



Try This  
Summer Recipe



**Trapanese Pasta**

For this quick & easy summer recipe, try getting as many ingredients as you can from your garden or local farmer's market

### Ingredients

- Fresh tomatoes
- Fresh basil
- Garlic
- Olive oil
- Balsamic Vinegar
- Whole wheat linguine pasta
- Salt & pepper

Cook your pasta & set aside. Dice up your fresh tomatoes, & finely chop the basil and 2-3 cloves of garlic; mix together in large bowl with olive oil (enough to saturate) & a splash of balsamic vinegar. Add a dash of S&P to taste. Pour over pasta and serve cold or room temperature. Top with fresh parmesan or romano cheese.

Add a fresh green salad for a healthy & refreshing summer meal... **Bon appetit!**

### Plymouth Farmer's Market

*Eat fresh & local this summer!*

**When:** Thursdays 3-6 pm

**Where:** 263 Highland St.



## Healthy PSU Meditation Workshops

Come experience using clay as a focus for meditation – leave with a relaxed mind and unique hand-made meditation bead. Free to all PSU faculty & staff!

**1<sup>st</sup> session:** Friday, July 26<sup>th</sup>, 12-1 pm

**2<sup>nd</sup> session:** Friday, August 2<sup>nd</sup>, 12-1 pm

**Where:** Frost Commons

RSVP for **one** session ASAP (space is limited to first 15 participants): Michelle Chamberlain, [lifeskillsnh@hotmail.com](mailto:lifeskillsnh@hotmail.com)

Have a group that is interested in joining **PSU Walks?**

Contact Jill Tarkleson at [jytarkleson@plymouth.edu](mailto:jytarkleson@plymouth.edu)

## HUB Fitness Room

### Summer Hours

**Mon - Thurs:** 6:30-8:30 am & 12-7 pm

**Friday:** 12-4 pm

*Bring your PSU ID card*

**We want to hear from you!**

Email questions or comments to:

[Healthy-psu@plymouth.edu](mailto:Healthy-psu@plymouth.edu)

**“Healthy People in a Healthy Place”**