

# KC STYLE

THE MINIMALISM ISSUE

## Purchase with Purpose:

Six Local Businesses  
that Do More with  
Your Money

## Four-Legged Summer Fun

## Summer On Wheels:

The R.V. Craze  
In America

**BONUS:**  
Insta-Worthy  
Summer Recipes

Minimalism at Home:  
Five Ways to Live Better with Less

# KANSAS CITY IN THE SUMMER

Summertime in Kansas City looks a little different this year - hair raising humidity and plenty of sunshine are here to stay, but recent events have many of us trading our luxurious vacation plans and evening outings for a simpler kind of life.

If COVID-19 has required you to go without many of the comforts and conveniences you enjoyed in pre-pandemic life and you're still getting by, that in itself is abundance. We have been taking a hard look at ourselves, our things and what really matters in our lives, and we're beginning to think that a simpler way of life isn't so bad after all. The less stuff we have to worry about, the greater our capacity to care for each other. And isn't that what we all need right now?

Standing with you,

Your KC Style Editors

## CONTENTS

01

Purchase With Purpose:  
Six Local Businesses that Do More with Your Money

02-03

Minimalism at Home:  
5 Ways to Live Better with Less

04-05

Four-Legged Summer Fun

06-07

Summer on Wheels:  
The R.V. Craze in America

08-10

Insta-Worthy Summer Recipes

# PURCHASE WITH PURPOSE:

## Six Local Businesses that Do More with Your Money

The COVID-19 crisis made us realize more than ever how important it is to help each other through hard times. These local companies didn't wait for a global pandemic to give back to their community - they do that every day as part of their regular business practices! You'll never have to worry again about whether you should have spent money on that delicious candle or delectable meal, because you'll know someone received kindness because of it. Win-win!

### Continue Good



Continue Good donates 10 percent of every sale to The Exodus Road, an organization that fights human trafficking. The founder of Continue Good, Mollie Beck, says she began her project "to bring light and love into others' lives." She hand-pours each candle with natural soy wax and non-toxic fragrances, and each candle label suggests a simple act of kindness that the customer can complete.

### PawsAbilities



PawsAbilities is the training and job placement initiative from local non-profit Inclusion Connections. Young adults with developmental disabilities work hard to make adorable pet treats, toys and accessories through the program while learning translatable skills such as navigating a commercial kitchen, sewing, painting, and crafting.

### Thelma's Kitchen



Thelma's Kitchen on is the first donate-what-you-can cafe in Kansas City. Launched by Reconciliation Services, a non-profit organization that focuses on serving the community around Troost, Thelma's offers healthy, seasonal, locally-sourced dishes and allows guests to volunteer or pay whatever they can in exchange for their meal.

### Casual Animal Brewing



Who said beer can't be virtuous? For every pint of beer sold from the rotating Local Motive tap, Casual Animal founders Kyle and Lara Gray donate \$2 to a local non-profit organization. If you're lucky you'll find their beers on tap at certain restaurants and bars around the city, or you can visit their taproom on McGee.

### Give & Partake



Give & Partake is an organization that connects KC residents with local restaurants for a cause. When you purchase a Give & Partake book, you unlock future discounts with each purchase at participating restaurants and a portion of the proceeds is donated to the non-profit associate with the book. You can always find Give & Partake's current non-profit partners listed on their website.

### Cause Coffee



Cause Coffee in De Soto is changing the world with positive action and a generous spirit, and the fact that owner founder Tara Stucky and all of her employees are volunteers is a testament to that. Cause gives all of their profits to a variety of charities around the globe, and they donate all of their leftover food to the homeless community in Kansas City.

# MINIMALISM AT HOME:

## 5 Ways to Live Better with Less

By removing clutter from your life, you make space for things that are more positive. That clutter could be physical or emotional, and it's baggage you don't need to be carrying around. Many people are now practicing the art of minimalism, and they find that it leads to greater happiness, better life balance, and more financial security. Minimalism can actually make your life more full, but with the right things. Here's a look at how to get minimal.



### CLOTHING

Marie Kondo brought a whole new audience to the world of minimalism when she taught families how to declutter their homes as part of the popular Netflix show, "Tidying Up With Marie Kondo." One of the memorable questions from the Japanese author and TV show host was when she asked people if certain clothes in their closet "spark joy." This simple concept runs through all minimalism. You don't need to throw out absolutely everything, you just need to keep the things that truly matter.

