



BONAVIDA

Monthly Newsletter

September 2021

Where Do I Get Renter's Insurance? Almost all insurance agents that sell homeowner's insurance also sell renter's insurance. Call several for quotes and choose the one that seems the most comprehensive and affordable for you. If you are interested in buying renter's insurance online, search for renter's insurance and you will find many companies willing to give you quotes by email. Some companies specialize in renter's insurance with low deductibles and the ability to purchase your policy online.

PUMPKIN PANCAKES

Ingredients

- 2 cups all-purpose flour
- 2 tablespoons brown sugar
- 1 tablespoon white sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup pumpkin puree
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground allspice
- 1 egg
- 1 ½ cups milk
- 2 tablespoons vegetable oil
- 2 tablespoons lemon juice
- 2 teaspoons grated lemon zest
- 1 teaspoon vegetable oil

Directions

1. Combine flour, brown sugar, white sugar, baking powder, baking soda, and salt in a large mixing bowl, and whisk together for two minutes to aerate.
2. In a separate bowl, combine pumpkin puree, cinnamon, ginger, allspice, egg, milk, 2 tablespoons of vegetable oil, lemon juice, and lemon zest. Mix in the flour mixture, and stir just until moistened. (Do not overmix.)
3. Coat skillet with 1 teaspoon vegetable oil over medium heat.
4. Pour batter into skillet 1/4 cup at a time, and cook the pancakes until golden brown, about 3 minutes on each side.



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September

Helen Hunt Jackson

The goldenrod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down.

The gentian's bluest fringes
Are curling in the sun;
In dusty pods the milkweed
It's hidden silk has spun.

The sedges flaunt their harvest
In every meadow nook;
And asters by the brook-side
Make asters in the brook.

From dewy lanes at morning
The grapes' sweet odors rise;
At noon the roads all flutter
With yellow butterflies.

By all these lovely tokens
September days are here,
With summer's best of weather,
and autumn's best of cheer.







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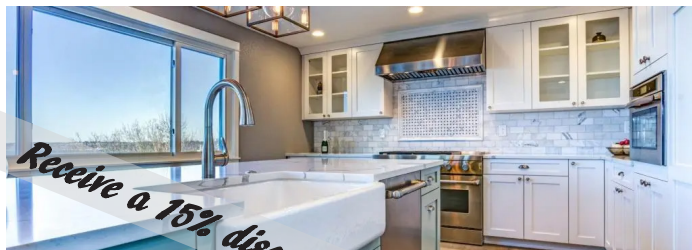
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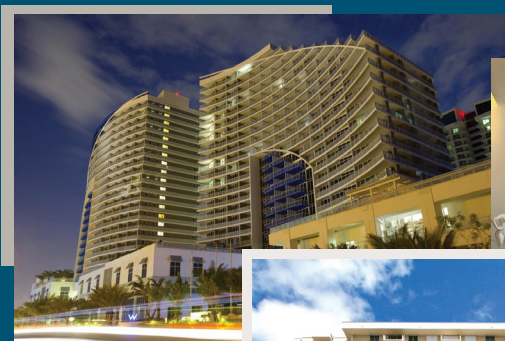
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