



WHAT'S HAPPENING AT THE SPRING DISTRICT

MARCH 2022 NEWSLETTER

WHAT'S INSIDE:

- 03 What's Happening in The Spring District
- 04 March in Bellevue
- 05 Philanthropy of the Month: FareStart
- 06 Valentine's Day Scavenger Hunt Thank You!
- 06 ZenSweat NW Review
- 07 Save The Date Summer Concerts
- 07 Bloodworks Northwest
- 08 Pesto Avocado Chicken Salad Recipe

POINTS OF INTEREST

What's Happening in The Spring District

Daylight Saving Time Begins

What is ZenSweat?

WHAT'S HAPPENING IN THE SPRING DISTRICT

An update from Wright Runstad & Company's Linda Hoffner

by Sandy Vo



[The Spring District](#) is known as the newest urban neighborhood on the Eastside, a vibrant community featuring walkable streets, open spaces and unique art displays. Within the 36-acre district, you'll find modern apartment complexes, a brewpub, ground floor retail and over one million square feet of high-tech office space.

Developer [Wright Runstad & Company](#) reached many milestones recently. Just last month they were awarded 'LEED for [Neighborhood Development](#)' (LEED-ND) certification for mixed-use development, an award focused on sustainable and well-connected neighborhoods. ([Read more in The Spring District February 2022 Newsletter.](#))



[Linda Hoffner](#), senior property manager at Wright Runstad & Company, explained the community is designed for people to work, live, play and still feel a connection to Bellevue's downtown core.

By clicking the link below, you will learn more about Linda's conversation with Sandy Vo, BDA, as they discuss The Spring District's 2021 highlights, who's helping build the community and what we can look forward to, [What's Happening in The Spring District?](#)

MARCH IN BELLEVUE

ST PATRICK'S DAY

Thursday, March 17

Wear green and celebrate being Irish, even if for just one day. Here's to the wind always being at your back. Learn more about St. Patrick's Day [here](#).



HOLI - FESTIVAL OF COLORS

Friday, March 18

This ancient Hindu festival is also known as the Festival of Love and the Festival of Spring. This festival celebrates the arrival of spring and blossoming love.

Celebrate Holi at [KidsQuest Children's Museum](#) on Friday, March 11. This vibrant celebration let's the whole family welcome spring and decorate with the colorful pigments traditionally thrown during Holi. Learn more [Here](#).



FIRST DAY OF SPRING

Sunday, March 20

We made it through winter and are ready to spend more time outside and that can include planning our garden. If you are planning your garden, you may be hoping to invite more pollinators. The [Bellevue Botanical Garden Society](#) has a planning and planting guide: [Planning--and Planting--for Pollinators](#).



[The Master Gardener Foundation of King County](#) offers wonderful workshops to help you increase your general gardening skills January - October. Here is a list of the workshops being offered by Zoom: [Master Gardener BDG Workshops](#).

If you are interested in planting vegetables, here's a list of Planting Dates to help you plan a head: [Almanac Planting Calendar for Bellevue, WA](#).

DAYLIGHT SAVING TIME BEGINS

Sunday, March 13

Remember to put your clocks ahead one hour so you wake up on time on Sunday, March 13: Learn more [here](#).



FARESTART

For almost 30 years FareStart has been helping to lift individuals in our community out of poverty through job training. FareStart works with individuals experiencing poverty and those who are at risk of experiencing poverty to provide them with the necessary skills to be an essential member of the foodservice industry.

In addition to job training, FareStart provides hot, well-balanced meals to schools and organizations throughout the region. Helping to ensure people in low-income shelters, healthcare facilities, transitional housing programs and hospice centers are receiving warm meals prepared using local, fresh ingredients.

FareStart helps eliminate food waste by participating in "short shelf life" food recovery programs, which allows their team access to an ever changing variety of ingredients they then turn into inventive dishes that are culturally diverse.

If the FareStart mission of transforming lives, disrupting poverty, and nourishing communities through food, life skills and job training resonates with you, please visit their website to learn more about volunteer opportunities. Learn more [here](#).



FARESTART
GREAT FOOD • BETTER LIVES

FARESTART VOLUNTEER PROGRAMS

The Spring District is partnering with FareStart to ensure that food from the fruit trees and Chef's Garden doesn't go to waste. If you are interested in assisting in this fun volunteer opportunity, please stay tuned. We will be posting community volunteer opportunities as we get closer to harvest season.