If you have clothes that make you feel happy and confident when you wear them, keep them. But if you have items that you never wear or only bought on a whim, donate them to someone who will find them more useful. Then, the clothes that remain will be even more special to you. You'll find you spend less time sorting through your wardrobe and deciding what to wear every day, and you can spend that time on something more beneficial. Worried you'll eventually restock your closet with more impulse buys? Implementing a capsule wardrobe is an excellent way to get rid of excess clothing for good. [BecomingMinimalist.com](http://BecomingMinimalist.com) is a great resource for getting started.

### ELECTRONICS

Minimizing your electronics means owning fewer electronics and owning them for longer. It also means spending less time using the gadgets you own. Devices like phones, tablets, and laptops all have important roles in our lives, especially now that more of us are working from home. They also educate and help us to stay connected with loved ones. For those reasons, you should minimize the way you use electronics so that you get the most out of them without being addicted to constant screen time.

Start by prioritizing. If music is important to you, there's no need to lose your high-end sound system. Instead, you should lose other devices so you can focus on what really moves you. You may quickly find that listening to music more often makes you happier than scrolling through social media. Ask yourself whether you really need a phone, a tablet, and a laptop. Also have a discussion with your family about how to limit time spent on devices, which instead could be spent on quality family activities.

Removing and rearranging furniture isn't simply about losing things; it's about gaining a new design style that brings better aesthetics to the rooms in your home, and a sense of satisfaction at achieving a new look without major expense. Scandinavian minimalism in spaces like living rooms and bedrooms is designed to bring a sense of simplicity and purity that leads to calmness. You can achieve this by removing unnecessary furniture or accessories, as well as by choosing a limited color palette centered around soft, light tones.

The kitchen is another area where minimalism really comes in handy. If you have more dishes and cutlery than you could use at the biggest house party your home could hold, it's time to pare down. Focus on tools and devices that have more than one function. There are appliances available that combine the benefits of a slow cooker, pressure cooker and rice cookers, so you don't need all three. A combi oven or combi microwave allows you to do all of your grilling, baking, and microwaving in one unit. And who needs everyday dishes, holiday dishes, and fine china? Create one collection of dishware that's suitable for every occasion and get rid of the rest.

The minimalist lifestyle doesn't impose any 'rules' about what you should and shouldn't keep regarding personal items because that requires very personal choices. However, most of us could look in our bathrooms right now and find multiple half-used containers of products that all have the same use.

Take a look through your cabinets, toiletry bags and drawers, and lay everything out in front of you. How many expired items or multiples of the same kind of product are taking up your storage space? How many of these things do you use on a regular basis, and how many did you forget were even hiding out under your sink? Taking note of what you don't use or what you tend to buy too much of will inform future purchases and help you to spend less.



## FOOD

Minimalism doesn't just apply to the things you own—it's also about what you eat. Simplifying your diet has a lot of the same benefits as minimizing other parts of your life, including saving money, creating more room in your home, and giving you less to think about. It will also make you healthier, which quickly leads to an improved state of mind and a sense of well-being.

If you tend to push food to the back of your pantry or refrigerator and forget to eat it, institute a zero-waste policy for those items that are easily overlooked. Always check your stash before you go grocery shopping, and if you already have it at home it shouldn't go in your cart. Try to ignore the "just in case" mindset when you do your grocery shopping, and don't go shopping on an empty stomach - we all know how that ends. When it comes to cooking, decide on a few of your favorite ingredients then research multiple recipes that use them. This will help you avoid waste. Eating fresh, nutritious food instead of processed food will help you to feel full and nourished for longer.



# FOUR-LEGGED SUMMER FUN

We're all looking for more ways to enjoy ourselves at home or at least in town this summer, given the volatile reopening and travel procedures throughout the country. If you have a dog (or three) at home, then you have all the fun you need on the other end of a leash! These canine-friendly activities and items will ensure that your summer bonding time with your best friend is fun and fulfilling for both of you.

## EXERCISE

Just like us, our dogs like to change up their workouts. It's good for them to activate different muscles and skills, both physically and in their brains!

