



VI Home Group Monthly Newsletter May 2024

Source: VIREB May 1, 2024 Media Release (Condensed)

12 Month Comparative Activity by Property Type Source: VIREB Market Statistics Apr 2024			
	 AVERAGE SALE PRICE	 UNITS SOLD	 DAYS TO SELL
SINGLE FAMILY HOMES	↑ \$827,974 +7.06%	↓ 62 -28.74%	↓ 35 -30.00%
CONDOS	↓ \$350,555 -3.62%	↑ 11 +83.33%	↑ 48 +108.70%
LOTS	↑ \$467,921 +10.82%	↑ 14 +40.00	↑ 198 +69.23%

**Not intended to solicit homes already listed for sale.*



Nicholas
METZGER
REALTOR®



LOCAL EVENTS

Island Roots Farmers' Market Discover an array of fresh, local produce, artisanal goods, and a variety of unique handcrafted products. **Beban Park Centennial Bldg. Wed, May 8th, 2024 3pm - 6pm**

Nanaimo Wellness & Spirit Fair offers extraordinary individuals, businesses, and organizations that offer products and services of the latest trends in nutrition, fitness, physical, emotional, and spiritual well-being. **Cavallotti Hall 2060 E. Wellington Rd., Nanaimo. Sat, May 11th, 2024 10am - 5pm**

Mother's Day at Merridale Cidery! Treat Mom to a day filled with delicious food, refreshing ciders, and memorable moments. Visit merridale.ca to book. **Adult: \$59 Child: \$29.50** Option to enhance the experience with thoughtfully curated gift kits while booking. **Sun, May 12th, 2024 10:30am - 4:00pm**

Psychic & Spiritual Arts Fair Psychic Readers - Mediums - Angel Card Readers - Tarot Readers; Energy Healers - Alternative Medicine - Wellness Products - Medical Intuitive ; Reiki - Spiritual Jewelry - Rocks, Gems & Crystals. **Mary Winspear Center 2243 Beacon Avenue, Sidney, BC. Sat, May 25th, 2024 10am - 5pm**

TRIVIA

(see bottom for answers)

1. What is the only food that can never go bad?
2. How many noses does a slug have?
3. What is the name of the world's hottest chili pepper?
4. What does Yahoo stand for?
5. What animal breathes through its butt?
6. What percentage of the Earth’s wildlife is found in the ocean?

QUICK AND EASY RECIPE

Easy Coconut Curry

- Heat the oil in a large Dutch oven over medium heat. Add the onion and cook until soft and well-browned, about 10 minutes, reducing the heat to low halfway through.
- In a small bowl, mix together the garlic, ginger, cumin, coriander, turmeric, cardamom, and salt. Set aside.
- Add the butternut squash and chiles to the pot, stir, and cook for 5 minutes. Stir in the cauliflower and then add the coconut milk and the spice mixture. Cover and simmer for 20 minutes or until the vegetables are tender.
- Add the lemon juice, lime juice, spinach, peas, and stir. Taste and adjust seasonings, adding additional lime juice, salt, and pepper, as desired.
- Serve the curry over the rice with fresh basil, naan bread, if desired, and lime wedges on the side.



- 1 tbsp coconut oil

• 1 cup chopped yellow onion

• 2 garlic cloves, minced

• ½ tsp grated fresh ginger

• ½ tsp cumin

• ¼ tsp coriander

• ¼ tsp turmeric

• ¼ tsp cardamom
- 1 tsp sea salt

• 2 cups cubed butternut squash

• 3 red Thai chiles, or 1 serrano, or ½ jalapeño, thinly sliced

• 2 cups cauliflower florets

• 1 can full-fat coconut milk

• 1 tbsp fresh lemon juice

• 1 tbsp fresh lime juice, plus lime wedges for serving
- 4 cups fresh spinach

• ½ cup fresh or frozen peas

• Freshly ground black pepper

For serving:

- 2 cups cooked basmati rice
- a few big handfuls of fresh basil or cilantro
- Naan bread, optional

JUST LISTED



135 BRAY RD \$1,329,900



7032 BRAILSFORD \$895,000



2144 HENDERSON LK \$432,000



5525 ISLAND HWY W \$1,825,000



7555 FERNMAR \$10,000,000