

OCTOBER 2020 | VOL. 1



# Crystal Lotus Shoppe

*Monthly newsletter of the Crystal Lotus Shoppe*

## FEATURED STORIES THIS MONTH:

- Food for thought - 2*
- Fall Inspired Recipe - 3*
- Crazy for Butternut - 4*
- Events Calendar - 6*
- Special Events - 7*
- Grounded Tea - 9*



## WELCOME TO OUR NEWSLETTER

It excites us to announce the re-launch of our newsletter. The businesses within the Crystal Lotus Shoppe have partnered together to bring you a taste of what we offer within these few pages. Each publication will be different and will highlight various stories, educational posts, sales, and upcoming events. This is a big transition into a new phase of the shoppe, and hope that you will take the time to flip through, ask questions, and share with all your like-minded friends. Thank you for being customers of the Crystal Lotus Shoppe. We are extremely grateful for you, our customers and supporters, as we are reaching a milestone in September - 4 years on Olde Main. To show our appreciation, there is a special event coming up, listed here in the newsletter! Enjoy!



## FOOD FOR THOUGHT: MANIFESTING YOUR DREAMS

*Shanna Neal*

This article was gleaned from one of my favorite sites. Tara Mackey makes things so easy to understand and the instructions are simple. In her article she discusses the power of gratitude and how it can help you manifest your dreams into reality. The goal with using gratitude for manifesting is to be thankful for what you desire as if it is already done. Being able to do this can propel you forward towards your dreams a lot faster than wishing and hoping.

Tara expands upon four areas that gratitude can help with:

1. Gratitude Makes People Like You
2. Gratitude Makes You Happier
3. Gratitude Makes You Healthier
4. Gratitude boosts Your Career

It is true that gratitude can help in all of these aspects. Being grateful and showing gratitude can make us nicer, more resilient, and can increase our capacity to think more clearly. As we get closer to the holiday season, don't let stress take away your gratitude. Instead, let's work on replacing stress with gratitude to make it through more calm and focused on our 2021 goals.

Visit this website to read her full article:  
<https://theorganiclifeblog.com/manifest-with-gratitude/>

**Two Full Moons in  
October:**

**October 1st - Full  
Moon in Aries**

**October 31st - Full  
Moon in Taurus  
(Blue Moon)**

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updates, events, promos,  
and more!



Instagram: @CLSWV  
Facebook:  
@crystalotusshoppe



## FETTUCCHINI WITH SQUASH AND MACADAMIA BASIL CRUMBLE

An easy-to-make twist on a traditional pasta dish, the roasted squash brings out a sensational sweet flavor to an otherwise savory dish.

### Ingredients

1 pound spaghetti  
1 ½ ounces white wine  
Juice of 1 lemon  
1 pound roasted diced squash or pumpkin

### MACADAMIA BASIL CRUMBLE:

½ cup macadamias halves and wholes ½ cup roughly chopped sourdough bread  
1 tablespoon macadamia or extra virgin olive oil  
8-10 leaves fresh basil, sliced  
Grated zest of ½ lemon

### Directions

To make the crumble, toss the macadamias and breadcrumbs in the oil and place on a lined baking tray. Bake in a moderate oven for 6-8 minutes or until nuts are toasted. Set aside some of the nuts for garnish and transfer the remaining mixture to a food processor or bowl. Add the basil and lemon and grind to a make a coarse crumble mixture. Set aside.  
Cook the pasta according to directions on packet.  
Drain the pasta and return to pan with a few tablespoons of the cooking water, the oil, squash and wine. Toss to heat through, spoon into bowls and scatter with the crumble and reserved nuts.



## CRAZY ABOUT BUTTERNUT

*Written by Stephanie Lanham*

The days are getting shorter and my garden is getting bare. All except the butternut squash, that is. It has taken over. I have recently harvested and cured 6 of the orange gourds. If you missed my post on curing, click here to check out it on my blog (link to the left). Curing allows me to store them away for later versus being in a hurry to peel and freeze them.

