

NOOK & CRANNY

Monthly Newsletter

SEPTEMBER 2021

**FALL
RESET**
Inside the Issue



LIST OF THINGS TO DO

in September. How to prepare for the changing of season into autumn.

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WE'VE ALL HEARD IT

But what exactly is Indian Summer, find out below!

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NATIONAL KIDS TAKE OVER...

the Kitchen Day!
Encourage all family members to participate.

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REGAL CLEANING SERVICES

Cleaning With Care...

Now's the time for deep-cleaning to prepare for the year-end holiday seasons are upon us.

You recharge, and we do the dirty work! So get your FREE quote and book your cleaning today.



Call us to book your
cleaning today!



Get your FREE quote and book your cleaning today!

314-226-1916
RegalCleansMO.com



Show that special person how much they are appreciated with a gift certificate through the end of September.



Appreciation Day

09/19/2021

Checklist For September To Get Yourself Sorted

It's another change of the seasons, and autumn is upon us. So now's the perfect time to organize and complete your checklist before heading into the end-of-year holiday flurry!

Your fall routine has started, kids are back to school, and fall is here. So let's get organized before you're forced to focus on Halloween, Thanksgiving, and Christmas! 🙄

This article includes a free printable list to get you started and on your way!

[organize my house](#)



PUMPKIN SPICE


Love it

or

Hate it!



Indian summer

[ˈɪndiən ˈsəməɹ] 

NOUN

a period of unusually dry, warm weather occurring in late autumn.

- a period of happiness or success occurring late in life.



As September creeps in and we still have warm days rolling over from summer, most people refer to it as 'Indian Summer'.

The following must be met for a true Indian summer.

- As well as being warm, the atmosphere during Indian summer is hazy or smoky, there is no wind, the barometer is standing high, and the nights are clear and chilly.
- A moving, cool, shallow polar air mass is converting into a deep, warm, stagnant anticyclone (high pressure) system, which has the effect of causing the haze and large swing in temperature between day and night.
- The time of occurrence is important: The warm days must follow a spell of cold weather or a good hard frost, but also be before the first snowfall.
- The conditions described above also must occur between St. Martin's Day (November 11) and November 20. For over 200 years, The Old Farmer's Almanac has adhered to the saying, "If All Saints' (November 1) brings out winter, St. Martin's brings out Indian summer."

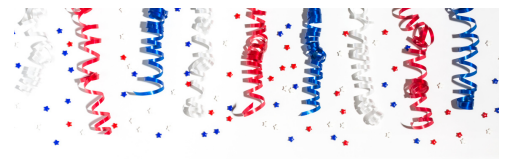
Source: The Old Farmer's Almanac

WHY IS IT CALLED AN "INDIAN SUMMER"?

In parts of Europe, a similar phenomenon is known as an "Old Wives' Summer" or "St. Martin's Summer," but how did the term "Indian summer" come to be? There are many theories.

Some say the term comes from Algonquian Native Americans located in what is now the northeastern United States, who believed that the condition was caused by a warm wind sent from the court of their southwestern god, Cautantowwit ("great spirit").

[Read more...](#)



★ HAPPY ★
★
LABOR DAY



**FROM OUR
FAMILY**

to yours -

**Have a Safe and
Happy Labor Day!**





Talk Like A Pirate Day

We've all done it - Errr Matie! Walk the Plank!

September 19th is 'National Talk Like A Pirate Day!'

Originally created by two friends in Oregon in 1995, the small group of friends celebrated quietly for a few years. It later caught on with the public and is celebrated internationally.

With stories of childhood pirates (Captain Hook in Peter Pan) to famous books, the Whitebeard Pirates in 'Moby Dick' or 'Treasure Island...

Who would be your favorite pirate? Captain Jack Sparrow?

National Kids Take Over The Kitchen Day

Put your youngest cooks in the kitchen on September 13th with the celebration of National Kids Take Over The Kitchen Day!

This day encourages families to create their favorite recipes for the family, with adult supervision, of course.

When including the younger members of a family to actively participate in the planning of family meals, they learn that mealtime is a social activity. When everyone participates, it becomes an enjoyable experience.

Need any ideas on how to observe?

#KidsTakeOverTheKitchenDay

Children can help with measuring, and various responsibilities - setting the table or taste-testing.

[Read more...](#)



Yogurt Sundae



Ingredients:

- 1 cup plain yogurt
- 2 Tbs. honey
- 1/4 tsp. vanilla extract
- 1/4 cup diced strawberries
- 1/4 cup diced mango
- 1/4 cup blueberries
- 1/4 cup blackberries
- 1/4 cup diced kiwifruit
- 1/4 cup fresh orange juice
- 1/2 cup granola

Directions:

In a small bowl, stir together the yogurt, honey and vanilla. Set aside.

In another small bowl, combine the strawberries, mango, blueberries, blackberries and kiwifruit. Add the orange juice and stir gently until mixed.

Have ready 2 clear glass serving dishes. Spoon one-fourth of the yogurt mixture into each dish. Top each serving with one-fourth of the fruit mixture and then with one-fourth of the granola. Repeat the layers, ending with the granola. Serve immediately, or cover and refrigerate for up to 3 hours before serving. Serves 2.

Adapted from Williams-Sonoma Cooking Together, by Erin & Tatum Quon (Oxmoor House, 2009).