

The

# Quarantine



These Unprecedented Times

Issue No. 2 - Radical Reprioritization

April 10, 2020

Hello Friend!

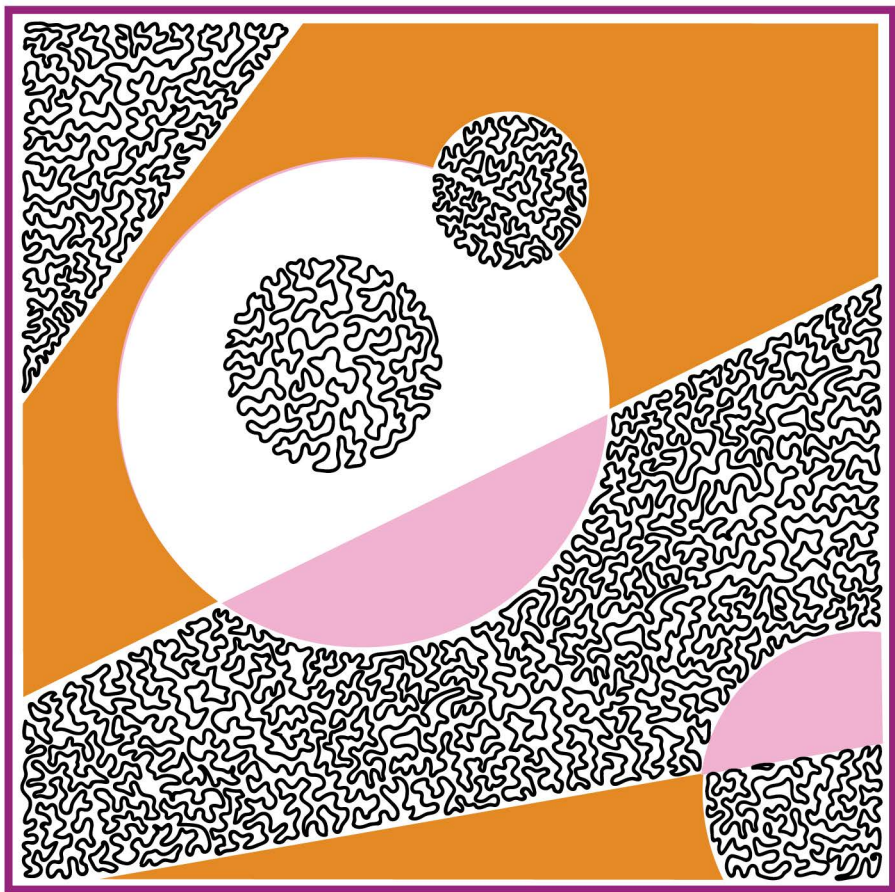
Welp, its the end of my fourth week in quarantine. The fun and games seem to be coming slower now. I suppose its setting in just how long we might be in this position. Passing the wedding date - a temporal marker that has been in the center of my focus for the last 12 months - has left me facing the question "What now?"

Maybe you are starting to feel this way too? The nature of sheltering in place brings up a few questions. Is this a neighborhood I can get out and enjoy? Are my neighbors people I can count on in an emergency? In the shifting light of WFH, how does my job hold up? What am I getting out of it? This extra time I am learning to fill - has it given me opportunities that I want to hold on to post-quarantine? What hard choices and work will it take to make that happen? This issue follows the thread of the recalibration we are pursuing. I hope you enjoy and are taking the chance to get in touch with what is truly essential in your own life.

Love,



Your Quarantine Queen



## Letting Go:

1. Busyness
2. Comparisons
3. Living for the future instead of the present

## Embracing:

1. Walks
2. Taking breaks
3. Creative cooking
4. Reaching out

Our neighbor's cat,  
"White Cat" who  
pooped in one of the  
garden beds this week.  
Choosing to let it go.



Garden Update:

[More Photos](#)

## Stop deferring, start living

One of the best periods of my life was my time studying abroad in Jerusalem. While the group activities and lack of responsibility made it feel like summer camp, I think what truly made it great was that I went all in every day. When you have 9 weeks in a radically different part of the world, you don't defer a day trip to Tel Aviv because you have more reading. We took each day as it came and said yes to every adventure we could find.

In the current moment, with adventures hard to find, I'm realizing that I've gotten in the habit of putting off explorations. I can't tell you the last time I traveled to visit anyone other than family or even the last time I went for a run in a new neighborhood.

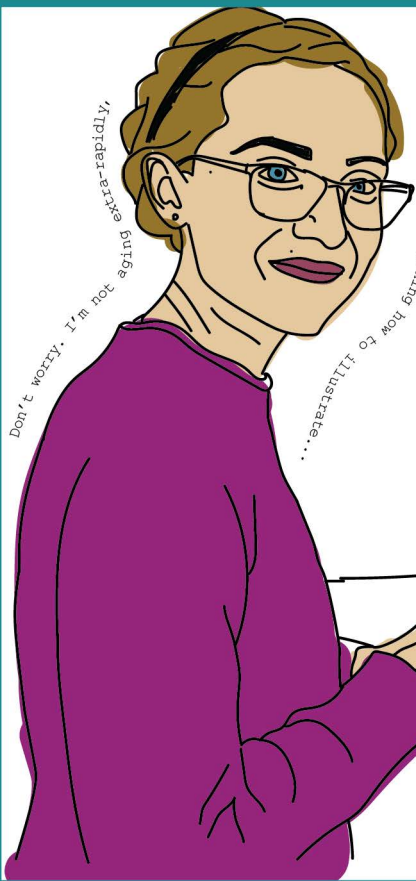
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## Sourdough update:

2 beautiful loaves that  
were too delicious to  
stop eating and  
take a photo





Don't worry. I'm not aging extra-rapidly,

I'm just learning how to illustrate...

Snapshot from our  
non-Wedding day.

Disinfecting our  
takeout containers.

Safety first!  
Followed closely by  
delicious flavor.



## **Book Review:** *Farmacology*

by Daphne Miller, MD

One of the major themes of our priorities during this quarantine (as opposed to all the other quarantines...) is to really focus on our health. This book was the perfect combination for our belief in the power of regenerative farming and increasing awareness of our own health hurdles.

Miller makes it abundantly clear that our own health is inextricably linked to the health of our soils and the food we eat. For those already on the bandwagon, it will be a refreshing take on the benefits of farming. For those uninitiated, *Farmacology* presents the best case for why you might want to start a vegetable garden of your own!

The  
End.