- We are in need of: **Social Committee Coordinator, Communications Coordinator** and any members to help these committees.
- The May ballot will also include **amending 3 deed restrictions**.
- Board Member positions. Send your nominations in now to: [nplumb@fourseasonsfarm.org](mailto:nplumb@fourseasonsfarm.org).
- **Nominations are being accepted for:** HOA President & 3
- **Annual Meeting: May 13th** (*check website for times & locations*)
- **Quarterly Community Meeting: March 30th**

of deed restrictions for our community. Four Seasons and Brookside, and to ensure builders are aware of Phase I and II and on Otono Loop leaving Phase II.

**New Deed Restriction signs constucted at the entrances of Phase I and II and on Otono Loop leaving Phase II.** These signs are being placed to ensure the separation between Four Seasons and Brookside, and to ensure builders are aware of deed restrictions for our community.

**Neighborhood News: At A Glance**

Sun	28								
Mon	29	HOA Community Meeting TBD location	30	Kyle Easter Egg-Stravaganza: Gregg-Clarke Park	31				
Tues	1		2	Kyle City Council Meeting	3				
Wed	4		5		6				
Thur	7		8		9				
Fri	14	Spring Break begins	15		16	17	18	19	20
Sat	21		22		23	24	25	26	27

Sun	28	Valentine's Day	29		30				
Mon	1		2		3				
Tues	7	Groundhog Day	8		9	10	11	12	13
Wed	14		15		16	17	18	19	20
Thur	21		22	President's Day	23	24	25	26	27
Fri									
Sat									

**www.fourseasonsfarm.org**

Of course we continue to hold Family Game Nights and Craft Nights. So next time you wonder what to do on a Friday night, PLEASE don't be shy... come on by! Poker, Spinners, Fictionary are just a few games we play--we try to have a new one each time. If you really like to play games, please join us and share. It is a wonderful way to get to know your neighbors and just get away on a Friday night for a little free fun.

Contact us with ideas or events that you would like to see in our community!

**First Place...1292 Four Seasons Farm Dr. Second Place...274 Spring Dr. Third Place...286 Summer Dr.**

Thank you to everyone who participated. We hope our community will be even more fabulous next year!

In December we did a Santa hay ride...cold but fun! We traveled through the community singing all our favorite Christmas carols and handing out gifts for all the kids. What fun it was watching the little ones getting a present personally from Santa Claus. Afterwards we all gathered for hot homemade soup and drinks, visited and warmed up before heading home. We also had our "Holiday Decorating" contest where many families decorated their homes in the Christmas spirit. On Dec. 22nd we judged all the homes that were lit up. It was amazing...we had more families' homes decorated than before--our community looked awesome! It was really a challenge to pick, but several of us voted:

**First Place...1292 Four Seasons Farm Dr. Second Place...274 Spring Dr. Third Place...286 Summer Dr.**

The Social Committee is still looking for a Coordinator and more members! Do you like organizing social events? Do you have ideas on other fun events we should consider? We have a group of people that are here to help you and just need someone to head up the committee and help come up with new ideas. If you are interested just email us at [social@fourseasonsfarm.org](mailto:social@fourseasonsfarm.org).

In November we had our Roaring 20's Murder Mystery Party. The mystery was the murder of Ann Nonomus played by our HOA President, Nola Plumb. Her family was the richest and most powerful in the country. During a horrible snowstorm Ann was strangled to death and her butler Jeeves found Ann's body. This time, however...the butler didn't do it! After several clues throughout the evening, it was found to be our local jazz musician Joe Verdi played by our neighbor, Jim Hough. What great fun we had! Hope to see you next year where we plan to have a Medieval Murder Mystery Party.

**Social Committee News**

*Interim Coordinator: Caryn Moore social@fourseasonsfarm.org*

**Update From the Modifications Committee**

*Coordinator: Ernie Moore • modifications@fourseasonsfarm.org*

I want to take a moment to thank all the committee members for their efforts and service to the community this past year. **Thank You!**

New construction in the area and springtime around the corner may spark some interest in home improvement projects. Please keep in mind that any exterior projects require approval from the Modification Committee prior to starting. (See the website for forms and documentation requirements.)

