

Compliments of Stacey Shanner

start HEALTHY

Healthy Mind, *healthy life.*

foods to boost brain power

PAGE 6



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The Shanner Group
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startHEALTHY

Hello,

Welcome to Start Healthy magazine.

The ability to tailor your message based on specific client or prospect needs adds increased personalization to every issue, targeting all of your key relationships.

Solidifying these relationships enhances positive perception of your brand. When a client opens their magazine to find a personal letter with market updates, financial news, or an individual note, it reminds them of your distinct ability to meet their specific needs.

The Front Inside Cover is designed to serve as an introduction to each issue of the magazine. You can directly address your readers in the personalized letter. And your photo, designations, and contact information visually connect the magazine with your business and demonstrate the value of your relationship.

Each issue has a content default letter. You can edit this as you see fit or write your own. You can even use different letters for specific groups within your mailing list.

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RAZR HAWK DRIVER

RAZR X

Front of Tear Out Card 1

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MORE OFTEN,
MORE EFFECTIVELY.

Customized Tear Out Cards are a great feature to expand your reach. Choose from over 800 cards featuring recipes, home tips, crafts, and more. When recipients share these cards with friends and family, they'll pass your information along as well.



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Back of Tear Out Card 1



Tear Out Cards

1 Giving more than they expect.

That's how you turn clients into loyal advocates for your business. Tear Out Cards are a perfect example of how a little something extra can be very rewarding. Presenting recipients with content worth tearing out opens the door to more opportunities. Your contact information will be passed along with the card, increasing your exposure.

2 A recipe card from an agent?

Among the complex business details, sharing a recipe to enjoy bridges the gap. Including something everyone can relate to reminds them that you're a real person working on their behalf, not just a name behind a company, and helps them to feel individually important.

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Smoothie bowls are jam-packed with nutrients and can be built to your liking with any combination of toppings. Join the club, and add these colorful bowls to your breakfast lineup.



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Paper Clouds Apparel showcases the creative minds and artistic abilities of individuals with special needs. These superstars create limited-time artwork for shirts and other apparel, and 50% of all net proceeds are given to the schools and organizations that support the artists.

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Check out some of our artists' previously available designs!



startHEALTHY

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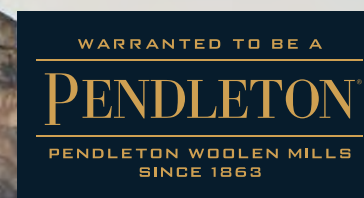
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Woven in the Northwest since 1863



MEN'S, WOMEN'S, HOME
PENDLETON-USA.COM



your health

written by: *Rebecca Poole*

There are many things you can do to keep your brain active: go outside more, listening to classical music, or learn a new skill, to name a few. As you get older, it's imperative to take care of your mental and physical health. Both are important to living a long, stress-free life. But don't think that just because you focus too much on one aspect of your health that you'll miss out on the other. There are foods that keep both your waistline and your mind happy.

The fact that eating healthy has an abundance of benefits isn't exactly new information, but it doesn't hurt to learn new ways to boost your well-being—and more specifically, your brain. While not always extreme, memory loss has a way of sneaking up on you as you grow older.

More and more studies prove that adding certain foods to your daily routine can help keep memory loss at bay. A healthier diet with the right foods provides not only physical benefits but also a sharper brain and improved memory.

FOODS TO BOOST BRAIN POWER

HEALTHY MIND *healthy life*

TAKE A BITE OUT OF THESE FOODS THAT *keep your mind healthy.*

GREEN TEA

Coffee drinkers, listen up—caffeine is shown to decrease concentration, not improve it. One cup a day isn't harmful, but any more than that may make you more prone to headaches and a bad case of the jitters. Switching to green tea for that afternoon pick-me-up gives you a more moderate dose of caffeine and keeps your focus razor sharp. Say goodbye to caffeine overload headaches and hello to a more alert you!

AVOCADO

Holy guacamole—avocados just got a lot more exciting! Rich in nutrients like vitamin E and fatty acids, avocados are not to be overlooked when placing your order at Chipotle or perusing the grocery store vegetable aisle. They can sharpen both your concentration and your memory, making for a successful workday or school day. Continue to add this fruit (yes, fruit) to your salad or toast and you might find yourself waking up with more energy and an improved memory.

BROCCOLI

Everyone's favorite green vegetable, broccoli, is having its turn in the spotlight. With an abundance of vitamin K, broccoli is known to strengthen your brain's cognitive functions. Another added bonus to adding more broccoli to your diet is the plenitude of choline—an important nutrient that assists in the development of your nervous system. It's safe to say that broccoli has officially replaced mac and cheese as your go-to side dish for dinner.

BERRIES

A staple for breakfast and dessert, berries are a great way to add a dose of healthy to an otherwise unhealthy meal. Or skip the cheesecake and pancakes altogether, and make the switch to a solo bowl of berries. You may want to consider making a handful of these a regular part of your food consumption, especially blueberries, which could be crowned ruler of the fruit. Blueberries are shown to combat stress and help decrease inflammation over time.

