

# OCTOBER NEWSLETTER



**Celia Manley**

Realtor ® Broker Associate

---

**Turn Key Properties**

C: 601-214-3307 / W: 601-427-5088

[celia@celiamanley.com](mailto:celia@celiamanley.com)

[www.celiamanley.com](http://www.celiamanley.com)



Success is where preparation and opportunity meet.

## **Bobby Unser**

### **Harness the Health Benefits of These 6 Overlooked Fall Superfoods**

---

From pumpkin spice lattes to Halloween candy, October is not necessarily known as a month of healthy eating. However, between end-of-year stress and the beginning of cold and flu season, it's particularly important to ensure that you are getting plenty of nutrients to boost your immune system and energy levels. Fortunately, numerous superfoods or foods that are believed to offer maximum nutrients and minimal calories are in season during October.



Does your fall diet include these six healthy and delicious superfoods?

- Beets. Beets have grown in popularity in recent years due partially to their link to improved athletic performance, which is a result of their high level of nitrates that boost blood flow and transport more oxygen to the muscles. According to a study by the Journal of Human Hypertension, beets may also improve blood pressure and inflammation. They can be eaten raw, roasted, steamed, or juiced. Even their leaves are edible and delicious when sautéed!
- Butternut squash. These orange-hued gourds are not just great for decorating, they are also packed with beta-carotene, a powerful antioxidant that the body uses to produce vitamin A. Butternut squash also contains vitamins B and C, which boost energy levels and immune function. This variety of winter squash is delicious when roasted or spiralized as a pasta substitute.
- Figs. Figs are often associated with dessert items, but they also make a tasty, nutrient-rich addition to salads or flatbreads. These naturally sweet and jammy fruits are full of potassium, fiber, iron, and calcium.
- Pomegranates. These vibrant, ruby red fruits are excellent sources of potassium and antioxidants. Eight ounces of pomegranate juice contains more potassium than a banana, and a study by UCLA

found that they offer more antioxidant power than green tea, acai juice, or grape juice. Pomegranate seeds, known as arils, are a sweet and juicy addition to salads, yogurt, or oatmeal.

- Wild mushrooms. Wild mushrooms, including maitake, oyster, and shiitake mushrooms, are low in calories and full of calcium, zinc, iron, protein, fiber, and more. These versatile fungi make delicious additions to soups, sauces, and pasta dishes, and are even tasty when eaten on their own.

- Parsnips. Resembling a paler version of carrots, parsnips have a sweet, slightly nutty flavor and plenty of nutritional value. They are rich in potassium, fiber, vitamin C, folate, and manganese. Parsnips are often used interchangeably with carrots or potatoes, and are delicious when roasted, steamed, baked, and even mashed or pureed.

Sources: [thehealthy.com](http://thehealthy.com) & [health.com](http://health.com)

## Roasted Squash and Parsnip Soup

---

### Directions:

Preheat oven to 400 degrees, with racks in upper and lower thirds. Scoop seeds and pulp from squash; discard. On a rimmed baking sheet, rub squash halves with 1 tablespoon oil and season with salt; turn cut-sides down. On another rimmed baking sheet, toss parsnips and leeks with remaining 1 tablespoon oil, season with salt, and sprinkle evenly with thyme and chopped sage; spread in a single layer.

Roast 30 minutes. Add apples to sheet with squash, cut-sides up. Continue roasting until vegetables turn golden brown in places and are easily pierced with the tip of a knife, 15-20 minutes more. When cool enough to handle, scoop flesh from squash; transfer half to a blender with half of other vegetables and apples, 2 cups broth, and 1 cup water. Puree until smooth, adding more water as needed. Pour through a sieve into a pot. Repeat process with remaining vegetables, apples, broth, and 1 more cup water.

Melt butter in small saucepan over medium heat, swirling occasionally, until fragrant and golden brown and dark-brown particles form in bottom of pan, 8-10 minutes. Stir brown butter into soup; season with salt and pepper. Rewarm soup over medium-low heat, stirring occasionally and adding more water as necessary until desired consistency.

Wipe pan clean. Heat 1/4 inch of oil over medium-high. When it shimmers, add a handful of sage leaves; cook, stirring a few times, until darkened slightly, 20-30 seconds. Transfer to paper towels, season with salt, and let stand until cool and crisp, 2-3 minutes. Fry more sage as desired. Serve soup topped with crisped sage, pepitas, and a drizzle of oil.



### Ingredients:

- 1 large butternut squash, halved lengthwise
- 2 tablespoons olive oil, plus more for frying and drizzling
- Salt and pepper
- 1 pound parsnips (4-5 medium), peeled and halved lengthwise
- 2 pounds leeks (3 medium), white and light-green parts only, halved lengthwise and thoroughly washed and drained
- 1 tablespoon fresh thyme leaves
- 1 tablespoon chopped sage leaves, plus whole leaves for frying
- 2 apples, halved and cored
- 1 quart chicken broth
- 1 stick unsalted butter
- Toasted pepitas for serving

Source: [marthastewart.com](http://marthastewart.com)

## How to Avoid Buyer's Remorse When Purchasing a Home

---

When buying a home, it is normal to feel some trepidation – after all, it's probably one of the biggest purchases you will ever make. Ideally, however, you'll be able to avoid long-term regrets about the property you choose. Worried that buyer's remorse may strike after closing day? The following steps may help you avoid those nagging what ifs :



- Create a 'wants versus needs' list. Many buyers begin their house searches with a lengthy wishlist – only to find that most available homes do not fulfill all of their desired criteria. By dividing your wishlist into features that your new home absolutely must have versus those you would like to have, you will develop a clear understanding of what is most important to you. When house hunting, verify that each property you are considering fulfills all of your must-haves, and hopefully, some of your 'wants'. If you begin to feel buyer's remorse, revisit this list to remind yourself that your purchase decision was well-reasoned and based on your non-negotiable criteria.
- After you've looked at a home you love, wait at least 24 hours before making an offer. This will give you time to logically consider the home's pros and cons and consult with family members to ensure that you're making the right decision. However, if you are searching in a highly competitive seller's market, waiting to make an offer could be risky – be sure to seek input from your realtor on how urgently you need to act in order to win out over other buyers.
- Once you've made an offer, stop looking at other listings – unless you have a valid reason to think that the sale won't come to fruition. Browsing online listings of homes for sale may trigger buyer's remorse by making you wonder whether you could have found a better option.

Sources: [apartmenttherapy.com](http://apartmenttherapy.com) & [thebalance.com](http://thebalance.com)

If you are currently listed with another Broker, please do not consider this a solicitation.