

Jan 2023

The Tiny Times

Edition #4

~<https://www.patreon.com/cottagegoddess>~

COTTAGE NEWS

Welcome to 2023! I hope the new year is treating you well so far. I have many exciting plans for the cottage this year, but none of them would be possible without my amazing tiny army of course! Thank

you all for being here. Also I am missing an emerald earring have you seen it? I heard there heard there was news about a green comet? I think that's my earring!



SCIENCE

Did somebody say GIANT?!

Remember when the Earth was oxygen rich and filled with megafauna? No? Ok...well same...anyways...scientists have found evidence of a giant kangaroo species that existed thousands of years after most megafauna went extinct. This giant species walked on all fours and lived in New Guinea until 20,000 years ago. It is theorized that giant mammals lasted longer on the island because fewer humans lived there. The fauna of New Guinea is diverse due to it's isolation. About 5-8 million years ago, the island was connected to mainland Australia via land bridge when the sea levels were lower. It became separated when part of the land bridge became submerged and species like our giant kangaroo, began following different evolutionary paths. The fossil record in New Guinea is quite patchy, but it is regarded as a new frontier for paleontologists.

Sources: <https://www.scientificamerican.com/article/science-news-briefs-from-around-the-world-january-2023/>
<https://news.mongabay.com/2022/07/giant-kangaroo-fossil-points-to-previously-unknown-species-in-new-guinea/>

5 NEW YEAR'S RESOLUTIONS TO TRY IN 2023

New year new resolutions? I don't know about you, but I tend to set the same resolutions each year and then...never really stick to them. This year, I want to switch things up a bit and I hope you try to as well!

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- Send a handwritten letter to someone special
- Try a new restaurant or food
- Stretch for at least 5 minutes a day
- Talk to yourself with kindness
- Read or listen to a book a month

COOKING HACKS

This year I am trying to cook more of my food AKA order less uber eats. Here are three cooking hacks that have helped me save time and make meal prepping a little less monotonous.

- Prep individual ingredients to mix and match throughout the week
 - I prepare at least two grains like brown rice and a pasta to mix with different dishes. I have also started cutting up vegetables and storing them in air tight containers. It's easier to make salads or quick snacks when everything is already prepped!
- Avoid foods that spoil quickly or choose frozen fruits and veggies!
- Prepare one big "hero meal" to freeze or eat during the week
 - Soup, lasagna, casserole...

THIS YEAR I WILL

start

walking at least 3 times a week

stop

scrolling TikTok right before bed

learn

to sew

try

to skate 20 miles!



Unsure of a resolution? Try and fill this out! Here are some of my goals for 2023!



MY "HERO" MEAL

What exactly is a hero meal you ask? To me it's that recipe that you make in bulk and feel like an absolute hero throughout the week. That feeling of opening the fridge or freezer and seeing a delicious meal, you give your past self a warm hug for preparing something so hearty. Try this sheet pan chicken and sweet potato recipe for something healthy and comforting!

Ingredients

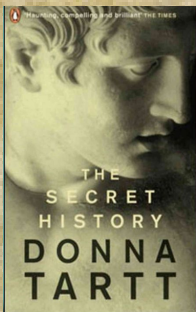
- 4 boneless skinless chicken breasts, trimmed of excess fat and lightly pounded to a relatively even thickness
- 3 tablespoons extra-virgin olive oil divided
- 4 cloves garlic minced
- 2 tablespoons chopped fresh rosemary divided
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt divided
- 1/2 teaspoon black pepper divided
- 4 cups Brussels sprouts trimmed and halved (quarter if very large), about 1 pound
- 1 large sweet potato peeled and cut into 1/2-inch cubes
- 1 medium red onion cut into 3/4-inch pieces
- 1 medium Granny smith apple peeled, cored, and cut into rough 1-inch pieces (these pieces should be larger than the other vegetables)



Instructions

1. Preheat the oven to 425 degrees F.
2. Place the chicken breasts in a large zip top bag. Drizzle with 1 1/2 tablespoons olive oil, then add the garlic, 1 tablespoon rosemary, cinnamon, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Zip the bag tightly, then shake and rub the bag to coat the chicken in the oil and spices. Set aside while you chop the vegetables and apples, or refrigerate for up to 1 day.
3. Once chopped, place the Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet. Drizzle with the remaining 1 1/2 tablespoons olive oil, then sprinkle with remaining 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper. Toss to evenly coat, then spread into an even layer.
4. Remove the chicken from the marinade and place on top of the apple and vegetables. Place in the oven and roast until the chicken is cooked through and the internal temperature reaches 160 to 165 degrees F, about 18 to 22 minutes, or until done. Once the chicken is cooked through, remove to a plate to rest and cover with foil to keep warm. Toss the apple and vegetables on the pan, then return the pan to the oven and continue baking until caramelized and tender, about 10 to 15 additional minutes. Sprinkle with the remaining 1 tablespoon fresh rosemary. Serve warm with the rested chicken.

BOOKS



Donna Tartt, the same author of *The Goldfinch* delivers this great howdunnit mystery, perfect for the winter reading.

COTTAGE MOVIE PICKS

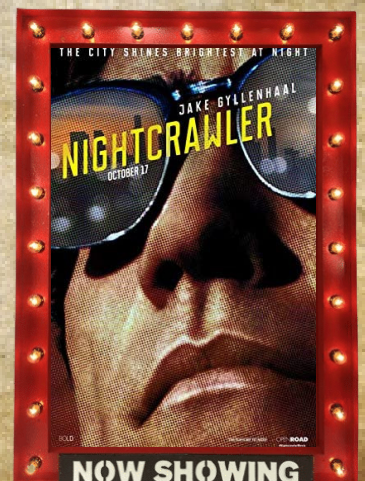
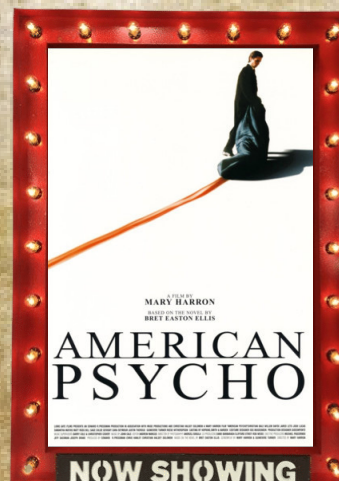
I decided to re-watch *American Psycho*! Is it technically a slasher satirical comedy? If you enjoy that title I also recommend *Nightcrawler* (less comical). Both available on HBO Max.

JANUARY JAMS

Interpol- *Antics* (Entire album is gold)
Christian Death- *Only Theatre of Pain* (My fave song is "Deathwish")



<https://open.spotify.com/playlist/671kI9dtZwgWLqAAZYUeRQ?si=78f0b20c0e3942ae>



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