*These foods won't cure
all brain ailments, but
adding more of them to your
diet will certainly put you
one step closer to
a healthy mind.*



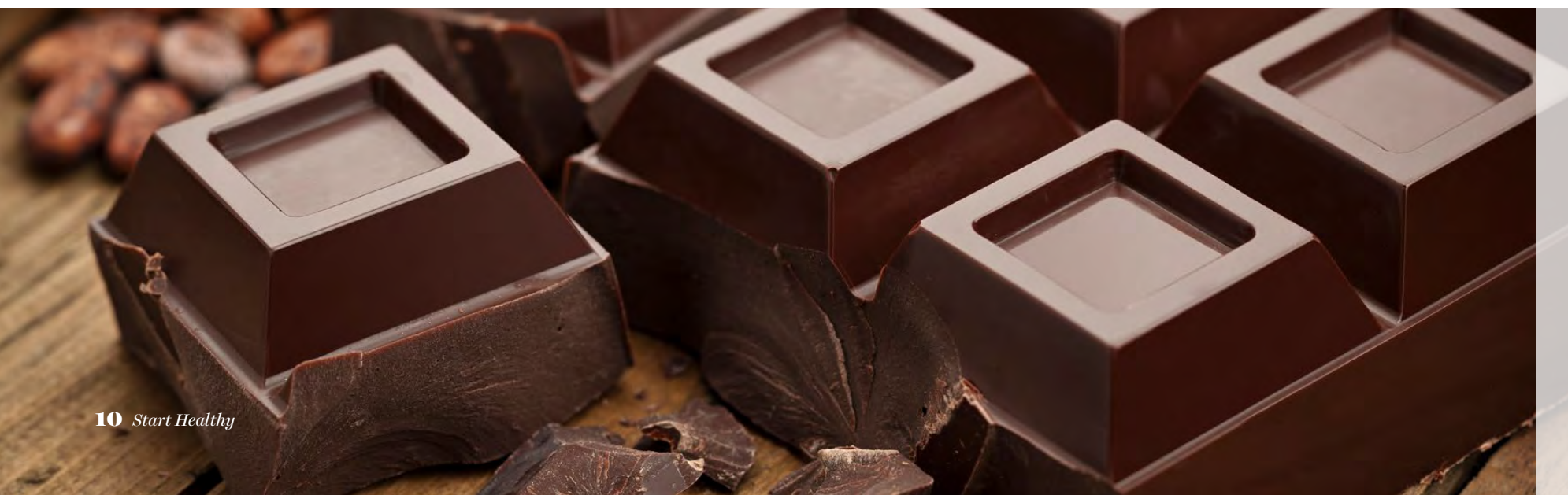
TURMERIC

Turmeric started gaining popularity on the health food scene last year with lattes, chicken dishes, dressings, and smoothies. But this is a fad that's not going anywhere anytime soon, and there may be a reason people are adding this spice to just about anything edible. The benefits of turmeric are many, starting and ending with a boost to your brain. Sprinkling this South Asian spice on your sweet or savory dish may help keep Alzheimer's at arm's length. Of course, the pure root is always the healthiest way to go to consume turmeric, but if that's too much, switching out your morning caramel macchiato for a golden latte does the trick.



EXTRA-VIRGIN OLIVE OIL

The Greek poet Homer once referred to olive oil as "liquid gold,"—and for good reason. The key component to the ever-popular Mediterranean diet might also be aiding in the fight against dementia. Extra-virgin olive oil (or EVOO for you Rachael Ray fans) differs from other oils because of the purity of the oil. While other cooking oils go through several processing steps, extra-virgin is oil in its purest form, making this cooking essential worth the price tag. When the oil is consumed without harmful additives, the result is a food rich in vitamins that can help speed up brain processes, such as vitamin E and vitamin K. A study printed in *Annals of Clinical and Translational Neurology* found that there is a better chance to keeping your memory intact with a daily addition of extra-virgin olive oil to your diet.



DARK CHOCOLATE

The typical milk or white chocolate bar has more processed and refined sugars than most indulgent desserts. It's best to make the switch to dark chocolate altogether for that late-night guilty pleasure. Dark chocolate is better than other types due to the high level of flavanols, a compound that helps improve inflammatory issues within the brain, within one bar. These can help especially after a traumatic experience, such as a concussion. After converting to pure dark chocolate, you won't even miss those other sugary treats.

the *vidas touch*

written by: Shelley Goldstein

IRIS SCOTT'S FINGER PAINTINGS artwork by: Iris Scott



New York-based (and Washington State-born) artist Iris Scott proves finger painting isn't just child's play. Her dynamic and colorful paintings command attention—and the art world has taken notice.



Why were you named Iris? Do you think it suits you? In the Greek language, Iris means rainbow. She was the goddess of the rainbow. I've actually never taken the time to research my name until this very moment. I knew it meant rainbow, but I didn't know it was the name of a Greek goddess. In light of my rainbow palette, I have to say my mom is excellent at naming.

What were your formative years like as an artist? What is your earliest art memory?

My formative years as a young artist began around first grade—I began dedicating noticeably more hours to practicing my drawing than to interacting with my peers. All I drew or seemed to care about were horses and unicorns, particularly if their manes were made of rainbows. [laughs]

When did you first consider yourself to be an artist? I didn't start calling myself an artist until 2010. I think that's because I've always felt like such an amateur. When I finally started telling people I was an artist, it was after I had begun paying bills with my artwork.

Did your parents support your artistic endeavors? My parents have always been very supportive of my artistic pursuits. Neither of them ever told me it would be impossible to make a living from art. Both are artists in their own ways: my mother gives piano lessons and is a writer, and my father is a cabinetmaker. Being raised by two craftspeople helped shape my understanding of how skills are developed: you're not usually born with them—it takes practice.

