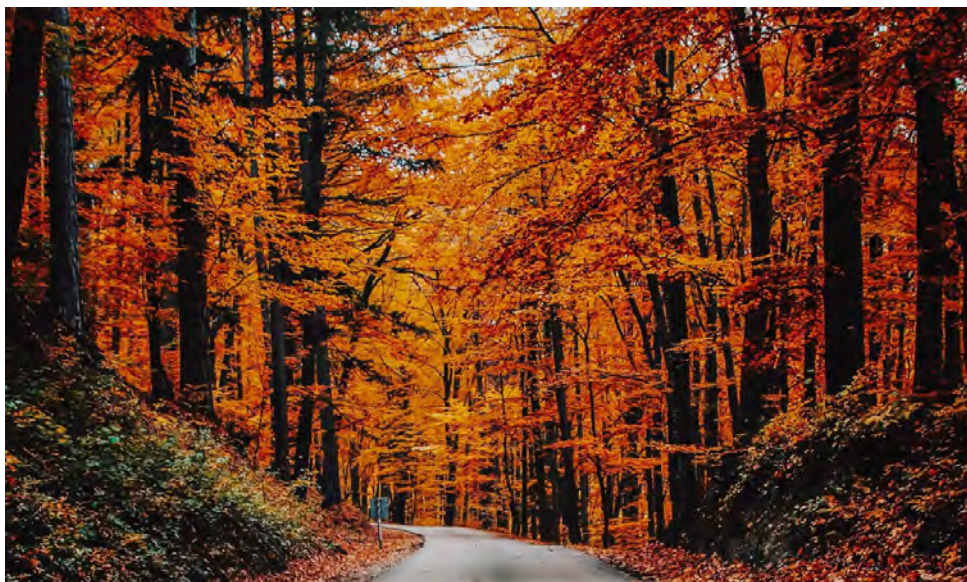




Welcome to this week's edition of *The IntegrITS Weekly Digest*.

The falling leaves drift by the window
The autumn leaves of red and gold
-Nat King Cole, *Autumn Leaves*



The weather is shifting, the leaves are changing, and fall is officially here! As we enter the final quarter of 2022, we look forward to celebrating the “most wonderful time of the year!” Whether you are dressing up to go trick-or-treating, gathering around the Thanksgiving table, putting on your best game face for Black Friday shopping, lighting the menorah for Hanukkah, opening presents by the Christmas tree, or reflecting on the principles of Kwanzaa, we hope every celebration of yours is filled with excitement and joy this year.

While there is so much beauty to be experienced during the holidays, we also acknowledge that the season is not always perfect. It can be busy and stressful. It can highlight the pain of loss or estranged relationships. The high highs can also come with low lows. In the low moments, we hope that you are able to lean on trusted family and friends. We also want to remind you of the support system available to you through our IntegrITS Family and the Employee Assistance Program (EAP).

It is our sincere hope that the fall months “turn over a new leaf” for each member of the IntegrITS Family. We hope this upcoming season will be the best you’ve ever experienced! May you have incredible amounts of fun, may you have meaningful gatherings with family and friends, and may you finish the year off strong.

Fall Foods

Here is a list of fruit and veggies that are especially yummy this time of year because they are in-season:



In addition to the family recipes many of you will use for the holidays, here are a couple recipes to try that incorporate in-season produce:

Crisp Gnocchi With Brussels Sprouts and Brown Butter



Source: [NYT Cooking](#)

Ingredients

1 pound brussels sprouts (or cruciferous vegetables like broccoli, cauliflower or even cabbage)

1 lemon

¼ cup extra-virgin olive oil

Kosher salt and black pepper

½ teaspoon red-pepper flakes

1(18-ounce) package shelf-stable or refrigerated potato gnocchi

6 tablespoons unsalted butter, sliced into 6 pieces

½ teaspoon honey

Freshly grated Parmesan, for serving

Step 1

Trim and halve the brussels sprouts. Using a vegetable peeler, peel thick strips of lemon zest, then coarsely chop. (You should have about 2 teaspoons chopped zest.)

Step 2

In a large (preferably 12-inch) skillet, heat 3 tablespoons olive oil over medium-high. Add the brussels sprouts, season with ½ teaspoon salt and a few grinds of pepper, then arrange the brussels sprouts in an even layer, cut-side down. Scatter the lemon zest over the top and cook, undisturbed, until the brussels sprouts are well browned underneath, 3 to 5 minutes. Add the red-pepper flakes, stir and cook until the brussels sprouts are crisp-tender, 2 to 3 minutes. Transfer to a medium bowl.

