



www.kristiklean.com / 612-208-7334

kristi@kristiklean.com

Better Home Living

A newsletter that is both informative and fun!

March 2023

Hello and welcome to our newsletter!

Go green indoors with these air purifying plants

In 1989 NASA analyzed indoor houseplants and found each of these had a unique way to purify indoor air of toxins. Lots of these plants clear the air of formaldehyde, benzene, trichloroethylene, xylene, nitrogen oxide, toluene and reduce mold from the air. Choose carefully though as some are poisonous to animals.

Here are the top ten:

1. Spathiphyllum (Peace Lily)
2. Chrysanthemum morifolium (Florist's Chrysanthemum)
3. Epipremnum aureum (Devil's Ivy)
4. Dracaena reflexa (Red-Edged Dracaena)
5. Sansevieria trifasciata (Snake Plant)
6. Rhapsis excelsa (Lady Palm)
7. Anthurium andraeanum (Flamingo Lily)
8. Hedera helix (English Ivy)
9. Gerbera jamesonii (Barberton Daisy)
10. Ficus benjamina (Weeping Fig)

FROM:

<https://learn.allergyandair.com/houseplants-indoor-air-quality>

We love our Reviews!

From a new customer that posted on Nextdoor:

"KristiKlean is awesome! Just had my first house cleaning with KristiKlean services and they did an amazing job! I highly recommend: efficient, careful, and detailed! I am thrilled and will be using them on a regular basis."

If you have a moment we would love a review either on Google or Nextdoor. It helps get more customers as all my cleaners keep asking for more homes. We would truly appreciate it!

March 4th, the only day that's also a sentence. ~ John Green

March Facts:

March is the equivalent of September in the Southern Hemisphere.

On March 10, 1876, Alexander Graham Bell made the first-ever phone call. It was to his assistant, and he said, "Mr. Watson, come here. I want to see you."

March is the time of year when animals start waking up from hibernation.

Every year, March and June finish on the same day of the week

From: <https://www.thefactsite.com/march-facts/>

How did Pi Day get started?

The first calculation of π was done by the famous Greek mathematician Archimedes of Syracuse (287–212 BC). To honor his genius and ingenuity—no calculators or computers then!—celebrate Pi Day with traditional Greek foods

In 1988, physicist Larry Shaw decided this enigmatic number deserved its own holiday and started Pi Day—and because it also happens to be Einstein's birthday. (Einstein did not discover pi but he had a thing for mathematical constants)

FROM: <https://www.rd.com/list/ways-to-celebrate-pi-day/>

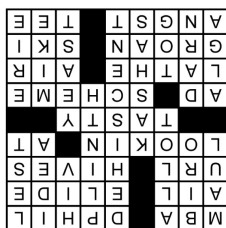
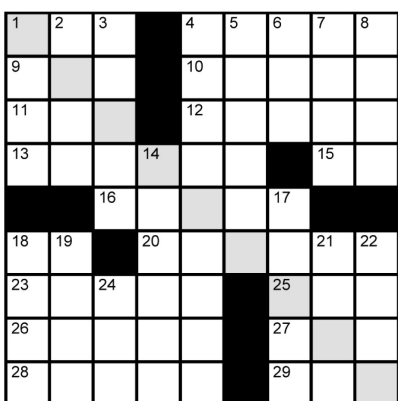


March Holidays & Observances

- March 2 - Dr. Seuss's Birthday
- March 8 - International Women's Day
- March 11 - Johnny Appleseed Day
- March 12 - Daylight Savings Time
- March 14 - Pi Day
- March 17 - St. Patrick's Day
- March 20 - First Day of Spring
- March 22 - First Day of Ramadan
- March 28 - Respect Your Cat Day
- March 29 - Nat'l Mom & Pop Business Owners Day

Ice Cream Drink

- Across
- Wharton degree
 - Oxford doctorate, briefly
 - Be sick
 - Slur over
 - Web browser entry
 - Busy places
 - Visit briefly
 - @
 - "Yum!"
 - Commercial
 - Plot
 - Carpenter's machine
 - Put on TV
 - Response to a weak joke
 - Hit the slopes
 - Anxiety
 - In Phil's bag
- Down
- Handle roughly
 - Ballpoint pen inventor
 - Apportion
 - Bursting, in botany
 - Pedestal part
 - Target of vaccine
 - research
 - Notion
 - For fear that
 - Buckwheat grains
 - Bakery supply
 - Pond organism
 - Mend socks
 - Boxer Tyson
 - Buffalo's lake
 - Dress (up)



The headline is a clue to the answer in the diagonal.

What produce is in season now?

Think green for March, but not just for St. Patrick's Day. Now is the time for asparagus, artichokes, broccoli, fennel, chard, watercress, arugula, and mustard greens, as well as leeks, spring garlic, and spring onions.

Not only will you experience better nutrition and taste, from in season produce, it will save you money and the natural cycle of produce is perfectly designed to support our health.

Apples grow in the fall, which makes them the perfect transition food to rid of excess heat and cool down before winter. In spring, an abundance of leafy greens help us alkalize, detox and lose some extra pounds after a long winter of heavier foods.

In the summer we need to cool down and stay hydrated by eating more fruits, berries, cucumber and watermelon. Building a lifestyle around seasonal food facilitates the body's natural healing process!

Poor March...It is the homeliest month of the year. Most of it is MUD, every imaginable form of MUD, and what isn't MUD in March is ugly late-season SNOW falling onto the ground in filthy muddy heaps that look like piles of dirty laundry.~ Vivian Swift

Greek Chickpeas & Spinach with Feta

With just five simple ingredients—onion, chickpeas, spinach, lemon, and feta—you will love this very satisfying dish!

- 1 Tbsp Olive oil
- 1 cup(s), chopped Uncooked red onion(s)
- ¼ tsp Kosher salt
- ¼ tsp Black pepper
- (2 [15-oz] cans) 30 oz, total divided, Canned chickpeas
- 10 oz Fresh baby spinach
- 2 tsp Lemon zest
- 2 Tbsp Fresh lemon juice
- ½ cup(s), divided Crumbled feta cheese

Heat the oil in a large skillet over medium. Add the onion, salt, and black pepper; cook until the onion is crisp-tender, stirring occasionally, about 5 minutes.

Drain one can of chickpeas and leave the other can undrained. Add the chickpeas (and the liquid from one can) to the skillet. Bring to a boil. Gradually add the spinach, stirring until the spinach wilts. Stir in the lemon zest and juice and half of the cheese. Sprinkle the remaining cheese on top. Serving size: 1 ⅓ cups

CURRENT CUSTOMERS

Take the Trivia Challenge and Win!
\$25 off one cleaning in April

Here is how it works. Answer the question below by going to our website and fill out the contact form for a general question. The first 10 to answer the question, by the contact form, will be entered in the drawing at the end of the month! You may be the lucky winner!

What is a seasonal vegetable for March?

- a. asparagus
- b. cucumber
- c. apples
- d. watermelon

HINT: The answer is hidden somewhere in this newsletter.

A little bit about Kristi Klean....

We have been providing service since 2008 with professional house cleaners. All our cleaners have been background checked and must have two or more years experience. Some have been in the same homes for five years or more! We pride ourself on dependable cleaners and I am so blessed to have a wonderful group of people working for me. Thank you so much for hiring a local independent women-owned business! We so appreciate you!