Can you give us a loose timeline of your painting style's evolution? As a ten-year-old, I self-taught watercolor techniques using books I checked out from the library. In high school, I began to paint with acrylics and felt like an adult because I was now painting on canvases. Throughout college, I was dedicated to learning realism. I drew and painted in as close to a photorealistic style as I could using oils. This was an invaluable step that cannot be skipped. After college, I moved to Taiwan to live frugally and study art more in depth. There I focused on oil pastels (which are about the size and bluntness of a pinkie finger). Through this art medium, I began to let go of the need to paint fine details. This began a trajectory that would carry me even further away from realism. While I was painting with oils one day, my brushes were all dirty, and I didn't want to pause to clean them. I finished a painting using my fingertips. I instantly knew this would be what I would spend my life pursuing. It was as if a bolt of lightning struck the top of my head—I saw a whole vision of my future turning oil finger painting into fine art.

I don't use a palette. Instead, I leave all the one hundred-plus tubes of colors open at all times, grab them when I need them, and squeeze out paint directly onto my fingertips.



Did you ever doubt if you were on the right career path? Did you ever do anything else?

Yes, I did doubt. Shortly after returning to my mom's basement after a year living in Taiwan in 2010, money was running low. I had spent a lot in the transition from Asia back to the United States, and as my expenses shifted to an American cost of living, I panicked. Using my teacher certification I had earned while getting my master's degree a year prior, I began sporadically substitute teaching at the local high school. Subbing was not my cup of tea, and it catapulted me back into my studio with a newfound vigor to get my painting gig off the ground. Shortly after, as my painting output doubled, sales did, too, and I was able to stop subbing. That was the last time I had anything resembling a traditional job.

What is your state of mind while you are painting? When I'm putting paint on canvas, it's all problem solving and damage control. You would be surprised just how often I say to myself, "Yuck. That's ugly. I need to get rid of that." The real fun is imagining what to paint—the planning days that precede each painting. On painting days, especially toward the end of the day when the whole canvas is coming together and nearly finished, I'm thinking, "Hallelujah! I can't believe I just pulled that off!"

Is your painting affected by what's happening in the world or in your life?

It's only beginning to. I'm only thirty-two, so I figure I have about seventy years of painting left to go. I've spent the last six years trying to learn the fundamentals of finger painting. Essentially, I've been in my own prerequisite classes. I'm really looking forward to transitioning my skill at creating visually stimulating work to creating content-saturated masterpieces in the future. I think one of the flaws of art education at the university level in America is that students are pressured to be so conceptual way too early in their development. It's a classic cart-before-the-horse scenario that leads to a tremendous amount of conceptual art that nobody has any interest in.

Do you conceptualize your work first, or do you just start painting and see what emerges? Nearly every painting begins first with a detailed sketch complete with color planning. Sometimes, in the case of easier topics like fish or flowers, the scene can grow organically and doesn't require as much planning.

There is an incredible amount of energy and movement in your paintings. Do you attribute this to finger painting? Yes! I have multiple points of contact all working together chaotically.

Is it important for you to be different than other artists? Yes. But like Picasso has been quoted as saying, "Great artists steal!" The important thing is to be a total sponge for all the effects you're drawn to. As long as you cover up your tracks, it's OK. If the public can't really tell you're copying a few artists and melding them together, it's because you're creating a hybrid. Hybrids are legitimate and what art is all about. Go for it! Copy masters when you're a beginner and pretty soon you'll know how to solve your own painting problems.

Do you put dollops on a palette? What is your preferred brand of paint? I don't use a palette. Instead, I leave all the one hundred-plus tubes of colors open at all times, grab them when I need them, and squeeze out paint directly onto my fingertips. It's a highly efficient process. Hands down, my favorite paints are Holbein DUO Aqua Oils.

Do you paint from memory, or do you use reference photographs? Both, although most is from reference photography. Don't ever let anyone put you down for utilizing photographs. Many famous artists I know in New York use photographs. If Da Vinci or Van Gogh would have had access to these tools, they would have most certainly used them.

Where do you currently reside? What makes you stay? How does it influence your artistic style? I live in a 1,200-square-foot artist's loft that consists of one big room in an old mattress factory in the center of Brooklyn. I'm surrounded by a concrete jungle. The lack of plants and animals makes me obsessed with painting nature.

Can you explain the art movement happening in Brooklyn right now called instinctualism? Instinctualism is a sort of renaissance emerging in New York. From the fourteenth through seventeenth centuries, starting in Italy, a revival of ancient Greek art occurred because artists had grown so sick of what was in fashion at the time: Gothic. In a similar way, instinctualism is a reaction to the minimalistic art movement that still dominates the art world. After 1945, art took a sharp turn and led to what we know as contemporary art. By contrast, instinctualism aims to build upon what the postimpressionists were developing in the early 1900s before 1945 hit. It's classical beauty that often fixates on the natural world. After 1945, when the Industrial Age led to mass-produced things, there was a sharp decline in artisans and a steep increase in advertising. Instinctualist painting is about craftsmanship, apprenticeship, and classically beautiful things. It's an aesthetic that doesn't require lengthy artists' statements, and it transcends tastes manufactured by advertising. Children and people from all backgrounds are drawn to it because it touches on a visual instinct we've inherited from our ancestors. It appeals to the masses rather than alienating them.



