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LIVING



ENDLESS SUMMER

Mind BODY Soul

By Leslie Dinaberg



All for Wellness and Wellness for All

Offering self-care retreats and wellness events in beautiful settings such as vineyards and historic restaurants, **VALLEY WELLNESS COLLECTIVE** (valleywellnesscollective.com) founder Kelly Fiore describes her new Santa Ynez Valley-based venture as “an organization of many incredible people—fitness instructors, masseuses, health coaches, artists, energy healers, private chefs, acupuncturists—with a desire to spread health and wellness throughout the community.”

The collective offers both public events and private group retreats. “Our goal is that every attendee will walk away with new skills to lead a happier, healthier life,” Fiore says. The community will be healthier too: 10 percent of the proceeds from each retreat goes to wellness programs in local schools and nonprofits.

SUPPORT BY THE SPOONFUL

“We have officially served over 1 million bowls of soup in the last 10 years,” says Andrea Slaby-Carroccio, chief operating officer of ORGANIC SOUP KITCHEN (organicsoupkitchen.org), which recently celebrated the milestone by opening a new headquarters in Santa Barbara. “We provide optimal organic nutrition and food security to those dealing with the effects of cancer. Our vision is to build scalable resources that are accessible to communities everywhere.” With the new space, the nonprofit is able to serve more clients, expand service to other counties, and continue to be sustainable through its community wholesale soup program.



Here, the organization shares its recipe for a nutritious and refreshing gazpacho.

WATERMELON GAZPACHO

Serves 8 to 10

- 1 large watermelon, diced, seeds removed (8–10 cups pureed)
- 1 red bell pepper, diced
- 1 cup diced tomatoes
- 1 cup diced cucumber
- ½ cup fresh cilantro
- ½ cup fresh mint
- 2 tablespoons olive oil
- Juice of 1 lemon
- Juice of 1 lime
- ½ teaspoon ground cumin
- Fresh ground black pepper to taste
- Himalayan salt to taste

Puree watermelon in a blender and transfer to a large pitcher or mixing bowl with a pour spout. Return half of watermelon puree to blender. Divide remaining ingredients in half. Blend soup in two batches, tasting to adjust seasoning.



PET AID

The pursuit of perfect pet parenting just got a little easier, thanks to a free first-aid app and an online course from the AMERICAN RED CROSS (redcross.org/apps; redcross.org/catdogfirstaid) on treating dogs and cats. “Pets are such an important part of the family, we want every pet owner to have the tools to take care of their furry friend in case of an emergency,” says Nicole Maul, American Red Cross regional communications manager. In addition to emergency how-tos and videos, emergency kit information and preventive care tips are included.