### HIKING

A change of scenery and smells will give your pup plenty to investigate, and it's a great way to get some beneficial exercise without thinking about it.

### STAIRS

Running your dog up and down stairs is an easy way to expend some extra energy, especially for highly active dogs. Try it at home, or go for a walk and run some stairs in a local park or outdoor shopping center.

### SWIMMING

Swimming together will help you and your pup stay cool during the dog days of summer, and it's especially beneficial for dogs with joint issues that make other types of exercise too painful. Use your pool if you have one, or head to a nearby lake or river and toss a toy back and forth into the water.

### AGILITY CLASSES

If you'd like to explore an option with a little more structure, check out local agility groups/classes such as Northland Agility in Parkville or The Dog's Spot in North Kansas City. Even if it's just for fun, it's a great way for your pup to learn some new skills and practice their obedience!

## TRAINING/TRICKS

Teaching an old dog a new trick, or really any dog for that matter, can be a time-consuming and patience-testing activity. Now that you probably have some extra time (although we can't speak to patience) at home, use it to log some training time with your dog and teach them a few new party tricks. Check out Dogtime.com's list of **10 Fun, Impressive Tricks You Can Teach Any Dog** and see how many you and your pooch can conquer together!

## HOMEMADE TREATS

Homemade dog treats are a fun and healthy way to reward your dog for a job well done, or for just being a dog (we really don't deserve them, do we?). Pinterest is filled with great options, from three ingredient training treats you can make with items that you'll find already stocked in your pantry to complex dog-friendly cake recipes complete with mashed potato icing! We find that most canine-friendly cooks who go to the trouble of creating recipes just for dogs are very careful to only include ingredients that are beneficial to their diets, but always double-check the list to be safe. AKC.org has multiple comprehensive lists of foods that dogs can and can't eat, including fruits, veggies and common human food items.





If you want to turn your homemade treats into an activity, mix them with training with toys like the Snuffle Mat (available on Amazon). This will keep you entertained as your dog hilariously snuffles through the mat in search of the hidden treats, and it satisfies that “hunt and gather” instinct that all dogs have! Toys and activities like this also help our pups relieve stress and anxiety, especially if their routine has recently changed.

## CLOTHING/ACCESSORIES

Local businesses need your dog’s patronage now more than ever! If you’re looking for a fun new toy or other accessories like bowls, beds, or clothing, consider supporting one of these Kansas City establishments:

- Tail Waggin’ Pet Shop, in Kansas City, MO
- SLiK Hound Designer Collars, online and in local retailers
- Land of Paws Pet Store & Grooming, in Prairie Village and Overland Park, KS
- Mission Pet Mart & Day Care, in Mission, KS

## July 15th is National Pet Fire Safety Day.

According to the AKC, an estimated half-million pets are affected or lost in house fires every year. To pet people like us, that’s 500,000 family members. Protect your pet and your peace of mind with Kennel Key, a groundbreaking smart lock that connects to your phone and your other smart home devices to give your pet a fighting chance in the event of an emergency.

**Reserve yours now at [Kennelkey.com](https://kennelkey.com)**



Join our pack!  
Follow us on social media  
Facebook: @KennelKey  
Instagram: @kennelkey



# SUMMER ON WHEELS

## The R.V. Craze in America

After months of a global pandemic, warmer weather and fresh air is exactly what the doctor ordered. While air travel restrictions domestically and internationally are constantly changing with new guidelines and safety measures, why not take this opportunity to put rubber to the road and explore the beautiful Midwest? Your summer plans don't have to be cancelled, they just need a bit of inspiration.

RVs and campers are by no means a new way to vacation, but they have been making quite a comeback in the last few months. In fact, according to the Chicago Tribune:

"The online peer-to-peer rental service RVshare — the recreational vehicle version of Airbnb — said business is booming among its 100,000 listings across the country. In the Midwest, bookings for RV rentals were up 30% the second week in May compared with the same period last year," said spokeswoman Maddi Bourgerie. "Reservations have climbed 331% since early April."

### WHY YOU SHOULD HIT THE ROAD

Many leaders in the RV space are anticipating an uptick in interest and the market as local travel becomes a more realistic and safe option due to COVID-19. Jumping on the RV bandwagon might sound intimidating, but with options for renting, making the leap can be much less overwhelming.