What's the best criticism you received? What was the hardest to swallow? Do you thrive more through praise or criticism? I frequently encourage my friends to tell me like it is. I beg them to be honest with me. I listen for echoes. If out of five of my friends, only one of them thinks I shouldn't put the bird in front of the jaguar, then I likely won't listen. But if all five of them are antibird, I'm quite likely to listen. My own ego is my worst enemy, and I've found that whenever I can overcome it, I make much stronger art.

Is your work based on commission, or do you only paint what you feel?

About 10 percent is commissioned; the remainder is what I feel like painting, which I then ship out to the other galleries.

What do you hope an audience will perceive when looking at your paintings?

Abundance. I'm so tired of looking at the art of overly serious artists who are so fixated on what is wrong with the world. It's time we start focusing our mental energy on what is wonderful, healthy, natural, joyous, and kind in the world so we can manifest more of it. You wouldn't know it by listening to the news, but breakthroughs are happening left and right. We are actually far better off worldwide than we've ever been.

What inspires you? I'm inspired by virtually each and every piece of art I can find in museums, from ancient Egypt to Picasso. I love it all.



What are your favorite cities? Rome blew my mind when I spent three days there in 2004. Rajasthan in India changed my life, and Kaohsiung (in Taiwan) will always hold a special place in my heart because I found finger painting there.

What is the atmosphere of your studio where you paint? Is there music playing? What is the vibe? It's a live/work space. My studio has a calico cat named Foxy. My bed is a Murphy bed. The easel is in the corner, and it's all very clean and tidy. There's a stack of fifty canvases on the south wall. The vibe is a lot of white, wood, and indoor plants. Music is always playing, and the cars outside keep it from ever being silent.

How do you fight creative block?

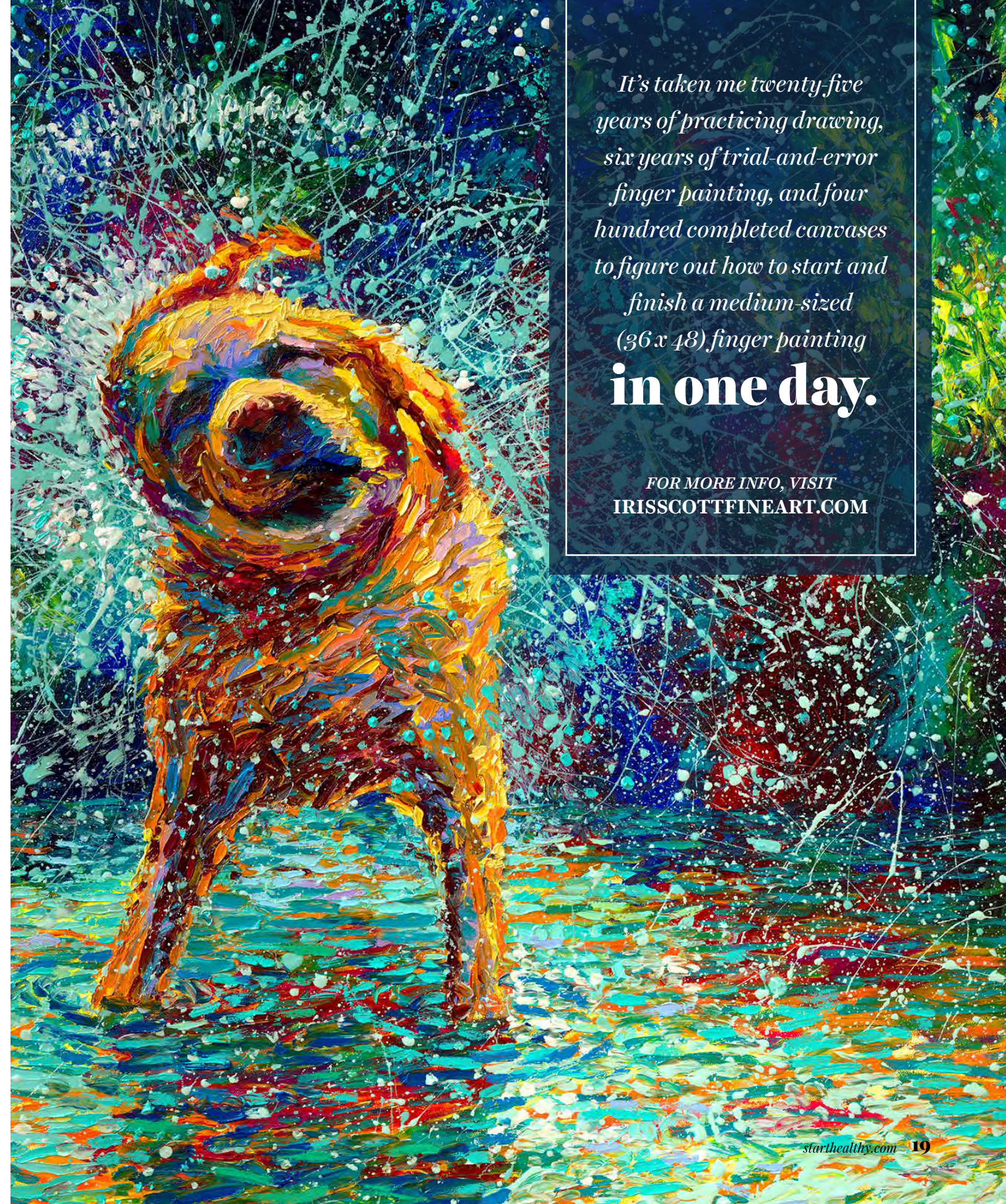
I leave the house for a day, or I take a trip, and within forty-eight hours I'm dying to be home working on a painting.