Submit your request to the Property Society as outlined on the website. Also, the Committee has 45 days to review the request (usually takes 30 days or less), so plan accordingly. Feel free to contact the Committee with any questions you may have regarding your project via email at: [modifications@fourseasonsfarm.org](mailto:modifications@fourseasonsfarm.org).

**Carpet: Greener cleaner...Club soda**

The carbonation (and often, salt) in club soda helps lift stains. Pour onto spills as quickly as possible, leave for a few minutes, then blot. Smart tip: Keep a six-pack of screw-top club soda bottles in your pantry for quick cleanups. ■

**The Living Room**

**COFFEE TABLE: Greener cleaner...Carnauba wax**

Made from the waxy coating on a palm leaf, it's a natural, nontoxic emollient that gives wood surfaces a nice, smooth luster.

**Air: Greener cleaner...Essential oils**

If you're allergic to some plants, you might have a problem with lavender, a common natural fragrance. Instead, opt for natural cinnamon or vanilla. Because hydrocarbon propellants are highly flammable, eliminate the aerosol in favor of a pump spray.

**The Bathroom**

**BATHUB: Greener cleaner: Sodium carbonate**

The mineral in what is also known as washing soda is a natural abrasive that gives you scrubbing power to remove soap scum without toxins.

**TOILET: Greener cleaner...Citric acid**

The source of tartness in tomatoes and citrus fruit, citric acid attacks and releases the mineral deposits that hold grime onto the bowl—and it doesn't have a harsh smell, like some toilet-bowl cleaners.

**MIRROR: Greener cleaner...Vinegar**

The classic way to clean: Spray the mirror with white vinegar. To make the process even more eco-friendly, use recycled newspapers or washable white cloths rather than paper towels.

**TILE FLOORING: Greener cleaner...Vegetable-based surfactants**

Unlike standard detergents, vegetable-based surfactants use biodegradable oil derived from plants—including soy, coconut, and corn—to attract grease and dirt. Another plus: Eco-friendly cleaners often forgo phosphates, a detergent additive that suffocates freshwater ecosystems.

**Greener Cleaners...continued from page 1**

*continued on page 4*

**4. We don't know how "hungry" really feels.** "If you don't know when you're hungry, you don't know when you're full, so you won't know when to stop eating," says Elisabetta Politi, RD, nutrition manager of the Duke University Diet & Fitness Center in Durham, NC.

**Smarter: Tune in with mindful eating.** Here's how:

1. Before you eat, relax, and rate your hunger from 1 (hungriest) to 7 (fullest).

**3. We think anything liquid has no calories.**

"What freaks me out is the amount of sugared soda and juice we drink," says Judith Stern, SCD, RD, professor of nutrition and internal medicine at the University of California, Davis. "I'd like to see all the sugared drinks sent out into space, where they could orbit the Earth forever." Sugared drinks balloon your calorie intake and squeeze out more nutritious foods.

**Smarter: Try a cup of tea.** Available in myriad varieties, the calorie-free brew promotes heart health, staves off several types of cancer, strengthens bones and teeth, and protects the skin.

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**1. We can't tell the good fats from the bad ones.** "Most people still don't get that some fats are actually good for you," says Alice Lichtenstein, DSc, an American Heart Association spokesperson. "You want to avoid saturated and trans fats, but you need more monounsaturated and polyunsaturated fats. Good sources are fish, nuts, avocados, and soy-bean and canola oils."

**Smarter: Fit in good fats.** "If you keep track of total fat, you don't have to worry about how much fat you eat, just what kind," explains Dr. Lichtenstein. Grandpa Pot's Slightly Spicy Nuts use only canola oil (160 cal, 10 g fat, 1 g sat. fat, 2 g fiber, 60 mg sodium); at healthy food supermarkets.

**2. We supersize to save money.**

"People think that supersizing a restaurant meal is a money saver, but it's not a health bargain if it has way too many calories," says Karen Weber Cullen, DPH, RD, research nutritionist at Baylor College of Medicine in Houston.

**Smarter: Judge with your palm, not your purse.** A serving size is about what fits into the palm of your hand (larger for men than women, smaller for children). For most meals, pick one protein, one starch, one veggie, and one fruit based on the serving that will fit into your palm.

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**Busted! 5 Major Eating Mistakes**

*By Holly McCord, RD, with Gloria McVeigh, Prevention Source: Yahoo Health*