



| the face of a farmer |

## young growers get down to business at border star

Every Wednesday afternoon at Border Star Montessori, a group of fidgeting students meets with the principal. But they're not in trouble, they're in business. These fourth- through sixth-graders are charged with running a booth at the Farmers Community Market at Brookside, which is located on their school grounds.


"We wanted students to learn what it takes to start a business and maintain and grow it on a small scale," says PTA President Paula Busser.

The boys and girls have caught on quickly and are surprisingly astute. At meetings, they discuss business tactics most corporate executives are concerned with: marketing, employee motivation, competition, pricing and new product ideas.

The produce they sell is organically grown by the entire student body in raised garden beds on what used to be a parking lot. The garden serves as an



outdoor classroom where students can grow in many ways, connecting their academic work with real life, being physically active, experiencing nature and honing social skills.


You can buy student-made salsa, vegetable seeds, birdseed and other handmade items at the Border Star Montessori booth at the Farmers Community Market at Brookside on Saturdays 8 a.m.-1 p.m. Profits from the Saturday sales help fund the sixth-graders' annual trip to the Montessori Model United Nations in New York City. 

| why i love |

### GILBERT, WHITNEY & CO. SPECIALTY GROCERIES & KITCHENWARE

"I was desperately seeking a garlic peeler and had all but given up when I walked into Gilbert, Whitney & Co. on the Independence Square. The original brick walls and high, molded ceilings made me feel at home the moment I entered, and I wanted one of each of the beautiful, useful and fun items in the kitchenware room. A second room is full of edible treasures from around the world, including a feta cheese a Grecophile friend of mine can't live without. I walked out with my garlic peeler and a new favorite place to get inspired."

- KRISTINA W. PEARSON

**Visit Gilbert, Whitney & Co.** at 104 North Liberty in Independence, Mo., or online at [www.gilbertwhitney.net](http://www.gilbertwhitney.net). 



BORDER STAR PHOTOS © DENISE WILLIAMS

| splurge |

## fresher than fresh snow cones

Eat a Fresher than Fresh Snow Cone and you'll feel like a kid again. Except you won't miss that blue stuff running down your arm.



Where to find Fresher Than Fresh Snow Cones

- Hammerpress, 110 Southwest Boulevard, on the first Friday of every month, 6:30-10 p.m. or sellout
- The garden at 17th Street and Summit on Sundays, noon-7 p.m.

Lindsay Laricks, creator of Fresher than Fresh Snow Cones, makes syrup from all natural ingredients, many grown locally, instead of artificial colors or flavors.

"I want to make something that's really good but uses as few ingredients as possible, so you're well aware of what's in it," she says.

But knowing what's in it won't necessarily prepare you for the surprise delivered by pure cane sugar and Larick's inspired pairings of fruit and herbs. With her knack for creating flavors like Blackberry Lavender, Lemon Prickly Pear and Espresso Mexican Cane Sugar, she puts a sophisticated twist on this childhood classic.

Eight inventive flavors make up the menu on any given day. A full-size snow cone costs \$3 and is served in a compostable cup, a flight of any five flavors costs \$4. The Daredevil Special is \$2, discounted to reward those brave enough to try it.

Inspired by the elusive food trucks of Austin, Texas, Laricks sells her snow cones out of a 1957 Shasta Compact travel trailer. Look for it at farmers markets, craft fairs and other events. Check in at [www.ftfsnowcones.com](http://www.ftfsnowcones.com) for times and locations. 



SNOWCONE © SARA FARRAR PHOTOGRAPHY; TRAILER © JAMES MEIEROTTO PHOTOGRAPHY

# healthy fare for busy families

ENJOY THESE QUICK-FIX DISHES MADE FROM HEALTHY, WHOLE FOODS. FOR PEAK FLAVOR AND OPTIMUM NUTRITION, SHOP FOR INGREDIENTS AT ONE OF KANSAS CITY'S FARMERS MARKETS.



## roasted root vegetable fries

### INGREDIENTS

- 1 tablespoon unsalted butter, melted
- 1 tablespoon maple syrup
- 1 medium sweet potato, peeled
- 1 carrot, peeled
- 1 turnip, peeled

### INSTRUCTIONS

Heat oven to 350 degrees. Cut vegetables into 3-inch long "fries." Toss with melted butter and maple syrup and place in a single layer on a baking sheet. Cook until the veggies are tender, not mushy, about 10-15 minutes. Let cool and serve. Leftovers, if any, can be kept in the refrigerator for up to three days.