Never the less, all natural things eventually go bad. I like to peel, cube and freeze some my squash so it takes the hard work out of using squash when I am ready. The process of peeling squash is not complicated, but it is tedious due to the large size and hard exterior shell. Just a regular ole peeler will do the trick if it has a decent handle and a relatively sharp blade.

I like to cut the ends off of the squash prior to peeling because it gives the peeler a better grip. The next step is pretty self explanatory if you are experienced with a hand peeler. Just pick a spot, grab hold, and pull! :) Pull HARD! The longer the squash was left to cure, the harder the shells become.

After the squash is peeled, it's time to cube it. I find this process is easier if I cut it in half just above the bulb. The bulb will have seeds and pulp similar to a pumpkin. Take a spoon and scoop it out. I like to reserve the seeds and roast them as a healthy treat. Cube your squash into pieces that work best for you and place them in a freezer safe bag. All done! Ready for freezing.

Butternut squash is packed in antioxidants like alpha- and beta-carotenes that give it the orange pigment. Antioxidants are important to find and eliminate free radicals within the body before they cause damage. This vegetables is also high in vitamin A, vitamin C, potassium, magnesium, and dietary fiber - an excellent addition to any diet!

**Rediscover Health**

**Blog:**

<https://www.rediscoverhealthllc.com/blog-1>



## CRAZY ABOUT BUTTERNUT

Butternut squash is one of the more popular recipes for this vegetable. It is one of my favorites but I also like using roasted butternut for my rendition of a macro bowl. Macro bowls are well balanced meals that consist of healthy proportions of fats, carbohydrates, and proteins with unlimited food combinations. And butternut squash is almost always involved in my recipes. It's flavor is so universal that it pairs well with almost anything.

### Butternut Squash Macro Bowl

Butternut squash has a subtle sweetness that I like to balance with a warm spice. I like to heat up my squash with the smoky flavor of chili powder. I'll take my cubed butternut and coat it with coconut oil, a 1/2 teaspoon of chili powder, and a 1/4 teaspoon of cinnamon. One coated, I'll spread it out evenly on a parchment lined baking sheet and roast it in a preheated oven of 425 for 20-25 minutes, stirring half way through.

In the mean time, I'll combine one cup quinoa with 2 cups chicken broth in a stove top pot and bring it to a boil. Once boiling, I reduce the heat and cover allowing it to cook for an additional 5-10 minutes, or until liquid is gone and quinoa is fluffy. Most quinoa packages come with directions. Make sure to read yours!

While everything else is cooking, I'll start prepping my additional ingredients. Kale is very earthy flavor and brings a green balance to the meal. I always rinse and strain fresh kale leaves, and chop them into bite size pieces. Don't forget to chop them. Large piece of kale can be hard and messy to eat! I like to build my bowls like pie charts, fitting each of the components in side by side. I'll garnish with a half of an avocado and a runny egg. That is a fantastic macro bowl. I like to add a little hot sauce on top to give it an additional kick. Simple Truth makes a delicious cayenne sauce. 😊 Enjoy!

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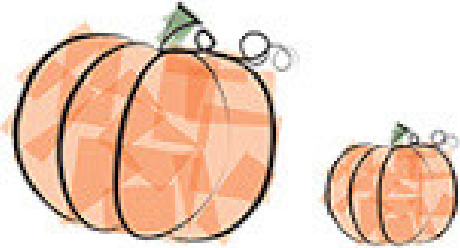
@RediscoverHealthLLC