What career are you neglecting right now by being a painter? Movie director/screenwriter. This was the other passion I had as a child—my parents let me shoot short films with the camcorder, and I loved it!

Where are you when you're not painting? Painting is a very lonesome career—no colleagues, no boss. There's nobody really to talk with because I'm flying solo. So when I'm not painting, I'm actively planning social escapes. Luckily for me, in Brooklyn that's never far away. Find me a rooftop party, and I'm there!

It's taken me twenty-five years of practicing drawing, six years of trial-and-error finger painting, and four hundred completed canvases to figure out how to start and finish a medium-sized (36 x 48) finger painting in one day.

FOR MORE INFO, VISIT
IRISSCOTTFINEART.COM



Smoothie Bowls



Peanut Butter & Banana Bowl

- 1 cup plain soymilk
- 2 frozen bananas
- 3 tablespoons peanut butter
- 2 tablespoons cocoa powder
- 1 tablespoon chia seeds
- ¼ teaspoon pure vanilla extract
- Crushed graham crackers
- Sliced bananas
- Chopped peanuts

1. In a blender, combine all ingredients except for toppings, and puree until smooth.
2. Pour the smoothie into a bowl, and top with crushed graham crackers, sliced bananas, and chopped peanuts.

Pineapple & Coconut Bowl

- 1½ cups frozen pineapple
- 2 frozen bananas
- ¼ cup unsweetened coconut milk
- 2 tablespoons chia seeds, plus extra for garnish
- 4 ice cubes
- ¼ cup water
- Pineapple slices, for garnish
- Mango slices, for garnish

1. In a blender, combine all ingredients except for toppings, and puree until smooth.
2. Pour the smoothie into a bowl, and top with chia seeds, sliced pineapple, and sliced mango.





written by: *Rebecca Poole*

TOOTH BE TOLD, NOT ALL MORNING DRINKS ARE GREAT FOR YOUR TEETH. KEEP THESE TROUBLESOME DRINKS IN MIND WHEN REACHING FOR THAT CUPPA.

SKIP *these morning sips*



When your alarm goes off at the crack of dawn, the first thing you crave is probably your daily cup of coffee, tea, juice, or other caffeinated beverage that gets your day off to an energized start. Morning drinks are universally an integral part of morning routines, but what many fail to recognize is the damage these drinks can do to your teeth over time. Of course, brushing your teeth after breakfast is the first step in teeth maintenance, but drinking through a straw and drinking everything in moderation are other ways to preserve oral health. It doesn't hurt to keep in mind the drinks that keep your teeth from beaming when you walk into a room.

Skip the JUICE.

If a glass of juice is your refreshing pick-me-up at 6:00 a.m., consider diluting this sugary choice with water to keep your enamel intact. Or try drinking it more quickly instead of sipping it slowly all morning. Orange juice can be especially damaging to your teeth due to the high levels of acid slowly wearing at the hardness of your enamel. The high levels of artificial sugars and citric acid in juice beverages as a whole can also create a buildup of plaque. Don't forget about those pesky cavities, which tend to sneak up on you when you consume high levels of sugar without realizing it.

Skip the SODA.

If you enjoy a bottle or can of soda before heading to the office, try to remember to drink in moderation. Make your choice of soda your only sugary drink of the day, or, better yet, sip with a straw to prevent further damage to the enamel and dentin—the tissue beneath enamel that could get affected as well by these drinks.

Skip the COFFEE.

Telling someone not to drink coffee each morning is one of the worst things you can do, but you may want to consider cutting back, at least for the sake of your teeth. A suggestion for keeping the damage coffee does to a minimum is continually drinking water in-between cups, as well as eating while you enjoy your caffeinated morning cuppa’.

Skip the BLACK TEA.

If your morning drink of choice is a steaming, freshly brewed cup of tea instead of coffee, don’t think you’re off the hook. Black tea produces similar effects to your teeth as mentioned with coffee, which may convince you to make the switch to herbal teas, like those found in the white and green varieties.

While brushing your teeth after having your morning drink of choice might be a hassle, it also could benefit you in the long run. Say goodbye to stained teeth and hello to a whiter smile!



Sip on this!

Milk, white tea, and lemon water are great morning drink alternatives for keeping your teeth stainless and radiating.

Be sure to let your dentist know if you’re experiencing severe pain in your jaw when you wake up in the morning.



Quinoa-Crusted

CHICKEN STRIPS

When you think of chicken strips, a kids-only menu at a restaurant might come to mind, but this meal doesn't have to be fried and unhealthy. Try this nutritious quinoa-and-Parmesan-crusted version for a dinner anyone can savor.

- 3 pound boneless, skinless chicken breasts
 - 1 teaspoon salt
 - 2 cups flour
 - 4 eggs
 - 2 tablespoons mustard
 - 1½ cups red quinoa
 - 1 cup grated Parmesan
 - Freshly ground black pepper, to taste
1. To prep the chicken, cut off any fatty parts, and slice each breast lengthwise to create 3 or 4 thick strips. Place the strips in a bowl, lightly toss with the salt, and put into the fridge.
 2. Cook the quinoa based on package directions. Drain well.
 3. Set out three shallow containers, such as dredging dishes. Put the flour in one, lightly beat the eggs and mustard in one, and combine the quinoa and Parmesan in the third. Add salt and pepper, to taste.
 4. Using tongs, dip each chicken strip into the flour, and then shake off the excess. Coat the chicken strips in the egg wash.
 5. Press the chicken into the quinoa-Parmesan mixture, making sure the strips are evenly coated. (Note: you may need to press hard to get the breading to stick.)
 6. Preheat your stove's broiler, with a rack approximately 6 inches from the heat source.
 7. Spray a baking sheet with nonstick spray, and put the sheet into the oven to get hot. Once the sheet is hot, carefully remove it from the oven and place the chicken strips on it.
 8. Broil the chicken strips until golden brown, about 5 minutes. Flip the strips over, and broil another 5 minutes or so, until they lose all pink color and the juices are clear.



