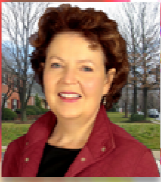


APRIL 2017

Talk About Frederick
www.talkaboutfrederick.com



Upcoming Frederick Events April 2017

For more details about upcoming events, go to the websites for the Downtown Frederick Partnership, Celebrate Frederick, or the Tourism calendar.

- **April First Saturday** - April 1 • 5:00 PM – 9:00 PM
Explore Downtown's Frederick's Hidden Spaces. Free
- **Civil War Walking Tour** - April 1 • 11:00 AM – 12:30 PM
Heritage Frederick, 24 E Church St. \$
- **Frederick Keys Baseball** starts Thursday April 6. Nymeo Field. \$
- **Bell and History Day**, Saturday, April 8, 2017 • 11:00 AM – 5:00 PM, National Museum of Civil War Medicine, 48 E Patrick St. By donation
- **4/8 Community Shred Day**, Frederick County Bank, April 8, 9:00 AM to Noon, 6910 Crestwood Blvd. Free
- **Meeting of the Minds, Artists Coffee** Sunday, April 9, 10:00 AM – 1:00 PM, The ArtistAngle Gallery, 124 S Carroll St, Coffee and conversation with other artists: visual, performance, and musicians. Free
- **Frederick Speaker Series**, Bill Nye, Thursday, April 20 & 21, 7:30 PM – 9:00 PM. Weinberg, 20 W Patrick St. \$
- **Frederick Craft Spirits Festival** – Noon – 6:30 PM, 200 East Art Haus, 200 E Patrick St. \$
- **Bulk Trash – City of Frederick Freecycle Roundup**, April 22, 8 AM -2 PM at the Public Works facility, 111 Airport Drive East where bulk trash and reusable goods are collected and separated. Free
- **28th Annual Children's Festival** - April 29, 2017 • 10:00 AM – 3:00 PM, Baker Park. Free
- **Bring A Broom Saturday**, Saturday, April 29, 2017 • 8:30 AM – 11:00 AM Help downtown get ready for spring. Free
- **Bike to Work Day** – May 19 – see biketoworkmetrodc.org for details throughout DC and Maryland.
- **Beyond the Garden Gates Tour** - May 20 -21 1:00 PM - 5:00 PM, Downtown Frederick. \$

Earrings For Art

Ladies, did you know that those pairs of earrings you don't wear can be turned into \$\$ for a Frederick Art Club scholarship? Clean out your jewelry boxes and donate gently used earrings to the Frederick Art Club (TFAC). The club will hold two Earring Bonanzas (hundreds of earrings at affordable prices!) in downtown Frederick on May 6th and May 20th. All proceeds go to the Frederick Community Foundation. See flyer for details, or contact me directly. First donate earrings, then shop shop shop!



Thought of the Day

"The good life is one inspired by love and guided by knowledge." - Bertrand Russell

Spring Onion Frittata

Ingredients

- 6 eggs
- 1/4 cup water or milk
- olive oil, for the pan
- 3-4 thin spring onions, chopped small, plus slice a few into thin vertical strips
- 1/2 cup chopped asparagus tips
- 1 garlic clove minced
- 1/2 cup frozen peas, thawed
- 1/4 cup fresh mozzarella pieces
- 1/4 cup crumbled feta
- 1/4 cup chopped tarragon
- Salt and pepper
- A few pinches of red pepper flakes



Directions

- Preheat your oven to 375 degrees F.
- In a medium (8-inch) cast iron or oven-safe non-stick skillet, lightly sauté the chopped onions and asparagus pieces in a bit of olive oil, salt and pepper. Remove from the pan after just a few minutes.
- Blend the eggs, garlic, water, salt and pepper in a blender until combined and lightly foamy.
- Wipe out the skillet you used previously and coat it with a bit of olive oil.
- Pour in the eggs and add half of the veggies and half of the cheeses.
- Put the skillet in the oven, and bake for 8-10 minutes, or until the frittata begins to set but is still uncooked on top. Carefully, (without moving the skillet around too much), add the rest of the veggies and the cheeses. Continue to bake for another 10-15 minutes or until the edges of the frittata are golden brown and the eggs are set.
- Top with chopped tarragon, a grind of pepper and a few red pepper flakes. Let cool before slicing.

Recipe from loveandlemons.com

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Sweep Away the Winter Dust

Spring means warm weather, green gardens and summer vacations right around the corner. It's also the time of year when homeowners pick up their brooms, dig out their dusters and begin sorting through the clutter that piled up during the winter months. While some people find it fun to organize the mounds of stuff, the rest of us need a little encouragement. Here are several tips to make the most of this year's spring cleaning.

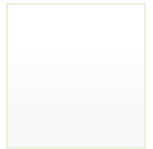
- Slow and steady wins the race. Having clutter in your home can make you feel disorganized. Create a calm space. Schedule your de-clutter days in advance so you can go buy any necessary cleaning items in advance. Have all your supplies readily available.
- Start with the toughest things to clean and organize first while your energy is high. After that move on to easier cleaning tasks, and sorting.



- To keep or not? To make it easier to decide and sort, get three big boxes and label them "Put Away," "Give Away/Sell" and "Storage." Then go through each pile of and ask yourself which box the item belongs to. Be ruthless. Take photos of items and text them to family members to see if anyone wants these little used things.
- Once you've removed all unnecessary clutter from your home and have packed away the "Put Away" and "Storage" items, you're ready get out the yellow gloves and start the deep clean. Begin with obvious places. Then, don't forget the not so obvious places such as windows, ovens, skylights, vents, baseboards, walls, tile, cabinets and computer areas.
- Having a clutter-free home isn't easy. It may help to get out your laptop and play a good movie while working. When finished, reward yourself with a fun night out. If all this sounds like too much work – hire someone to do it for you. I know of several services that come highly recommend. Give me a call – I'd be happy to give you're their information!

Talk About Frederick

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Regional Housing Update

For all home sales in 2017 up to 3/28/17, 13% of Frederick County sales are short sales and foreclosures. In Washington County, that number is 26%.

Spring Has Arrived! Ways to Get Outdoors

April is the ideal time to enjoy the outdoors. Spending time in nature and absorbing sunlight and fresh air are known to reduce stress, promote happiness, and improve physical well-being. This spring, enjoy the benefits of the outdoors with these fun activities:



- Spruce up your garden, get it ready for planting, and plan for flowers. Remove dead leaves and other debris, prepare the soil. Choose your plants based upon the climate in your area and the amount of sunlight they need. If your home is on the market, refreshing the garden will have the added bonus of boosting curb appeal for potential buyers.
- Take a wildflower hike. In most places, nature paints a vibrant tapestry of wildflowers beginning in April.

Plan a hike or walk to immerse yourself in this seasonal display of beauty. Research where to find wildflowers blooming in your area. Bring a wildflower guidebook and seeing how many types of flowers you can identify.

- If you have children, set up a scavenger hunt for them at a local park and challenge them to spot several different types of trees, plants, and animals. Not only will this engaging activity teach kids about their environment, it is also a great opportunity for exercise, fresh air, and most importantly, family bonding time.
- Commit to driving less this spring and walking more. Most people jump in their cars as integral part of daily life and do not think twice about using them for all excursions. However, when examining your routine, see if there are opportunities for you to walk to your destinations instead of driving? Swapping out your car for even short strolls when possible will help you to be more active, reap the benefits of fresh air, and do your part to improve the environment.