In the meantime, please visit their website for additional information about FareStart's Food Recovery programs and local food gleaning opportunities, [here](#).

"Since 1992, we have prepared over 14.6 million meals for schools, healthcare centers, shelters, Head Start programs, and daycare centers."



Plum trees in The Spring District





The Valentine's Day Scavenger Hunt was a fun success. The Spring District Gift Basket winners were AMLI Apartment residents, Pooja and Ranjitha! This amazing basket featured items contributed by Bellevue Brewing, GolfTec, The Spring Café, Wells Fargo, Wild Flour Bakery and Zen Sweat! Thank you for making The Spring District an amazing place to work, live & play!



Zen Sweat

A review by Georgia Congleton,
The Spring District Community Engagement Administrator

Nestled in the middle of The Spring District is an unlikely oasis; a place to rest, relax, and bask in a warm glow. ZenSweat is the Northwest's first contactless sauna and wellness studio; a retreat amongst the hustle and bustle of daily life. I visited ZenSweatNW for half an hour on one of the coldest days of the year and found myself sauna bathing – that is, basking in the healthy glow of 153-degree heat (you read that right, it was HOT!). After 30 minutes in the sauna with intermittent gentle stretching, I left with a more limber neck and relaxed back. The ZenSweat website lists the many clinical benefits of sauna therapy, including reducing inflammation and the risk of heart disease (a 2018 study found that sauna bathing 4-7 times per week reduces the risk of death from cardiovascular disease [Scientists uncover why sauna bathing is good for your health](#) -- ScienceDaily). Now that is something to celebrate!

The professional team at ZenSweat is following all necessary COVID protocols and maintains a sanitary environment for your personal experience in their facility. Book your private session [here](#) using their convenient booking app Vagaro. I'm already looking forward to my next visit!



THE SPRING DISTRICT 2022 SUMMER CONCERT SERIES

We have selected the dates for our 2022 Summer Concert Series. Mark you calendars this July and August for live music in The Spring District. Food trucks will be on site for you to enjoy lunch while we supply the entertainment. Watch our Facebook page for more updates: [The Spring District Facebook](#).




Save The Dates!

The Spring District is your summer fun destination!

Stay tuned for more details!

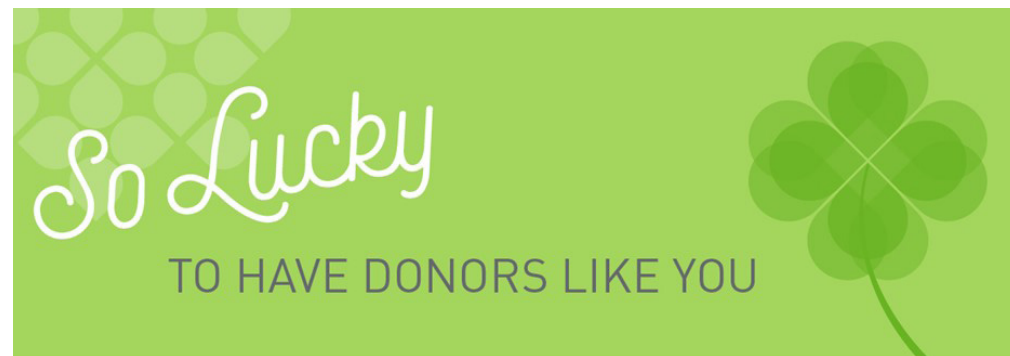
07/12 07/26 08/09 08/23

Live Music 12:00-1:00pm

Food trucks!
11:00am-2:00pm

Stay Tuned for More Details!





The gift of one hour of your time, and one pint of your blood will save the life of someone in your community! Blood donors with all blood types are desperately needed to help support our community hospitals. All donations are by appointment only. All donors are required to wear face masks during their appointment. Teen donors, age 16-17, need to bring a signed Parent Consent Form

Someone's tomorrow needs a blood donor today.

Kent Station
March 1, 5, 15, 16, 23, 25, 30, 31
[Book Donation Appointment](#)

Mt. Baker Community Club-Seattle
March 10 & 11
[Book Donation Appointment](#)

Archbishop Murphy High-Everett
March 11
[Book Donation Appointment](#)

Northshore Utility District-Kenmore
March 29 & 30
[Book Donation Appointment](#)

Donation Centers-Multiple Locations
Open 7 days/week
[Find a Donation Center Near Me](#)

Congregation Beth Shalom-Seattle
March 2, 3, 9, 10
[Book Donation Appointment](#)

These options don't work for you?