Crystal Lotus  
Shoppe

## EVENT CALENDAR

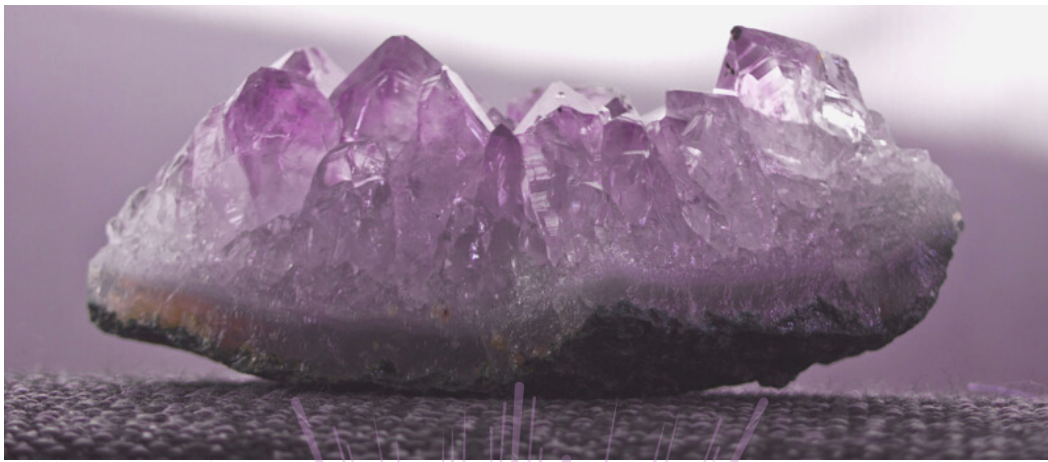


# October

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3 Crystal Exploration 6pm
4	5	6	7	8 Mood Food Connection 6pm	9	10 Reiki Level 2 class 1pm
11	12 Columbus Day	13	14	15	16 From Dirt to Delicious Cooking Demo 6pm	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 <small>Halloween</small> Taste of the Lotus: Psychic Saturday 12pm

For event pricing and tickets, visit our Facebook  
@crystalotusshoppe or our website:  
[www.clswv.com](http://www.clswv.com)



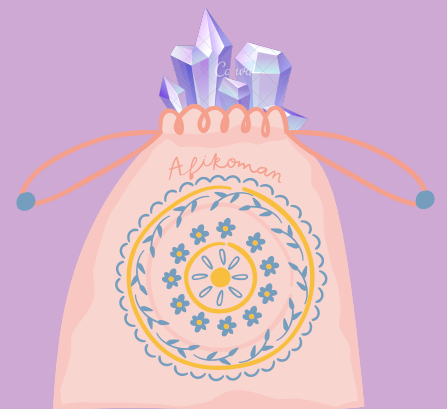
# Crystal Explorations

WITH SHANNA NEAL

SATURDAY OCT 3RD

6PM | \$25

CRYSTAL:  
AMETHYST



A GLIMPSE INTO THE FUTURE...

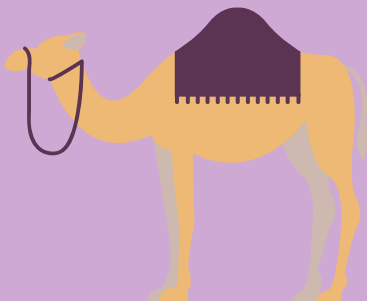
# Save the Date

WALK LIKE AN EGYPTIAN  
COSTUME AND TEA PARTY

OCTOBER 31ST | 1-5PM

Creative Expressions, Crystal Lotus Shoppe and Grounded, LLC will be hosting a Walk Like an Egyptian Costume and Tea Party at the Crystal Lotus on Halloween! This themed event will be a free family event to come enjoy tea tasting from the local brand Grounded, LLC. There will be food and fun for all ages. This event is co-hosted with Psychic Saturday, with discounted readings available that day.

Extra bonus if you come dressed in your favorite Egyptian attire!







CLS PICK OF THE MONTH!

*Chakra Teas*  
Deeply Rooted

Hidden Chakra Stone Inside\*  
Made with organically sourced herbs  
Lightly sweetened

Rooibos, Clove, Ashwagandha, Dandelion  
Root and Stevia

The tea that keeps you grounded, specifically  
formulated for the root chakra.



**DID YOU KNOW...**

When working with the root chakra, dandelion root is a perfect herb to have in the tea. Dandelion root is deeply connected with the Earth and plays a significant role in the grounding process.

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