

Visit to farmers market will aid healthful eating

SPECIAL TO GUIDE TO LAS VEGAS SUMMER FUN

Farmers market season is in full swing and continues through the summer. According to Kerry Clasby, known as the Intuitive Forager and organizer of two local farmers markets, finding fresh, nutritious and organic produce in Las Vegas is easy, despite the fact it's a desert community.

"Farmers markets are important for two significant reasons," said Clasby, who oversees Bet on the Farm at the Springs Preserve (Thursdays from 10 a.m. to 1 p.m.) and Downtown 3rd Farmers Market (Fridays from 9 a.m. to 6 p.m.) at the former Regional Transportation Commission of Southern Nevada building behind the Mob Museum. "They foster a sense of community and they are the ideal way to get much needed nutrients into your body."

According to Clasby, the produce you buy at farmers markets is not only higher in nutritional content and better tasting, it generally has a longer shelf life.

"Additionally, there is traceability in the food and you can speak with the local farmer about their growing methods," she said.

Clasby said food sold at farmers markets is picked in its ripened state.

"Grocery stores can pick their produce up to a month ahead of time in an unripened state and freeze-store it or gas it to ripen it quickly. It's just not as good for you as what you find in a farmers market," she said.

The ability to find unique produce items is another advantage of shopping at a farmers market.

"The pineapple/pear custard flavor of a cherimoya, the tart bite of the caviar lime and the hard-to-find page mandarin or purple Persian carrot are great examples of those items," Clasby



Fresh vegetables and fruits draw customers to farmers markets.

said. "You can explore new items or find favorites like cherries, peaches, strawberries and raspberries. Fill up on the antioxidants all in the peak of seasonal freshness."

Clasby said she loves to make a beautiful citrus salad out of the locally cultured goat cheese, beets, wedges of tangerine and pistachios.

"Also, if you love kale, you can add olive oil and toast in the oven to form a chip," she said. "Sprinkle it with some Parmesan cheese and you have a great, fresh and healthy snack."

In addition to fresh produce, many of the markets allow local artisans to showcase and sell their wares — from infused olive oils to jewelry, scarves and beautiful flowers.

"In other cities flowers are an integral

part of the market," said Bonnie Fogel of Petal Pushers. "People love flowers. I hear comments all the time about how flowers remind them of home, great memories and seasons, such as purple lilacs in the spring and bright sunflowers in the late summer and early fall."

Another option is the Vegas Roots Community Garden. It is the only public community garden in the valley, and is at 715 N. Tonopah drive near Bonanza Road. According to director Rosalind Brooks, the community garden is the place for residents to grow their own vegetables while mixing with friends and members of the community.

Novice or experienced gardeners may purchase a garden plot for \$500 a year. The plot includes the box, organic soil, the water system, water and seeds.

YMCA helps families beat summer boredom

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As the summer months approach, parents brace themselves for their children's refrain: "What is there to do. I'm bored." The good news is there's plenty to do at the YMCA of Southern Nevada.

From grassy park areas, to indoor rock-climbing walls, basketball courts, group exercise classes and pools, the Y provides many ways for children and parents to have fun and stay active during the summer months.

And at the Y, financial assistance is available, so no one is turned away because of an inability to pay.

Healthful summer options also are available for the entire family. The Y's Sizzlin' Summer Pass provides unlimited access to all of the Y's water parks, pools, wellness centers and classes for \$99 for an individual or \$199 for the family.

The passes, which are good for four months from the purchase date, are on sale through July and can be used at all four Y locations.

The Y's pool play zones are open from May 25 through Sept. 2, and are available to anyone with a full membership, a Sizzlin' Summer Pass or a \$5 daily fee.

LAKA Manicure Express opens at Fashion Show

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LAKA Manicure Express recently launched its newest U.S. location inside Fashion Show mall.

LAKA is known across multiple continents for its popular and innovative 15-minute manicure express that caters to busy women and fashionable teens.

Since opening its first stateside location at the Las Vegas Premium Outlets — South, LAKA Manicure Express has continued to develop its brand in the U.S.

The company also has a retail location in Meadows mall.



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