



Photo: www.bhg.com

Spring Edition - March 2014

Dear Karen,

Welcome, and thank you for being a subscriber! Spring is just around the corner and this month we have some fun and easy ways for you to revamp all areas of your home. We also have some recipes that are sure to get you into the Spring Spirit!

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10 DIY Ways to Transition Your Home Into Spring

Springtime decor is all about bright colors and floral patterns. Here's a list of some fun DIY home renovation and decorating ideas that will effortlessly transition your home into Spring!

1. Bedroom Makeover

Transform your bedroom into a springtime sanctuary by wrapping your headboard with a yard of bright or floral fabric. Hang patterned paper in photo frames to help tie in your colour scheme.

2. Wallpaper

Refresh any room in your home with wallpaper for a quick and easy spring update. Floral prints and bright colours make for great accent walls in the living room, bedroom, and kitchen!

3. Ceiling Rosettes

These light-weight and inexpensive pieces can make for an impressive wall display. Use pastel-coloured paints and cluster them on a bare wall for a quick and easy room rejuvenation!

4. Patterns

Attach bright floral botanical papers to an old chest of drawers using a spray adhesive for a great spring update! Do the same to basic lampshades to add more colour and life to any room.

5. Paint

A bucket of paint is among the simplest and most versatile ways to

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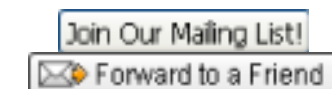
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transform any living space. Choose a spring colour that brightens your mood and paint in on an accent wall or throughout the entire room.

6. Set the Table for Spring

Rid yourself of your basic white linens for the season and incorporate cheery spring colours when setting the table. A pastel green table cloth or blush pink place mats is a great way to decorate for a spring party. It can also bring life to any old dishware you might have.

7. Peel & Stick Wall Decals

Peel & stick wall decals are a great way to liven up a simple space. They are inexpensive and come in many different colours and designs. The best part is, they are easy to apply and remove, and most are reusable!

8. Fruits & Flowers

The best centerpieces and room accents for spring are as simple as everyday fruits and flowers. Kumquats in a vase of water make for an eye-catching base for stems of bright spring flowers. A bowl of bright oranges on the kitchen counter can also be a pretty (and delicious!) spring accent.

9. Window Rejuvenation

One of the best parts of springtime is the beautiful outdoors. For this reason, accenting and updating your windows spaces can be huge! Replace dreary basic drapes with sheer floral ones to filter light and brighten up your home. Use curtain clips to make it easy to replace later.

10. Eggcup holders

Use eggcups as a great spring dish for everyday items. Use them to hold sugar packets or toothpicks in the kitchen, or even stamps and paper clips in the office!



Photo: www.bhg.com

Prosciutto Wrapped Asparagus Appetizer

Whether you are having a formal family gathering or just a casual get-together with friends, these prosciutto wrapped asparagus spears are the perfect appetizer that everyone will love. Not only are they quick and simple to make, but they look just as good as they taste! The best part is asparagus is a finger food, which means less dishes!

Ingredients

Bunch of asparagus (trimmed and tougher lower stem removed) - thick stems work best
 100-200 grams prosciutto (sliced in half horizontally)
 Olive oil for drizzling
 Parmesan cheese for sprinkling
 Fresh ground pepper to taste

Preheat oven to 350 degrees F (175 degrees C). Line baking sheet with parchment paper.
 One stalk at a time, wrap prosciutto snugly around asparagus and place



on baking sheet.
 Drizzle olive oil evenly across wrapped asparagus and sprinkle with parmesan cheese and pepper.
 Bake for 15-20 minutes, or until asparagus is tender. Remove from oven and allow to stand for 5-10 minutes before serving.
 Enjoy!

Photo: My Gourmet Connection

Red Berry Vodka Soda

This light and refreshing vodka cocktail is

Ingredients

1 oz. Red Berry Ciroc Vodka
 3 oz. Club Soda
 Splash of Sparkling Pink Lemonade
 Fresh Raspberries or Strawberries

Directions

1. Fill glass to the top with ice
2. Add ingredients
3. Garnish with fresh fruit
4. Enjoy!



If you have any recipe ideas or decorating tips we'd love to hear from you! Send us a message on our [Facebook page](#) or drop us an email.

That's all for this edition of the newsletter! Please stay tuned for the next one!

Sincerely,

The Integri Kitchens Team

Karen, Rick, & Sherry

"Our Way To Your Heart Is Through Your Kitchen"

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