



November 1st, 2013

Dear Karen,

Welcome to our third edition of the Integri Kitchens newsletter. We can't believe that it's November already, this year has gone by so quickly! We have so much happening, and can't always fit it in our newsletter, so make sure you "Like" us on Facebook to get all of our updates and daily happenings at Integri Kitchens. As well, check out our contest on Facebook for your chance to win a gift basket!

Also, don't be a stranger, make sure to come by the showroom to take a look at some changes we're making.

In this month's issue, we have some fun and trendy ideas for your bathroom, and some recipe ideas to warm up your cold autumn days! We hope you enjoy!

Bathroom Remodeling Trends

We've taken a look at what's hot in bathroom design trends right now and have come up with a list of ways to make your bathroom your getaway from the world! From lighting, to fireplaces, we have the best of bathrooms right here for you.

Lighting

To add a little bit of luxury to your bathroom, add a trendy chandelier to your ceiling fixture. If that's not your thing, vintage fixtures and pendants are also really in right now, as well as sconces for in front of your mirror to light you up when getting ready for your day ahead.

Sinks

While undermount sinks still remain extremely popular, traditional styles are coming back. Sink and vanity combinations are still in trend, and brass fixtures are huge!

Showers

Multi-shower heads and steam showers are a great way to create a spa oasis in your bathroom. Two shower heads are better than one after all!

Baths

Free standing bath tubs are very trendy right now. If a free standing tub just isn't possible, try decorating it with marble plates.

Flooring

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Appointments

Although you are always welcome to stop by the showroom, it's best to make an appointment. Our designers may be on appointments or on job sites.

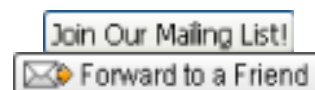
[Click here](#) to book an appointment, or give us a call at (780) 489-9960.

Stay Connected



FACEBOOK GIVEAWAY!

Make sure you check out our Facebook page for our first giveaway we'll be having this month!!!



Heated flooring is huge right now, and is a great investment for those cold winter months that are creeping up on us. No more cold feet!

Window Treatments

What we're seeing right now is sheers in bathrooms. It allows the natural sunlight in, but provides the perfect amount of privacy.

Accessories

What we're seeing right now are accessories that will make you want to linger in the bathtub that much longer. Remote controlled TV's, stereos and windows, and even fireplaces and open-flame features. Who would leave?

Apple Pie Shooters

Here's some fun shots you can make at a gathering with friends that we promise everyone will love! They taste just like a little glass of apple pie.

Ingredients

- 1/2 oz Green Sour Puss
- 1/2 oz Butter Ripple Schnapps
- sprinkle of cinnamon

Shake over ice and strain into a shot glass. Garnish with cinnamon. Enjoy!

Curried Butternut Squash Soup

Here's one of Karen's favorite recipes she uses at home! It makes a great meal, or even an appetizer for a dinner party. We hope you enjoy it!



Ingredients

- 1 tablespoon canola oil
- 1 medium onion, chopped (about 2 cups)
- 2 cloves garlic, minced
- 1 (2 1/2-pound) butternut squash, peeled, seeded and cut into 1-inch cubes
- 6 cups low-sodium chicken broth or vegetable broth
- 1 tablespoon plus 2 teaspoons curry powder
- 1/2 teaspoon salt, plus more, to taste
- 2 tablespoons honey
- 4 teaspoons plain low-fat yogurt, for garnish

Directions

Heat oil over medium heat in a 6-quart stockpot. Add onions and garlic and saute until soft but not brown, about 6 to 7 minutes. Add the butternut squash, broth, curry powder and salt and bring to a boil. Reduce heat and simmer until squash is tender, about 12 to 15 minutes. Remove from heat stir in honey and puree with an immersion blender or in batches in a blender until smooth. Season with salt, to taste.

Ladle into serving bowls and add a dollop of yogurt.

Adapted from www.foodnetwork.com

We Will Remember Them



We would also like to say thank you to the men and women who risked their lives for the beautiful country we live in today. Without their sacrifice and courage, Canada would not be the same.

"The legacy of heroes is the memory of a great name and the inheritance of a great example." -

Benjamin Disraeli

Lest We Forget

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

Sincerely,

The Integri Kitchens Team

Karen, Rick, Sherry & Brittney

"Our Way To Your Heart Is Through Your Kitchen"

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