Step 3

In the same skillet, heat the remaining 1 tablespoon olive oil over medium-high. Break up any gnocchi that are stuck together, add them to the pan and cook, covered and undisturbed, until golden brown on one side, 2 to 4 minutes. Add the butter and honey, season with salt and a generous amount of black pepper, and cook, stirring, until the butter is golden, nutty smelling and foaming, 1 to 2 minutes. Stir in the brussels sprouts until warmed through. Serve with grated Parmesan.

Homemade Caramel Apples



Source: [House of Nash Eats](#)

Ingredients

10-15 Granny Smith apples

Caramel for dipping:

1 cup salted butter

2 cups light brown sugar

1 cup light corn syrup

14 ounces sweetened condensed milk

1 teaspoon vanilla extract

Optional Toppings

- White candy melts
- Cinnamon-sugar mixture
- Crushed pretzels
- Chopped pecans
- Chopped peanuts
- Mini M&M's
- Crushed Oreos
- Toasted coconut
- Melted dark or milk chocolate
- Chopped mini Reese's peanut butter cups
- Chopped Butterfingers
- Graham cracker crumbs
- Marshmallows

Step 1

Line a baking sheet with parchment paper. Prepare the apples by washing them well to get any waxy residue off. Dry completely and stick a tongue depressor right into the apple from the top, jamming it in deep enough to hold firmly. Place the skewered apples on the prepared baking sheet and stick them in the freezer for 20 minutes while preparing your caramel.

Step 2

Melt the butter in a medium saucepan over medium-high heat. Stir in the brown sugar, corn syrup and sweetened condensed milk with a wooden spoon. Continue cooking and stirring over medium-high heat until the temperature of the caramel reaches 235-240 on a candy thermometer (about 12-15 minutes but you definitely want to use a candy thermometer for this step!). You will want to stir almost constantly to avoid burning the caramel on the bottom of the pan.

Step 3

Remove the pan from the heat and immediately stir in the vanilla. Don't worry about the caramel bubbling a bit when the vanilla gets stirred in. Just keep stirring and it will all come together.

Step 4

Pull the (now-chilled) apples out of the freezer and dip them into the caramel, one at a time, letting excess caramel drip off the apple. Give the apple a quick flip upside down and hold it like that for 20 seconds or so to give the hot caramel a chance to set up on the cold apple before turning it right side up and setting the dipped apple down on the parchment paper. Repeat with remaining apples, then transfer to the fridge for 15 minutes to set completely.

Step 5

If you want to go beyond a traditional caramel apple, you can roll your caramel dipped apple into any of the toppings listed above (or whatever else you can think of that sounds good!) just after dipping the apple but before the caramel completely sets up.

Step 6

Once your apples have set completely, they can be loosely wrapped in cellophane and tied with a ribbon for a sweet gift!

And the winners are...



In July, Mr. Carter introduced a new incentive as a part of our Employee Referral Bonus program. Today, we are announcing the two Employees who have referred the most prospective employees who made it to the interview process in Q3. These individuals will each be given a \$500 gift card.

**\$500 Gift Card Winners:
Michael Taylor and Bianca Yoosefian**

We also entered every employee who referred a job applicant in Q3 into a raffle, with the winner receiving a \$250 gift card.

**\$250 Gift Card Winner:
Luis Ortega**

Congratulations, Michael, Bianca, and Luis! Our Team will reach out to you sometime over the next week to coordinate getting your gift cards to you.

*We will continue this initiative in Q4, so keep up the good work with referring candidates for our job openings. As of today, we have quite a long list of openings across multiple IntegrITS locations. **Let's work together to get this list down to ZERO!***

Tip of the Week

Mark your calendars! Here are the IntegrITS-observed holidays coming up in Q4:

Columbus Day/Indigenous People's Day – October 10 (only observed by JTECH Employees)

Veteran's Day – November 11

Thanksgiving – November 24

Day After Thanksgiving – November 25 (except JTECH Employees)

Christmas – observed on December 26

Coming Soon: *The CEO's Corner*

Join us next week as we hear from our CEO in his monthly update, 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/>.

Have an incredible week, and we'll see you next Thursday!

Warmest Regards,
The IntegrITS Weekly Digest

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