

March



St. Patty's Pot O' Popcorn

March 17th is the day to wear green, so why not dress your desserts in Saint Patrick's Day colors, too? It may not be gold, but it's certainly a treat at the end of the rainbow.



Ingredients

- 4 quarts popped popcorn
- 1 cup sugar
- 1/2 cup packed brown sugar
- 1/2 cup water
- 1/2 cup light corn syrup
- 1 teaspoon white vinegar
- 1/4 teaspoon salt
- 1/2 cup butter
- 8 to 10 drops green food coloring

Direction

Place popcorn in a large roasting pan; keep warm in a 250° oven. Meanwhile, in a large heavy saucepan, combine the sugars, water, corn syrup, vinegar and salt. Cook and stir over medium heat until mixture comes to a boil. Cook, stirring occasionally, until a candy thermometer reads 260° (hard-ball stage).

Remove from the heat; stir in butter until melted. Stir in food coloring. Drizzle over warm popcorn and toss to coat. Cool. Break into pieces. Store in an airtight container. Resource: <http://www.tasteofhome.com>

Five Green Superfoods You Shouldn't Miss

Look up in the sky! It's a bird, it's a plane - no it's Superfoods! There's a lot of buzz about the foods we should be eating to maintain a healthy diet. Studies now show that many of the products on our supermarket shelves are actually kryptonite - causing sickness and obesity in adults and children around the world. Superfoods on the other hand are a class of the most potent, super-concentrated, and nutrient-rich foods on the planet.

Superfoods are both food and medicine; they are elements of both. They meet and exceed a long list of requirements our bodies need to function at a high level, including proteins, vitamins, minerals, essential fatty acids, and so much more. Eating them is a way to guarantee that you will get the nutrients you require to be healthy throughout your life. Get ready to include these five green superfoods in your diet for better skin, hair, and overall health.



Avocados: One of the most nutrient-dense foods, avocados are high in fiber and ounce for ounce, top the charts among all fruits for folate, potassium, vitamin E, and magnesium.

Spinach: These dark leafy greens provide a plethora of disease-fighting nutrients in every bit. Packed with iron, carotenoids, antioxidants, vitamin K, coenzyme Q10, B vitamins, minerals, chlorophyll, polyphenols, betaine, and plant-derived omega-3 fatty acids. It can lessen the risk of cardiovascular disease including stroke and coronary artery disease, cancer including colon, lung, skin, oral, stomach, ovarian, prostate and breast cancer, age related macular degeneration (AMD), as well as cataracts.

Kiwi: Kiwis offer an array of healthy substances including vitamin C, folate, potassium, fiber, carotenoids, and vitamin E. Kiwi is also associated with preventing ailments such as asthma, atherosclerosis, osteoarthritis, and colon cancer.

Wheatgrass: At first, the thought of wheatgrass may have you running in the other direction. But get to know this superfood, and the benefits outweigh the funny taste that some people report. Regularly ingesting wheatgrass can increase red blood-cell count and lower blood pressure.

It also cleanses the blood, organs, and gastrointestinal tract. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It aids in reducing blood pressure by dilating the blood pathways throughout the body.

Broccoli: Did you know that broccoli is among the ten most common vegetables eaten in the United States? So much for the myth that kids don't like it! Broccoli boosts the immune system, lowers the incidence of cataracts, supports cardiovascular health, builds bones, and protects against birth defects.

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Ensuring an Accurate Home Appraisal

“What is my home worth” is probably the single most popular question asked when someone decides to put their home on the market.

In real estate, finding out how much your home is worth is done through an appraisal, which determines the value of your house in the present day market.

There are several factors taken into account when valuing a home.

The first is reproduction cost. Essentially, this is when the appraiser evaluates the current condition of your home to determine how much it would cost to reproduce or replicate the home given today's market conditions. Appraisers take many things into account including workmanship and material costs.

The second most common type of appraisal is the sales comparison approach. To come up with the market value of your home, the appraiser will measure the exterior walls to determine square footage of the heated and cooled portions of your home.

Homes with a finished area (heated or cooled) in the basement or homes with a second floor will be measured from the inside. Next, the appraiser will take a tour through your home, making note of all the amenities including fireplaces, insulated windows, garages, pools, and porches or decks.

Next, they will find at least three comparable properties in your neighborhood that have sold within the past six to 12 months. Comparable means they are similar in age, size, design, construction quality, and amenities. Rarely do the homes match up perfectly, so the appraiser takes this into account, making adjustments along the way.

There is a limit to the number of adjustments an appraiser can make, which is why the appraiser will search in the next closest neighborhood if there aren't any homes that are comparable in your neighborhood.

Once the appraiser has made all the adjustments, they weigh the differences in each property versus the soon-to-be listed home and determine a fair market value.

Sometimes there is debate between the seller, the agent, and an appraiser as to the market value of the home. What is important to note is that price and value are not the same. Your real estate agent's job is to take the appraiser's information and determine a range of value that will sell the home in the right time frame.

It is important to price the home right from the start. Motivated buyers will always choose the home that has the best price for the amount of home. If there are two comparable homes on the market, they want more features for the same price, or a lower price for the same features. The home that is priced competitively from the beginning will always sell the fastest.

Want to know what your home is worth in today's market? Give me a call, and we'll start the Comparative Market Analysis process.

