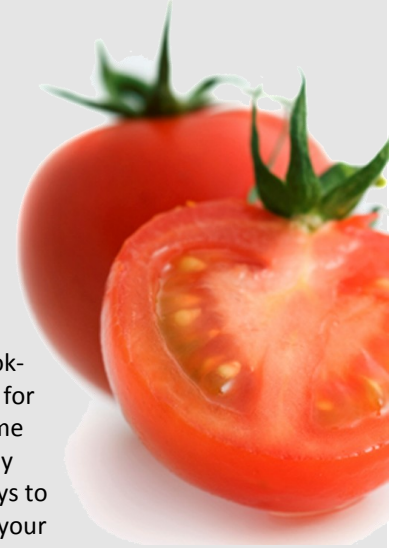


## A Note From Your PRANDI Team:

Please have a safe and happy Fall/Winter season—before you know it we will be getting lots of rain, wind and it will start to get darker earlier. Please make sure that you're "winter-ready" by replacing your exterior light bulbs at entrances, sweeping decks of debris to prevent slipping and falls, and moving potted plants away from areas where they could fall and cause damage, or worse, hurt someone. If you notice your gutters are full or overloaded with leaves or debris please let us know. If there are lights that need attention in common areas or in high-to-reach places also report this to your property manager. Together we'd like to keep you and the property you live in safe!

—Your PRANDI Property Management Team

## Shopping for Best Bites



Looking for some easy ways to fill your cart with healthier foods? Here are some nutritionist-recommended strategies that just might work for you.

**Shop the Outer Aisles First.** Have you noticed that the perimeters of many grocery stores often house the simplest and healthiest foods — produce, dairy products, and fresh meat and fish? Use these items as the foundation of your meal planning.

**Shop the Inner Aisles Last.** Choose canned and frozen fruits and vegetables, herbs and spices, beans, and 100% whole grain cereals and baked products that are high-fiber and low-sugar. Avoid temptation by skipping the aisles containing candy, cookies, soda and snacks.

**Before You Check Out.** Take a look at your cart. You may want to return impulse purchases or any items with low nutritional value.

## Recipe Corner By Christine



### Delicious Mushroom Soup

I rarely use recipes when making soups. I work with what I have in the fridge/pantry at the time and go for it! I've been getting a farm box delivery for my meats and veggies from a local farm [tarafirmafarms.com](http://tarafirmafarms.com) so the variety of things I have on hand at any given time is a creative cook's delight! This past weekend, I had a bunch of fresh mushrooms and made the following recipe in less than an hour. Hope you enjoy!

- Your favorite fresh mushrooms—no dried ones (about 4 cups chopped)
- Butter
- Olive oil

*In a large soup pot, sauté the mushrooms in a little bit of a butter & olive oil...scoop out and save 1/3 of the mushrooms for later.*

- Carrots—two large
- Yellow onions—one large
- Celery—two stalks
- Garlic—as much as you want!
- Fingerling or Yukon gold potatoes—about 1 1/2 cups diced

*Add in carrots, onions, celery and garlic. I wanted the soup to be creamy, but didn't want to use cream so I sautéed potatoes with the veggies.*

- Chicken stock (about 6 cups)
- White wine (optional—I only added this because I already had some open and on hand)

*When the sautéed mixture is toasty brown...add a little chicken stock and let it simmer down. Add more chicken stock & some white wine if you choose. I threw in a bay leaf, salt and pepper too. When the carrots and potatoes are tender enough, remove bay leaf and blend it up. After blending, return the reserved mushrooms to the soup. All done!*

- Shaved parmesan
- Fresh sage and/or tarragon

*I served it decorated with a bit of shaved parmesan and some minced sage and tarragon...perfect and fresh!*

—Christine Goodin

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PRANDI Property Management, Inc. proudly holds the Prestigious Certified Residential Management Company (CRMC®) designation, from the National Association of Residential Property Managers (NARPM).

## Vision Statement...

*To be the most trusted name in property management services in Marin County by offering unparalleled customer service through effective communication, technology, and continued education. The PRANDI Team will continue to be the most respected leader in the industry and strengthen our presence in Central and Southern Marin.*

## New Referral Program

We're proud to introduce a new referral program that you can be a part of! Over the past few months we've noticed more and more referrals coming from our current residents, and we want you to be rewarded too!

If you, a resident, refer us to an owner who hires us to manage their occupied property we will send you a gift card equal to the value of *one months management fee!*

If you refer us an owner who hires us to lease their property only we will give you a gift card for *10% of our leasing commission* once we lease the property!

**It's a WIN-WIN! Just call or email us to identify who you're referring.**



## Avoid the Flu This Year

While children and the elderly are most at risk of serious influenza complications, the CDC recommends that everyone get a flu vaccine. **What else can you do? Practice A-W-A-Y:**

**Avoid** close contact with people who are sick. If you become sick, stay home and get plenty of rest.

**Wash** your hands with soap and water often. If soap and water aren't available, use an alcohol-based hand sanitizer.

**Avoid** touching your eyes, nose and mouth to prevent spreading germs. And cover your nose and mouth with a tissue or your forearm if you cough or sneeze.

**Yield** to safe and healthy habits: Get a good night's sleep, eat nutritious foods, exercise often, manage stress and drink plenty of fluids.

## WHAT'S HAPPENING IN MARIN:

### October

4 Mill Valley Art Walk  
5 Discovery Museum FREE day  
13-16 Mill Valley Film Festival

### November

4 Goldenairs Craft Fair  
18-19 Tam Valley Art & Craft Fair

25-26 San Rafael Parade of Lights

### December

3 Mill Valley Holiday Craft Fair  
3-4 Sausalito ICB Open Studios  
9 San Rafael Art Walk  
18 Tis the Season Holiday Concert  
21 Academy of Sciences FREE day