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Organize ~ Decorate ~ Stage

January 2012

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Events & Info

January 8, this Sunday, 7 am on 95.7 BEN FM in Philly- hear my radio interview with the effervescent Joey Fortman of RealMomRadio.com or listen to the playback once it's posted at [RealMomRadio](#).

January 16, 7 PM, "Help, I'm Attached!" OR How to Be More Organized and Less Overwhelmed" at [Chester County Library](#), free. **Registration requested.**

January 18, 8 PM, #SmallBizChat Twitter Event hosted by Melinda Emerson. Click here to [learn how to join](#) this exciting one hour chat focused on small business success. It will feature strategies for the pregnant entrepreneurs, but I think any

Dear John,

Yep, it's here again, resolution time. You probably know that I'm not one for resolutions, but I've been feeling the need to get one little annoying habit under control. I'm addicted to candy. So, I'm going to take the next 30 days and replace my nibbles and sweets with fruits and veggies. This isn't much of a stretch most of the day, but the 3 o'clock munchies really clobber me. THIS IS NOT A DIET. The payoff includes better oral health, more consistent energy levels, and better hydration. I've got a strategy that includes drinking more water and my favorite new drink, Bai, having fresh snack already prepped in my fridge, and Trident gum. So wish me luck.

Does your New Year's include a desire to take better care of yourself? Just one or two simple tricks can make all the difference. Read below for one simple meal trick that can help you get closer to healthy.

And if you need even more organizing in the kitchen, come join us on February 11 in my home for the second Dump and Run CrockPot class. You'll leave the class with 10 new super easy recipes, organizing inspiration for your pantry, and one dinner for 4 ready to eat that night. Sign up now, since my home can only hold so many CrockPots and seats are already filling. See what one participant from last year's class [had to say](#) in this video.

small business owner will find Melinda amazing.

January 24, 7 PM, "Lose 30 Pounds in 30 Minutes" at Plymouth Meeting Community Center. Cut the clutter and get real with your resolutions. Go from ordinary to organized in 5 steps that you can do at home. Paper, household stuff and kid clutter can all be contained. Learn how to get un-stuck in your efforts. **Registration Required.** All will receive a free password organizer.

January 31, 7:30 PM, "12 Ways to Clear the Clutter in 2012" at the Tredyffrin Public Library. If you could just change one thing a month and become more organized, what could you accomplish? We'll cover 12 strategies to make 2012 the year you feel more organized, including:

- Home
- Office
- Laundry
- Toys
- Financial organizing
- Electronic files and calendars
- **Registration requested.**

February 11, 9:30-1 PM, Dump and Run Crockpot Cooking. Limited counter space. **Register now.** This is the yummiest organizing class you'll ever take.

February 21, 7 PM, Paper Management Class for Interfaith Hospitality Network guests.

Feb 29, 7 pm, LEAP DAY! "24x7 Organizing Strategies" at the Upper Merion Public Library. We'll focus on ways to manage information and overload. Make that extra day this year work for you. **Registration requested.**

Starts March 6, 7-8:30 pm, Clear



If you can't make that class, check out the list at left. There are a ton of places we can meet up to help you with just about every aspect of getting organized this year. See you soon.

Sincerely,

Darla DeMorrow, CPO® , owner

Food for Thought

...Roasted Winter Veggies

I love fresh fruit, salads, and almost every kind of veggie. I'll even eat seaweed. But during the winter, I crave warm dishes, which means fewer salads and more prep in the kitchen, which is a time drain.

Enter...roasted vegetables. These are so easy and yummy, that I have *resolved* to make them at least each week during January. Slow roasting brings out the sweetness of the veggies, so I can snack on these and avoid my mid-day candy binges.

Prep for roasted veggies is pretty simple. It takes just a few minutes to peel the carrots, clean the mushrooms, slice an onion, peel some garlic cloves, and chop the potatoes. Of course, I'm never alone in the kitchen and the girls like to help by giving the potatoes a *potato bath*. I save some time and nutrients by just washing and not peeling the potatoes.

Path Strategies- Filing Freedom and Paper Solutions classes. Limited seating. **Register now.**

Starts May 29, 7-8:30 pm, Clear Path Strategies- General Clutter Support Group. **Register now.**

Starts October 2, 7-8:30 pm, Clear Path Strategies- Time Management Support Group. **Register now.**

See [my website](#) for updated times and places. Want a presentation closer to you? Please call me about how we can make that happen.

Don't miss a thing. Please click here to connect:



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Chop all the veggies into roughly the same size pieces, so they will all cook through at roughly the same time. By the way, credit goes to my dear husband for these perfectly chopped beauties.



Place the prepped veggies into a glass casserole dish or other oven-safe dish. Then drizzle the entire batch with olive oil and turn to coat. Bake at 400 degrees for an hour. If you have a convection oven you definitely want the convection fan on. Turn the veggies once or twice while roasting, to ensure that everything gets coated with oil.

During the last twenty minutes or so, I'll add a cruciferous vegetable, one of those dark green veggies that are so good for you, like broccoli, brussel sprouts or asparagus. These don't take quite as long to roast, so throw them in when you're halfway done. Brussel



Order now

Did You Know?

Clearing out electronic clutter? Tredyffrin and Easttown townships are holding a **recycling event** Saturday, Jan 7, 9-1 pm at Wilson Farm Park. Accepted items include computers, TVs and "anything with a plug". But before you throw out your old PC, learn how to **remove a hard drive** with this video.

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sprouts from the freezer work great.

You'll know the roasted vegetables are done when they are nicely browned, and some are slightly toasted on the corners. By then, the house smells heavenly.



Here's the organizing tip: definitely make a double batch, which means two pans in my house. These last several days in the fridge, but they tend to disappear sooner, especially with my mean sweet tooth. Happy roasting!

Want more on my favorite recipes and pantry tricks? **Subscribe to my blog** today.

About HeartWork Organizing

Our mission is to help you find peace and purpose.
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