*"Our boys love these yummy root veggie 'fries.' They make a great side dish and are easy to reheat for a snack. We eat them cold, too, if we're in a hurry."*

— JACKIE HABIGER, BÉBÉ APPÉTIT AND TED HABIGER, ROOM 39



## chicken parmesan

### INGREDIENTS

- 8 oz. chicken tenders
- 1 cup quinoa flakes
- ¼ cup Parmesan
- 1 teaspoon greek seasoning
- 2 tablespoons oil, ghee or butter
- 1 cup prepared tomato sauce
- 1 tomato, diced

### INSTRUCTIONS

Heat oven to 350°F. Combine quinoa flakes, parmesan and seasoning and bread chicken tenders on both sides. Heat an oven safe sauté pan on medium heat and add oil. Sear each chicken tender about two minutes, or until golden brown on each side. Place in oven for five minutes or until fully cooked. Heat tomato sauce over low heat and add fresh diced tomato. Serve chicken parmesan with the sauce on top or in a little dish on the side.

*"My niece and nephew love these chicken tenders any time of the day! Quinoa flakes make them gluten-free, and they can easily be frozen after they are breaded and seared, but before they are cooked."*

*Then, when you need a quick, healthy meal or snack, just pop the frozen chicken tenders in a 350° oven and they'll be ready in about 20 minutes!"*

— RENÉE KELLY, RENÉE KELLY'S AT CAENAN CASTLE



HABIGER PHOTOS © DENISE WILLIAMS

# A trip to the dentist can be an adventure



In our dinosaur themed office your child will roar with excitement as they explore the dinosaur tracks. In our state-of-the-art facility, our doctors and friendly staff will begin a journey with your child that will last a lifetime. After they're finished, they'll claim their prize at the toy tower and pick up a frozen treat.

Now, if that sounds fun, the real fun will be helping you have a great dental experience with your child. We thrive on patient and parent education and we look forward to being able to serve you.



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**Where kids are Dino-mite!**

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## quinoa vegetable salad with chickpeas and feta

### INGREDIENTS

- 1 cup quinoa, rinsed
- ½ teaspoon salt
- 2 cloves garlic, crushed
- ¼ cup chives, chopped
- ½ cup cherry tomatoes, halved
- ½ cup cucumber, chopped
- ¼ cup radish, chopped
- 2 tablespoons fresh mint, chopped
- 2 tablespoons fresh cilantro, chopped
- ¼ cup fresh parsley, chopped
- ¼ cup freshly squeezed lemon juice
- ¼ cup extra virgin olive oil
- ¼ cup black olives, pitted
- ½ cup feta
- 1 can chickpeas (aka, garbanzo beans), drained and rinsed
- Kosher salt and freshly ground pepper, to taste
- 3 cups mixed greens

### INSTRUCTIONS

Bring quinoa, salt and 1½ cups cold water to a boil, cover and simmer on a low heat for 20 minutes. Let quinoa cool to room temperature, then transfer to a serving bowl. Mix the garlic and chives thoroughly with the quinoa and add the remaining chopped herbs and vegetables. Stir in the lemon juice and extra virgin olive oil. Rinse beans, season with freshly ground pepper and salt, drizzle with olive oil and lemon juice, add feta and gently toss to coat. Set aside for at least 30 minutes before serving to allow the flavors to develop. Use mixed greens or fresh spinach as base for salad, add quinoa mixture on top.

**VARIATION:** Use any combination of your favorite fresh local vegetables and herbs.



*“Quinoa, chickpeas, garlic and seasonal veggies make this salad super healthy. Kids love to make it in our cooking classes!”*

– **KIERSTEN “CHEF K” FIRQUAN**, Bistro Kids

## arugula and garlic shrimp with penne pasta



*“This recipe comes together in 30 minutes or less because you can cook and prep many of the ingredients while you’re waiting for the water to boil. Shrimp is expensive, but it’s high in protein and low in fat. Plus, it cooks quickly, which is great for busy families.”*

– **BRIAN MCAREE**, CHEF AND KIDS’ COOKING INSTRUCTOR

### INGREDIENTS

- 1 pound penne pasta
- 2 cups arugula, chopped
- 1 pound shrimp, peeled, deveined and patted dry
- 3 cloves garlic, chopped
- 2 tablespoons olive oil
- sea salt for pasta water and seasoning
- 3 tablespoons crushed red pepper (use less if you like)
- 1 lemon
- 2 tablespoons extra virgin olive oil for dressing (note that this recipe calls for two kinds of olive oil)

