

May 2022

Newsletter

MAY IS FOR THE MOMS!

MOTHER NATURE

May is for the moms!

May 8th was **Mother's Day**, we hope everyone paused to celebrate and honor all of the "MOM's " in our lives, including Mother Ocean!

MOTHER OCEAN DAY is celebrated on May 10th, introduced for the first time in 2013, and founded by South Florida Kayak Fishing Club.

Here are a few surprising things you might not know about the ocean:

- There are more historic artifacts under the ocean than in museums all around the world.
- The longest chain of mountains is virtually entirely beneath the ocean. This is known as the Mid-Ocean Ridge. It stretches across a distance of 65,000 km. the Mid-Ocean Ridge is less explored than the surface of Mars or Venus.
- The ocean is home to over a million different species, many of which are endangered or threatened.
- 94 percent of all living species exist within the ocean!
- The Pacific Ocean is the world's largest water body, occupying a third of the Earth's surface.
- Blue whales are the largest animals to ever exist on our planet with hearts the size of small cars.

May is the month to pause and pay homage to this incredible force of nature and make plans to come sailing with us, enjoying what it has to offer to the fullest. And make sure you bring your MOM.

We hope everyone had a wonderful mother's day, keep celebrating your mothers this month!

RECIPE OF THE MONTH



BAKED FRENCH TOAST CUPS

These Baked French Toast Cups are simple to prepare and fun to eat
- Breakfast or Dessert

SERVES: 4

PREP TIME / 10 minutes
COOK TIME / 20 minutes
TOTAL TIME / 30 minutes

INGREDIENTS

8 eggs, large
¼ cup heavy cream
1 teaspoon vanilla extract
1 teaspoon cinnamon, ground
8 slices of whole wheat bread
8 oz strawberries, hulled and sliced
4 oz raspberries
4 oz blackberries, fresh
½ cup maple syrup

INSTRUCTIONS

Preheat oven to 350°F.
Apply non-stick spray to the inside cups and to the top of a 6-cup non-stick popover pan. (if using a muffin tin - one piece of bread and it won't be as "tall")
In a shallow bowl whisk together eggs, heavy cream, vanilla extract and cinnamon.
Cut along the diagonal, from the center to one corner of each slice of whole wheat bread.
Dip bread into egg batter, one at a time.
Flip bread over to soak other side of bread.
Remove bread from egg mixture, allowing excess to drip back in the bowl.
Press one slice of bread into a cup of the popover pan, filling up one side of the cup. Add a second soaked slice of bread into the same popover cup, filling up the other side of the same cup.
Bake the toast cups for 20-25 minutes, until they're light golden brown. You want them to be lightly toasted, but still moist, so don't over-bake. If the tops start to brown too much before the rest of the cup is finished baking, top loosely with foil.
Allow the cups to cool slightly in the muffin pan before removing them. You might need to use a fork to help lift them out of the pan.
While the French toast cups are baking, wash the berries and let them dry on paper towels.
Place baked cups on serving plates and fill with fruit and whipped cream. Serve warm with maple syrup. (If using it as a dessert...fruits or filling of choice and try topping with some chocolate sauce/caramel/ powdered sugar... :-)

Enjoy!

PHOTO OF THE MONTH

Photo of the month winner!

This months photo of the month winner! Photo taken and cheese plate created by chef Mackenzie Thomas. One of the best parts of our charter vacations is the food! Every boat has a chef who caters beautiful and delicious food to you for the entirety of the trip!

