



THE INTEGRITY'S DIGEST

MARCH 30, 2023

HELLO, SPRING!



5th Thursday Check-In

Here comes the sun, doo-doo-doo-doo
Here comes the sun, and I say
It's alright

Little darlin', it's been a long, cold, lonely winter
Little darlin', it feels like years since it's been here

Here Comes the Sun, The Beatles



When George Harrison wrote the iconic melody, “Here Comes the Sun,” England was coming out of a colder than normal winter ([Wikipedia](#)). In the midst of the “long, cold, lonely winter,” Harrison was burned out and weary from the business-side of the music industry. In his biography, *I, Me, Mine*, Harrison describes ditching business meetings and escaping to Eric Clapton’s home as spring was awakening. He writes, “I walked around the garden with one of Eric’s acoustic guitars and wrote ‘Here Comes the Sun.’”

Beyond celebrating the turn of a season, “Here Comes the Sun” has become a cheery anthem of hope for those believing that dark, difficult days can one day become light. For those of you who need a little bit of hope today—or if you simply need a patch of musical sunshine on a rainy day—take a listen to the full song [here](#). Our teammate, Sarah Carter, also highly recommends Nina Simone’s cover of “Here Comes the Sun” which you can listen to [here](#).

As the sun comes out and a new season begins, we hope each of you experience refreshment in Q2 2023. Let’s enter the spring taking time to reflect on how we might refresh our bodies and minds. Let’s get back outside with friends and family, restart old hobbies, try new recipes, or set new personal goals. Here comes the sun, and may these next few months be filled with hope and affirmation that things will truly be “alright.”





Coffee is on Us!

The first 20 employees to email news@integrits.com with the correct answer to the trivia question below will win a \$10 gift card to Starbucks!

(NOTE: The gift cards will be sent to winners via email. We will simply reply to the email address you used to submit your answer, unless you indicate another preferred email address along with your response.)

In a recent edition of *The IntegrITS Digest*, we talked about our Company Culture and listed the values that make up "Our Culture" (hint: there are seven total). Which of these values resonated with you the most? Email us at news@integrits.com with your answer!

Note: you can find an archive of all our newsletters [here](#).

Spring Recipes

Here is a list of fruit and veggies that are especially yummy this time of year because they are in-season (Source: [USDA](#)):

Spring	Apples	Collard Greens	Onions
	Apricots	Garlic	Peas
	Asparagus	Herbs	Pineapples
	Avocados	Kale	Radishes
	Bananas	Kiwifruit	Rhubarb
	Broccoli	Lemons	Spinach
	Cabbage	Lettuce	Strawberries
	Carrots	Limes	Swiss Chard
	Celery	Mushrooms	Turnips



Lemon Meltaways

Ingredients

- 3/4 cup plus 2 Tbsp. butter, softened
- 1 1/2 cups powdered sugar, divided
- 1 tablespoon lemon zest
- 2 tablespoons fresh lemon juice
- 1 1/2 cups all-purpose flour
- 1/4 cup cornstarch
- 1/4 teaspoon table salt
- Parchment paper

Directions

Step 1

Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Add 1/2 cup powdered sugar; beat at medium speed until light and fluffy. Stir in zest and juice. Whisk together flour and next 2 ingredients. Gradually add flour mixture to butter mixture, beating at low speed just until blended. Cover and chill 1 hour.

Step 2:

Preheat oven to 350°. Drop dough by level spoonfuls 2 inches apart onto parchment paper-lined baking sheets, using a 1-inch cookie scoop.

Step 3:

Bake at 350° for 13 minutes or until lightly browned around edges. Cool on baking sheets 5 minutes.

Step 4:

Toss together warm cookies and remaining 1 cup powdered sugar in a small bowl.

Source: [Southern Living](#)





Burrata with Speck, Peas, and Mint

Ingredients

- 1/3 cup fresh or frozen baby peas
- 1/4 cup packed finely shredded mint leaves
- 1 1/2 teaspoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1/4 cup freshly grated Parmigiano-Reggiano cheese, plus more for sprinkling
- Kosher salt and freshly ground pepper
- 8 thin slices speck (about 2 ounces)
- 6 ounces burrata cheese, cut into 4 pieces



Directions

Step 1:

In a small pot of salted boiling water, cook the peas until tender. Drain and rinse under cold water; pat dry. In a medium bowl, toss the peas with the mint, lemon juice, olive oil and the 1/4 cup of Parmigiano-Reggiano cheese. Season with salt and pepper.

Step 2:

Arrange 4 slices of the speck on each plate and top with 2 pieces of the burrata. Spoon the pea mixture over the burrata, sprinkle with Parmigiano-Reggiano cheese and serve.

Source: [Food & Wine](#)



Tip of the Week

Having trouble sleeping? Here are some quick tips on getting more healthy sleep: [Insperity Wellbeing](#). We even have access to a course on sleep through our Live and Work Well benefits that you can find [here](#).

COMING SOON

Next week is the first Thursday of the month, so we'll be back with a message from Mr. Carter in The CEO's Corner.

COMMENTS/QUESTIONS

If you have any comments or questions about this week's newsletter, email us at news@integrits.com.

We have also created a website where we are storing the archives of all our newsletters to date: <https://integrits.com/digest-archives/>.

Copyright © 2023 IntegrITS Corporation, All rights reserved.
You are receiving this email because you are one of our incredible IntegrITS Employees, or you are an extended member of the IntegrITS Family.

Our mailing address is:
IntegrITS Corporation
5205 Kearny Villa Way Ste 200
San Diego, CA 92123-1420