So, what's the buzz about?

Getting on the road and staying at a campsite with an RV or camper is all about having the right supplies, a map, and good company. RVs and campers come in a range of options, from just a basic living area and sleeping spaces to high tech homes on wheels. This range allows you to choose what works best for your needs, whether you're buying or renting.

Most of us have taken road trips before where the beautiful scenery made up for the cramped quarters and less than idyllic rest stops. With an RV, however, you're able to relax on the road with plenty of space to stretch, move about, and access amenities as needed.

The RV life makes it easy to bring your pets along, access luggage, save money on hotels and dining, and become a part of a community. The many campgrounds in the Midwest are wonderful places to meet new people and build relationships, whether you're staying for a few nights or a few months.

This method of travel gives you the freedom to have a flexible schedule and make spontaneous decisions while adventuring, and it allows you to support small, local businesses and parks in your state or surrounding states.



## **WHERE WILL YOUR MAP LEAD YOU?**

When choosing the final destination for your road trip, consider the places you'd like to visit along the way. This is the beauty of traveling in an RV! It's more of a continual adventure than a there-and-back vacation.

Sleeping Bear Dunes in Michigan is absolutely breathtaking, the impressive sand dunes against Lake Michigan's blue shores and soft sandy beaches make for great photos and hikes. Antique shops and cozy mom and pop stores dot the roads to the charming, surrounding towns, and Hudsonville Ice Cream is a must stop.

If you're more interested in hitting the trails, Tallgrass Prairie National Preserve in Kansas offers beautiful hiking, fishing, and birding activities in the Flint Hills. Its proximity to historic national sites also provides an excellent opportunity for learning more about America's history.

## **IT'S TIME TO ADVENTURE**

Spending time with a map and planning your route intentionally will make your RV trip unforgettable. For state-specific updates and guidelines, visit the .gov website for your state or the state you wish to travel to or through for the most up-to-date information. And make sure toilet paper and hand sanitizer are on your packing list!



# INSTA-WORTHY SUMMER RECIPES

Warmer weather brings a wave of new recipes and dinner parties inspired by dreamy picnics and outdoor settings. Whether you're laying out a blanket in your backyard to dine as the sun sets or planning a reunion with friends in a park that has finally opened up, this meal will bring you joy in both making and sharing.

Grab a basket for your prepared food and a bottle of wine, call your favorite people, and put on a tailored playlist. You're all set for a perfect summer evening!



## BACON WRAPPED DATES WITH GOAT CHEESE

Sweet. Savory. Salty. Need we say more?

### DIRECTIONS:

1. Preheat oven to 350°F.
2. Slice the dates lengthwise on one side to create an opening and remove the pit.
3. Using a spoon, stuff a small amount of goat cheese into the cavity of each date and press the sides together to close.
4. Cut the bacon slices in half. Wrap each date with a slice of bacon and secure with a toothpick.
5. Arrange evenly on a baking sheet with raised edges (otherwise grease will get everywhere) and bake for 10 minutes. Remove tray from oven and use the toothpicks to flip each date. Bake for another 5-8 minutes, turn the dates to the other side and repeat the process until the bacon is adequately browned. Remove from the oven, place on a paper towel lined plate, and let stand for 5 minutes before serving

**Makes 8 servings**

### INGREDIENTS:

16 dates  
4 oz goat cheese  
8 slices bacon  
Toothpicks

## FARMERS MARKET CHICKPEA SALAD

Colorful and textured, this is no ordinary salad.

### INGREDIENTS:

1 can garbanzo beans	1 Roma tomato	1/8 c red onion	1 Tbsp. parsley
1 Persian cucumber	1/2 red pepper	1 lemon, juiced	1/4 tsp. kosher salt

### DIRECTIONS:

1. Roughly chop the vegetables and place in a large mixing bowl. Drain and rinse the garbanzo beans, and mix with the chopped veggies.
2. Chop the parsley and mix with the lemon juice and salt.
3. Pour the lemon juice and parsley mixture over the salad and toss to combine.
4. Store in the refrigerator for at least 30 minutes before serving to allow flavors to develop. **Makes 4 servings**



# ROAST BEEF & ARUGULA SANDWICHES

A sandwich might sound casual, but the refined ingredients elevate this to a statement picnic staple.

