



"Make a career of humanity. Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in."
-Martin Luther King Jr.

MARTIN LUTHER KING JR.

In the month of January we take time to remember Reverend Doctor Martin Luther King Jr. He was a leader of the American civil rights movement. He organized a number of peaceful protests as head of the Southern Christian Leadership Conference, including the March on Washington in 1963. Every third Monday in the month of January we celebrate this wonderful man and the changes he worked for in the world.

JANUARY

January is a month of fresh starts and a time to reset. There is finally time to catch our breath after the holidays and get back to our routines. The quietness after the holidays sets in and we have a chance to recharge and reevaluate what our priorities are for the year. It is time to plant our seeds and prepare.



IN SEASON

Winter can be a hard season for fresh produce. We are so lucky to be in California where the weather is ideal most of the year to produce fruits and vegetables year round. Here are a few offering you might find in a farmer's market right now.



LEMON CURD TART

Winter means it's citrus season, and one of the most popular citrus fruits is the lemon. While a lemon dessert may seem like a summer offering, we think it's the perfect way to add a bit of brightness to your winter days.

INGREDIENTS

- 1 cup granulated sugar
- 2 large eggs
- 2 large egg yolks
- 2 tablespoons lemon zest plus 3/4 cup fresh lemon juice (from about 6 lemons)
- 6 tablespoons unsalted butter (3 ounces), cut into pieces
- 1 baked 8-inch tart shell
- 1 1/2 cups mixed citrus segments, patted dry with paper towel

1. Preheat oven to 350°F. Whisk together sugar, eggs, egg yolks, and lemon zest and juice in a small saucepan over low until blended. Cook, whisking constantly, until mixture is thickened (when a line can be drawn down the back of a wooden spoon coated with lemon mixture), 7 to 8 minutes. Remove from heat, and add butter, 1 tablespoon at a time, stirring until butter is almost melted after each addition.
2. Pour curd through a fine wire-mesh strainer into prepared tart shell. Bake in preheated oven until curd is set (filling will wobble), 8 to 10 minutes. Let tart cool completely, about 2 hours. Top with citrus segments, and serve.

WRITE IT DOWN

Sometimes in the new year it can be hard to get your mind wrapped around all the things you want to do and all the goals you want to accomplish this year. We have found that one of the best ways to work through these thoughts is to write them down, and even to keep a journal. A place just for you to write down and process your thoughts. It can be hard to start, so below we have provided a few prompts to inspire your journaling journey.

- What do I know to be true that I didn't know a year ago?
- What three changes can you make to live according to your personal values?
- What aspects of your life are you most grateful for?
- Write a short love letter to some object or place that makes you happy.
- List 10 things that inspire or motivate you.
- Identify one area where you'd like to improve. Then, list three specific actions you can take to create that change.
- What do you look forward to most in the future?
- How do you make time for yourself each day?



PET SPOTLIGHT

This year we want to start something new and shine a light on all the wonderful pets that are a part of our community. Once a month we will choose a pet from all the submissions we receive and feature them on our Instagram, whether your little pals are fuzzy, scaled, or feathered we want to see them all. Along with a selection of your favorite photos of them, we would love an introduction to them including their favorite activities, age, and a funny fact about them. Send all pet submissions to Info@sgrealestateco.com We look forward to meeting all your adorable pets!!!

EXAMPLE:

This is Coco! Coco is 3 years old and lives in Oakland. Her favorite activities include chasing hair elastics across the room and trapping humans on the couch by sitting on their laps. A funny fact about Coco is that she likes to lick plastic.



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