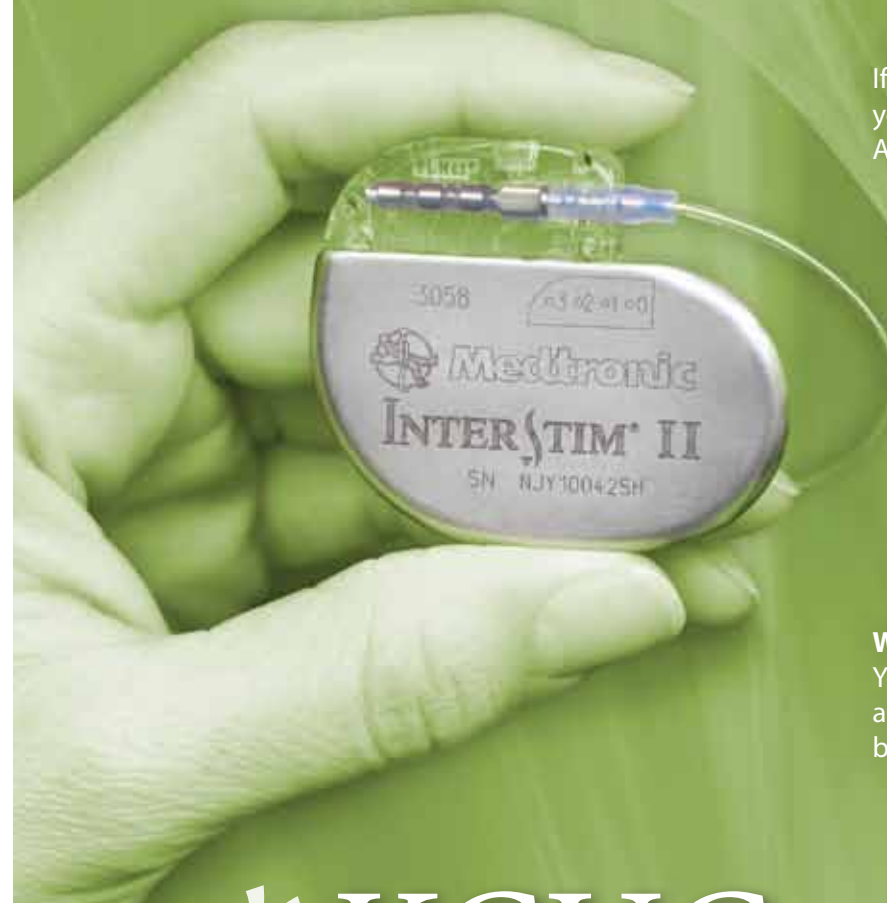
### INSTRUCTIONS

In a large pot, bring two gallons of water to a boil. While water is heating up, clean the arugula and chop the garlic. In a saute pan, heat olive oil and then add garlic. When it becomes slightly golden, season shrimp with a pinch of salt. Add shrimp to pan and saute until tail curls inward. Flip shrimp so each side cooks evenly. Remove shrimp from heat. When water comes to a full boil, add two tablespoons sea salt and pasta. Cook to desired doneness, which to me is *al dente* (a little bite left to it), and drain. Return pasta to stock pot and add arugula (the hot pasta will wilt it and bring out more of the spicy flavor). Then add the shrimp mixture and toss. Taste, then add crushed red pepper and sea salt, if needed. Add the extra virgin olive oil and place pasta into a serving dish or on individual plates. Zest lemon over pasta then squeeze lemon juice over it and serve.



There is hope.

# Bladder control problems? Experts at Kansas City Urology Care have a small solution to a big problem.



If bladder control problems are keeping you from enjoying your life, you’re not alone. More than 33 million people in America – 1 in 6 adults – suffer from bladder control issues.

If you’ve tried other treatments but are still suffering from bladder control problems, you might be relieved to hear about another option: InterStim® Neuromodulation.

### How Does InterStim® Neuromodulation Work?

InterStim® Neuromodulation works with the sacral nerves, located near the tailbone. The sacral nerves control the bladder and muscles related to urinary function. If the brain and sacral nerves don’t communicate correctly, the nerves will not tell the bladder to function properly.

### Will It Work for Me?

You can try InterStim® Neuromodulation during a trial assessment period to find out whether it will work for you before making a long-term commitment.

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