## INGREDIENTS:

1/2 c mayonnaise	½ lb. deli roast beef slices
3 Tbsp. red pepper jelly	8 slices Havarti cheese
8 ciabatta rolls, cut in half	2 c loosely packed arugula

## DIRECTIONS:

1. Preheat oven to 400°F. Whisk together mayonnaise and red pepper jelly
2. Place rolls, cut side down, on a baking sheet. Bake at 400 for 5 minutes or until lightly toasted but still soft.
3. Spread cut sides of rolls with mayonnaise mixture. Layer bottom roll halves with beef, folding slices as needed to fit rolls. Top each with cheese, arugula, and remaining roll halves. **Makes 8 servings**



## SOUTHERN DOUBLE CRUSTED CINNAMON SUGAR PEACH COBBLER

Nothing says summer like Peach Cobbler. Dig in!

### INGREDIENTS:

#### Biscuits

- 2 1/2 c all-purpose flour
- 1 1/2 tsp. baking powder
- 1/4 tsp. kosher salt
- 1 1/2 sticks (12 Tbsp.) cold salted butter, cubed. Plus melted butter, for brushing
- 3/4 c cold buttermilk
- cinnamon sugar, for sprinkling

#### Filling

- 6 c fresh or frozen peaches, sliced (about 3 pounds)
- 1/2 c packed light brown sugar
- 2 tsp. vanilla extract
- 1/4 c bourbon (optional)

#### Crumble

- 2 c all-purpose flour
- 2 Tbsp. light brown sugar
- 1/2 tsp. ground cinnamon
- 4 Tbsp. salted butter, at room temperature

## INGREDIENTS:

1. Preheat oven to 400°F.
2. To make the biscuits, combine the flour, baking powder, and butter in a food processor. Pulse until the mix clumps together to form larger pea-size balls. Drizzle in the buttermilk until the dough is "shaggy" looking and a little dry.
3. Turn the dough out onto a clean surface and pat into a 1-inch thick square. Cut the dough into 4 pieces. Stack the pieces on top of each other. Press down to flatten. Dust the surface with flour and roll the dough into a 1 inch thick rectangle. Cut into 18-20 smaller biscuits about 2 inches in diameter. Transfer to a parchment-lined baking sheet and freeze 10 minutes.
4. To make the filling, toss together the peaches, brown sugar, bourbon (if using), and vanilla in a 12-inch baking dish.
5. To make the crumble, mix the flour, brown sugar, and cinnamon in a small bowl. Add the butter and combine with a pastry cutter until the mix is moist and a crumble forms. Sprinkle the crumble evenly over the peach mixture.
6. Remove the biscuits from the freezer, brush with melted butter, and sprinkle with cinnamon sugar. Arrange the biscuits on top of the peaches/crumble. Bake for 50-55 minutes, until golden on top. Cool for five minutes before serving, and top with vanilla ice cream for a truly divine treat. **Makes 8 servings**

# DRINK PAIRINGS

While a rich Cabernet will compliment your steak and tasty bacon wrapped dates, a full-bodied Chardonnay plays nicely with the centerpiece sandwich and salad as well. Alcohol isn't your thing? Consider sipping on a summery Kombucha flavor like lemon ginger, or this honey blackberry mint soft cocktail (none of the alcohol and all of the flavor!).



## HONEY BLACKBERRY MINT SOFT COCKTAIL

### INGREDIENTS:

8 fresh blackberries plus more for garnish

1/4 c honey

A handful fresh mint leaves about 10,  
plus more for garnish

Juice of 1 lemon

1/2 c water

2 c seltzer

### DIRECTIONS:

1. In a cocktail shaker, muddle together the blackberries, honey, and mint until very well blended.
2. Add the lemon juice and water, cover, and shake to mix.
3. Strain the mixture into two glasses with ice.
4. Top each glass with 1 cup of seltzer.
5. Garnish with blackberries and mint leaves, and enjoy!

*Makes 2 servings*



JANE SMITH

Realtor

555-555-5555

JaneSmith@youremail.com