CHEW ON THIS!

ways to solve teeth grinding

written by: Eleanor Thompson

your smile

Did you know that 1 in 3 people have a problem with grinding their teeth? Teeth grinding is caused by several factors: stress, too much caffeine, depression, sleeping disorders, a poor diet, or tense jaw muscles throughout the day. This common problem, otherwise known as bruxism, can lead to severe wear on your teeth over time. So, if you find yourself waking up with a sore jaw and a headache, make sure to contact your dentist. But before it gets to that point, here are several suggestions to assist in keeping the teeth grinding to a minimum. After all, the key to starting your day on the right note is getting a good night's sleep.



Look into **MEDITATION.**

Committing to relaxation techniques—such as meditation—on a daily basis might contribute to a more peaceful night's sleep. Essential oils are also a good way to decompress after a long day and could help destress your mind just in time for bed.

Make **EXERCISING** *a priority.*

Embracing a more active lifestyle comes with many benefits, one of which is helping you achieve a deeper, longer sleep. Often, we are unaware of how well we actually sleep, which might be due in part to teeth grinding. Exercising and working out your daily worries and stresses might aid in solving this problem.

Add more **MAGNESIUM** *and VITAMIN C to your diet.*

Both magnesium and vitamin C are shown to ease the wear on your teeth. Because teeth grinding is connected to the bones and the nerves in your jaw, adding more magnesium- and vitamin-C-plentiful foods to your diet will help to strengthen your jaw muscles. Foods rich in magnesium include spinach, almonds, black beans, fish, and seeds. Popular vitamin-C-rich foods consist of kale, broccoli, peppers, apricots, and oranges. These foods are good for your body and mind, making them a new refrigerator staple.

Cut back on **GUM.**

Chewing gum all day might keep you occupied or help you concentrate, but doing so excessively could lead to more bad than good. If you wake up with a sore jaw from grinding your teeth all night, you may want to reflect on finding ways to cut back on bad habits. Chewing on anything other than food, including biting your nails, is also considered a factor in teeth-grinding issues.

Be sure to let your dentist know if you're experiencing severe pain in your jaw when you wake up in the morning.

family dinner IN A FLASH

Put down the spoon and pull up a seat—your weeknight dinners have never been simpler. No more are the days of burnt pot roast and overcooked pasta. Healthy, 30-minute meals are possible—we promise.



SALMON CAKES *with* GREENS

Prep Time: 10 min. • Cook: 20 min. • Makes 4 servings

Seafood shouldn't be complicated, and with this recipe, it doesn't have to be!

- 4 (5-ounce) pouches of salmon
- 1 cup frozen corn, thawed
- 1 large egg, lightly beaten
- ½ cup breadcrumbs
- 8 tablespoons tartar sauce, plus more for serving (optional)
- 2 tablespoons minced, jarred roasted red peppers
- 1 tablespoon chopped fresh parsley
- 1 teaspoon finely grated lemon zest
- 1 teaspoon Old Bay seasoning
- 1 tablespoon fresh lemon juice, plus lemon wedges for serving
- Freshly ground pepper
- 3 tablespoons extra-virgin olive oil
- 1 cup (about 8 ounces) mixed baby greens

1. Preheat the oven to 400°F.
2. Mix together the salmon, corn, egg, 3 tablespoons of breadcrumbs, 6 tablespoons of tartar sauce, roasted red peppers, parsley, lemon zest, and ¾ teaspoon Old Bay in a bowl.
3. Gently form into eight ¾-inch-thick patties, and freeze until just firm, about 5 minutes.
4. For the dressing, whisk the remaining tartar sauce, the lemon juice, 1 tablespoon of water, the remaining Old Bay, and pepper (to taste) in a large bowl.
5. Put the remaining breadcrumbs in a shallow bowl. Press the salmon cakes in the breadcrumbs to coat both sides. Heat the olive oil in a large oven proof nonstick skillet over medium-high heat. Add the salmon cakes, and cook until golden brown, 3 to 4 minutes per side. Transfer the skillet to the oven, and bake until the cakes are heated through, 6 to 8 more minutes.
6. Add the greens to the bowl with the dressing, and toss. Serve the salmon cakes with the salad, more tartar sauce, and lemon wedges.

SPINACH TOMATO TORTELLINI

Prep Time: 5 min. • Cook: 10 min. • Makes 4 servings

An Italian-style dinner in no time is possible when you think outside the box.

