

## In The Kitchen

Summertime is the perfect time to fire up the grill! Get cookin' with this light summer meal.

### Toasted Couscous Salad with Grilled Summer Vegetables

1/2 cup balsamic vinegar  
 1 teaspoon Dijon mustard  
 2 cloves garlic, coarsely chopped  
 1 cup olive oil  
 Salt and freshly ground pepper  
 2 green zucchini, quartered lengthwise  
 2 yellow zucchini, quartered lengthwise  
 6 spears asparagus, trimmed  
 12 cherry tomatoes  
 1 red bell pepper, quartered and seeded  
 1 yellow bell pepper, quartered and seeded  
 1/4 cup chopped fresh basil  
 1/4 cup coarsely chopped flat-leaf parsley  
 2 tablespoons olive oil  
 1 pound couscous  
 Vegetable stock, heated

In a small bowl, whisk together the vinegar, mustard and garlic, slowly add the olive oil and whisk until combined. Season with salt and pepper. Pour 1/2 the marinade over the vegetables and let sit at room temperature for 15 minutes. Preheat the grill. Remove the vegetables from the marinade and grill the vegetables until just cooked through. Cut the zucchini and peppers into 1/2-inch pieces, cut the tomatoes in half. Heat the olive oil over medium-high heat, add the couscous and toast until lightly golden brown. Cover the couscous with the hot stock and bring to a boil, cook until al dente and drain well. Place in a large serving bowl, add the grilled vegetables and herbs and toss with the remaining vinaigrette. Serve at room temperature.

*\*Recipe courtesy Bobby Flay*



Sustainable design or building "green" is an opportunity to use our resources efficiently while creating healthier homes and living environments. It provides cost savings through improved human health and productivity, lower cost building operations, and resource efficiency--and it moves us closer to a sustainable future. Anderson and Vanguard Homes continues to lead on these important fronts. In fact, we're making the future sensibly green with our Vanguard concept home located in the Briar Chapel community in Chapel Hill. This unique Vanguard home, aptly named "Bright Green," bridges the gap between ENERGY STAR® and extreme green technologies. Bright Green is designed to achieve gold level certification from the Green Home Builders of the Triangle and National Home Builder's Association Green Building Standard, and will provide a wide range of sustainable features, both inside and out. I encourage you to visit Bright Green to experience the future of Triangle green building!

Sincerely,

Christopher (Kip) Guyon  
 President, Anderson Homes and Vanguard Homes



## What's New With Anderson Homes?

### Aloha Homeowners!

Anderson Homes recently celebrated the closing of their 5,000th new home in the Triangle. As part of this milestone celebration, the builder welcomed all current Anderson homeowners to enter a drawing for a Hawaiian vacation.

Pat and Dan Lester, Anderson homeowners in the Townes at Keystone Crossing community, won the drawing and are being whisked away to the beautiful island of Kauai, Hawaii.

The Lesters will enjoy a complimentary flight, hotel accommodations and a booking on the well-known Safari Eco-Helicopter Tour of Waimea Canyon, "the Grand Canyon of the Pacific." The island of Kauai, with its pristine and awe-inspiring beauty, is the perfect destination selection to complement Anderson's award-winning ENERGY STAR® initiatives. In keeping with their corporate environmental principles, Anderson Homes will pay the appropriate carbon offset fees for the winner's airline flight to and from Kauai. Anderson is also pleased that a portion of the Safari Eco-Helicopter Tour proceeds goes to protecting the Kauai Wildlife Refuge for future generations.

Congrats to Pat and Dan!

## Homeowner's Corner – Green in the Garden

Is it possible for gardening to get even greener? Yes! Check out these tips on how to nurture your plants and protect the environment at the same time.

### Keep It Real

You know what they say about mother knowing best? Well, Mother Nature never needed pesticides, weed killers, or chemical fertilizers to keep her act together. Nix the poisons and instead, layer on some all-natural compost.

### Make Compost from Kitchen Scraps

Throw in your vegetable waste, instead of allowing it to be trucked off to the landfill. Compost enriches soil fertility by giving it a shot of high-powered, plant-loving nutrients. Aside from stimulating healthy root development, the addition of rich and earthy compost also improves soil texture, aeration, and water retention.

### Buy Recycled

It takes less energy to recycle something than to mine virgin materials, so whether you choose recycled copper, plastic, or even rubber to anchor your tender shoots, it's all copacetic. Admire your handiwork and eco-smarts while lounging on recycled lawn furniture.

*Green in the Garden Continued...*





## Homeowner's Corner – Continued



### Grow Your Own Food

Buying organic produce can admittedly get pricey, so how about growing your own food instead of painstakingly manicuring that lawn for the umpteenth time? American homeowners apply tens of millions of pounds of fertilizers and pesticides to their lawns - all for little more than ornamentation. It's time to return to the use of gardens as food sources—you won't find fresher (or cheaper) eating anywhere else.

### Start/Join a Community Garden

Locate a community garden in your area and start growing. Community gardens typically have a communal composting area, as well, so if you don't have room for one of those triple-duty rotating barrel composters in your home, a community garden is ideal.

### Go Native

Now that you've learned some of the merits of "de-lawning" your home, consider replacing your lawn with native and indigenous plants. Already adapted to local conditions, native plants are easy to grow and maintain, generally requiring less fertilizer and water, as well as less effort to rein in pests.

### Harvest Rainwater

Adding a rain barrel is an inexpensive and effortless way to capture mineral and chlorine-free water for watering lawns, yards, and gardens, as well as washing cars or rinsing windows. Pop a screen on top of your barrel to keep out insects, debris, and bird missiles, and make frequent use of your water supply to keep it moving and aerated.

### Water with Care

While we're on the subject of water, adopting a few smart-watering habits will do much to stretch out your supply, especially during dry, hot spells in the summer. Adding mulch and compost to your soil will retain water and cut down evaporation. Plus, soaker hoses or drip irrigation only use 50 percent of the water used by sprinklers. Water early in the day so you can avoid evaporation and winds.

### Bring on the Bugs

Provide a pesticide-free sanctuary for our pollinator pals, such as butterflies and bees, by growing a diverse variety of native flowers they're particularly drawn to, such as wild lilac, goldenrod, and lemon balm. (Gardens with 10 or more species of attractive plants have been found to entice the most bees.) Also – creating a pollutant-free environment will allow the mosquito-eating ladybugs to do their job.

### The Power of Four

Get hip to four "R"'s of the U.S. Environmental Protection Agency's GreenScapes program: Reduce, recycle, reuse and rebuy. You want to reduce your output of waste to ensure you're using materials efficiently. Reusing compost and tree clippings for mulch, or rainwater for watering take up little time and energy, but offer plenty of environmental bang for your buck. Recycling saves resources, while rebuying means seeking products that meet your needs, but are more environmentally friendly than your usual purchases—take, for instance, solar outdoor lighting versus electric-powered fixtures.

*\*Courtesy treehugger.com*