Join us another time! [Find a different donation location.](#)

Have a question? [Email us](#). For more information regarding blood donation during COVID-19, visit <https://www.bloodworksnw.org/about/news/coronavirus>



BloodworksNW.org / 800-398-7888

Healthy Pesto Avocado Chicken Salad Sandwiches

Author Monique of AmbitiousKitchen.com

Avocado pesto chicken salad made with an easy homemade nut free pumpkin seed & avocado pesto, then piled on toasted bread for a delicious, healthy sandwich. Dairy Free, Gluten Free, Lunch, Nut Free, Sandwich

Prep Time 15 minutes / Cook Time 25 minutes / Total Time 40 minutes
Servings 2 sandwiches/Calories 502 kcal

Ingredients

3/4 pound boneless skinless chicken breast (about 12 oz)
Salt and pepper
2 tablespoons raw pepitas (green pumpkin seeds)
1/2 ripe avocado
1 cup packed basil leaves
1 tablespoon fresh lemon juice
1 small clove garlic
3 tablespoons water
1/4 teaspoon salt
Freshly ground black pepper
2 large carrots, shredded for crunch (can also sub tomato slices)
4 slices sprouted, whole grain, or gluten free bread
1 cup arugula

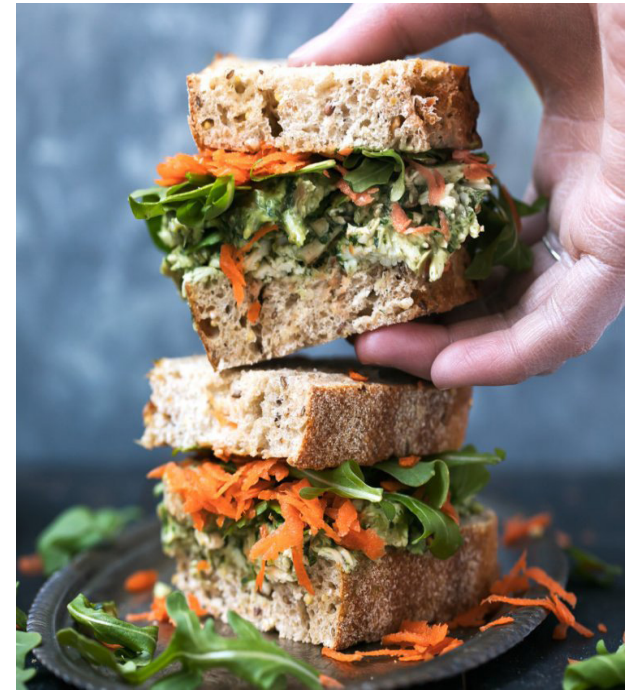
Instructions

- Preheat oven to 375 degrees F. Line a small baking sheet with foil or parchment paper and spray with nonstick cooking spray. Add chicken breast and generously season with salt and pepper. Bake for 25-30 minutes or until fully cooked. Shred fully cooked chicken with two forks and add to a large bowl; set aside.
- While chicken is cooking, heat a large skillet over medium heat. Add the pepitas and toast until just barely golden; stirring frequently so they don't burn. This should take about 5 minutes.
- Immediately transfer to the bowl of a food processor and add in avocado, basil, lemon juice, garlic, water and salt. Process until smooth, adding another tablespoon of water if necessary. Add pesto to bowl with the chicken and mix to combine.
- Toast bread, top one slice with half of pesto chicken mixture, half of shredded carrots, and as much arugula as you like. Top with remaining slice of bread. Enjoy! Avocado pesto will last 2-3 days in the refrigerator.

Recipe Notes

Vegetarian version: use smashed chickpeas instead of chicken. Any nut can be used instead of the pumpkin seeds, but then it won't be nut free. I do recommend toasting the nuts before you make the pesto – it adds more flavor.

Nutrition for avocado pesto chicken salad without bread: 1/2 of recipe: 343 calories | 14.5g fat | 3.1g sat fat | 16.4g carb | 6.6g fiber | 4.3g sugar | 38.3g protein





PRODUCED BY

WRIGHT RUNSTAD & COMPANY