1½ cups heavy cream
2 tablespoons all-purpose flour
1 tablespoon olive oil
3 cloves garlic, minced
1 (14.5-ounce) can petite diced tomatoes
3 cups spinach, roughly chopped
2 teaspoons dried basil
1 teaspoon dried oregano
½ teaspoon dried thyme
¼ teaspoon crushed red pepper flakes, optional
Kosher salt and freshly ground black pepper, to taste
¼ cup grated Parmesan
12 ounces tortellini pasta

1. In a small bowl, whisk in heavy cream and flour.
2. Heat olive oil in a large skillet on medium-high heat. Add in the garlic, stirring often until fragrant (about 1 minute).
3. Stir in the tomatoes, spinach, basil, oregano, thyme, and red pepper flakes. Season with salt and pepper, to taste. Keep stirring occasionally until the spinach starts to wilt (about 2 minutes).
4. Whisk in the heavy cream mixture and Parmesan cheese. Continue to whisk until mixture thickens slightly (about 3-4 minutes). Pour in the tortellini, and toss.



CAULIFLOWER CHICKEN FRIED RICE

Prep Time: 5 min. • Cook: 15 min. • Makes 5-7 servings

Skip the takeout and opt for this healthy fried rice, sans added starch.

1 head of cauliflower (about 4 cups)
2 tablespoons sesame oil
1 pound boneless chicken breast, chopped into ½-inch dices
3 carrots, diced
1 onion, diced
2 garlic cloves, minced
1 cup frozen sweet peas
¼ cup tamari sauce or ⅓ cup soy sauce
2-3 tablespoons sriracha sauce
¼ cup sliced green onions, for garnish
Sesame seeds, for garnish

1. Add the cauliflower florets to a food processor or blender. Continue to blend until the cauliflower resembles rice.
2. Heat a wok or large skillet to medium-high, and pour in 1 tablespoon of sesame oil.
3. Add in the chicken, and cook for 4-5 minutes. Move the chicken to one side, and add in the rest of the sesame oil, along with the carrots, onions, garlic, and peas. Sauté for 4-5 minutes.
4. Mix in the cauliflower, tamari sauce, and sriracha, and cook for another 2-3 minutes. Garnish with green onions and sesame seeds.



words by: *Shelley Goldstein* **photography:** *Shelley Rose Photography*

A TOWN OF *tulips*

Did you know the climate of the Skagit Valley in Washington State is very similar to the climate of the Netherlands, aka the unofficial tulip capital of the world? If you look at a globe and trace your finger west from the Netherlands, you will notice the two locations have similar latitudes, only off by about four degrees. Mild, wet winters and moderate summers make the Skagit Valley (and the Netherlands) prime tulip-growing territory. Every April since 1984, hundreds of thousands of flower lovers make the trek to Mount Vernon,

Washington, to witness the dazzling tulip bloom at the monthlong Skagit Valley Tulip Festival.

The first official tulip festival happened quite organically. As executive director Cindy Verge explains, "The Mount Vernon Chamber of Commerce got together and said, 'Wow, we have people coming to see our tulips. We should build a festival around the tulip bloom.' The festival features two of the original four growers: Skagit Valley Bulb Farm and the Washington Bulb Company."





Every April
since 1984

*hundreds of thousands of
flower lovers make the trek to
Mount Vernon, Washington.*

happen. I think that's just fabulous! It's really fun to meet people from Africa and Australia and Europe and the East Coast. It's a tourism industry, so I'm always in contact with people who have come here to have a good time. It's a joy having people who are so excited to see the flowers."

And the flowers are aplenty! Rows and rows of tulips stretch out in a sea of vivid color, with the mountains of the Pacific Northwest as a dramatic backdrop. The Washington Bulb Company alone plants 350 acres of tulips spread across seven fields in the Skagit Valley. When William Roozen, a Dutch tulip grower whose family had been in the business since the 1700s, decided he wanted to give America a shot, he hopped on a boat shortly after marrying his wife and landed in the Skagit Valley. They saved up some money, bought five acres of land, and purchased the Washington Bulb Company. At that time, there were several Dutch growers, some of whom knew each other from Holland. There are now two tulip growers in the Skagit Valley—Roozen's company and the Skagit Valley Bulb Farm, which is run by Jeannette and Tom DeGoede.

Verge answered an ad for the sponsorship coordinator position and later became executive director of the festival. Her background in communications means she is able to coordinate the multitude of activities and events that are hosted in various locations across

the Skagit Valley. Despite the actual festival only happening for a month, it's a full-time, year-round job. When asked what makes it worthwhile, Verge gushes: "I get to share something that is beautiful with people from all over the world. The work I do allows that to





ROOZENGAARDE

The Washington Bulb Company is the creator behind RoozenGaarde, one of two official festival gardens that visitors can drive to and park in a designated area. RoozenGaarde features forty to fifty acres of tulips, carefully planted in rows for both practical and aesthetic purposes.

Brent Roozen, grandson of founder William, explains, “The fields are created by towing a planter behind a tractor. We start with one variety of tulip, mark it, and use the bulbs until they are gone. Then we mark again with a new variety. The coordinates are also written down and kept in books in case the markers get moved.” Tulips are planted on flat ground, but the dirt is mounded up on top of them to create ditches, which help the rainwater to drain.

RoozenGaarde actually spans 200 acres, but only forty to fifty acres of land are planted with tulips. Because tulips are an actual crop, they should only be planted in the same spot every six years to follow best growing practices. RoozenGaarde is divided into six plots, and the tulip bloom migrates from plot to plot each year. Visitors are asked to stay on designated paths and not walk in between the rows to avoid



damaging the tulip bulbs. RoozenGaarde also features a smaller display garden, with a theme and precisely designed vignettes that are sketched out with sawdust in the soil before being planted. Because these are planted in the same place each year, gardeners must be meticulously vigilant to spot signs of botrytis, a type of fungus that can affect tulips and spreads via spores. Diseased tulips are pulled out each morning to ensure the flowerbeds stay clean. Says Roozen, “We pull 5,000 tulips each year. It sounds like a lot, but when you’re growing 500,000, it’s not that many.”

*We pull 5,000 tulips each year.
It sounds like a lot, but when
you’re growing
500,000
it’s not that many.*

Because tulips are a business for the Roozen clan, tulip varieties that are planted in the fields often coordinate with the varieties in the greenhouse to keep costs down. The fields are mainly used for bulb production, and the greenhouses are used 100 percent for fresh-cut flowers. The leftover bulbs from the greenhouse get planted in the fields to grow for two to three years until they become large enough to become greenhouse bulbs. And the process continues. Currently, 85 percent of income comes from fresh-cut flowers, as opposed to 15 percent in bulb sales. It was the opposite back when William began his business over sixty years ago, but now, with greenhouses and technology, tulips can be grown indoors 365 days a year, as opposed to bulb production, which only has one season.



Fresh-cut flowers are sold to major grocery retailers in the surrounding areas, as well as e-commerce sites like tulips.com, which ships fresh tulips overnight.

Field-grown tulips are also sold in smaller quantities. The blooms tend to be much larger and richer in color than the greenhouse blooms. Roozen explains, “In a greenhouse, winter is simulated via a cooler, and tulips flower in three to four weeks. When they are planted in the field in September and October, they go through the winter naturally and begin poking through in early January. From January to April, they have a very slow growing season, which helps them have a bigger bloom and deeper color.” Field-grown tulips need to be picked shorter so greenery is left on the stem for the bulbs to grow.





TULIP TOWN

The other official garden of the Skagit Valley Tulip Festival is dubbed Tulip Town, and it features a windmill that owner Tom DeGoede had built to look like a replica of the windmill in his family's village in Holland. They also create a little town in their barn every year, with a couple of impressive murals. Artwork is displayed by local artists and is available for purchase, along with snacks and hot beverages, which you may want to partake in—April can be chilly and windy in the Pacific Northwest. Behind Tulip Town is another ten to fifteen acres of tulips planted in rainbow stripes of color.

Both Tulip Town and RoozenGaarde have become a playground for photographers—professionals and amateurs alike. It can be difficult to rein in selfie-

seeking visitors, who sneak between the tulip rows in pursuit of the best photo. Verge says the explosion of social media has been mostly a boon to their campaign, with excited visitors posting photographs of the tulip blooms all over Facebook and Instagram.

Social media is also ideal for keeping visitors posted on the status of the tulip bloom, which can come early or late depending on the temperatures in winter. The festival is typically held for the month of April, but there have been years the bloom began in mid-March or carried over into the first weeks of May.

With a reasonable entrance fee and gorgeous fields in which to roam around, the Skagit Valley Tulip Festival is, without a doubt, worth a visit. Grab a friend to photograph and make a day out of it, and stick around for a meal in Mount Vernon or the neighboring town of La Conner. And remember to tiptoe around the tulips, not through them.

For more info, visit tulipfestival.org



It features a windmill that owner Tom DeGoede had built to look like a replica of
the windmill in his family's village in Holland.

Front of Tear Out Card 2

FARMERS' MARKET
PO'BOYS

- 4 (4-inch-long) whole wheat torpedo rolls


AVOCADO RÉMOULADE:

- 1 avocado, peeled and core removed
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- ½ tablespoon capers
- ¼ teaspoon fresh garlic, minced
- ½ tablespoon hot sauce

FILLING:

- 1 carrot, peeled and thinly sliced lengthwise

(ingredients continued on back)



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Back of Tear Out Card 2

FARMERS' MARKET
PO'BOYS

SERVES 4

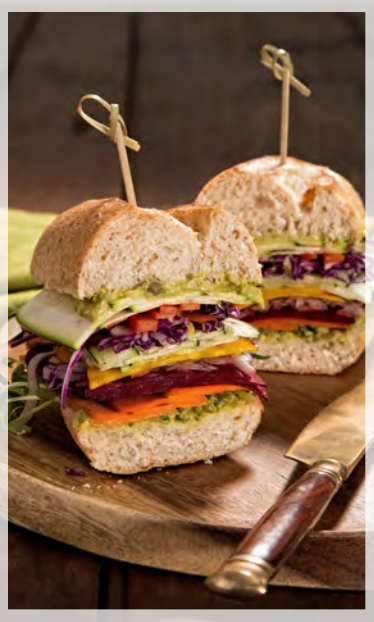
The po'boy is a southern classic that can be transformed into a vegetarian-friendly sandwich using fresh, seasonal veggies instead of shrimp. And the craveable avocado-based sauce ties it all together!

(ingredients continued)

- 1 zucchini, thinly sliced lengthwise
- 1 beet, peeled and thinly sliced
- ½ red onion, peeled and thinly sliced
- 1 cup red cabbage, thinly sliced

- In a food processor, blend together avocado, Dijon, lemon juice, capers, garlic, and hot sauce until smooth.
- Split rolls, and remove some of the filling from inside the rolls. Spread rémoulade on both halves.
- Evenly distribute filling ingredients, and serve.

- ½ red bell pepper, thinly sliced
- 1 cup pea shoots
- 1 cucumber, thinly sliced lengthwise



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