



PART OF OUR PAST

The Root and Hedge General Store was a popular Oketo business.

See 7B▶

# FAMILY LIVING



'HAPPILY EVER AFTER'

Good Shepherd Lutheran School ends the year with a musical.

See 5B▶

B Section | marysvilleonline.net | Thursday, June 5, 2025 | Marysville, Kansas

## MICROGREENS PACK A NUTRITIONAL PUNCH

By Elizabeth Gray

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For her Farmer and Florist business, Amy Shum grows about an acre of annual cut flowers, perennials, woody plants and shrubs on her farm in Home City. But for her family, she grows small containers of tiny microgreens.

Microgreens offer 40 times the nutrients of regular vegetables and can lower the risk of heart disease, Alzheimer's disease, diabetes and cancer, Shum told participants at the Sterling Connection health and wellness program for adults 50 and older on May 14 at Community Memorial Healthcare.

"Microgreens are super quick and easy to grow, and the benefits are really great," Shum said.

She said microgreens are a good way of getting vegetables into a person's daily routine.

"My favorite way to eat them is on scrambled eggs," she said.

Shum also uses microgreens in salads and in wraps and on burgers and tacos. She said microgreens make a dish look like it came from a "high end restaurant with minimal effort."

"They have tons and tons of nutritional value," she said.

Microgreens are seed shoots from most any type of plant. Shum recommends using kale and brassica-family vegetables because they are the most nutritious.

Sunflowers are fun and easy to grow as microgreens, she said, and probably are the top seller for micro green companies. Her children's favorite microgreens are cantaloupe because they are tasty and sweet and good on fruit salad, Shum said.

Other easy ones to grow are bok choy, arugula, cabbage, beets, mustard greens, radishes, spinach and peas. Shum said radishes and arugula tend to be spicy, whereas



Photos by Sally Gray

Amy Shum demonstrates how to start growing microgreens in a small container at home. She spoke at a recent Sterling Connection Brunch Bunch session.



Samples of microgreens grown in cups were available for Sterling Connection participants to take home and try.

COUNTY KITCHEN

"Microgreens are super quick and easy to grow, and the benefits are really great."

See Microgreens, 2B ▶

### COMMUNITY CALENDAR

## Band concerts to begin Thursday

### Boy Scout Chicken BBQ set at American Legion

#### June 4-5

Auditions for "The Olympians," 6 to 8 p.m., Marysville High School auditorium. To be presented this summer by Marysville Area Community Theatre.

#### Wednesday, June 4

Sterling Connection, 10 a.m., Community Memorial Healthcare, Marysville. \$5 for brunch. RSVP to 785-562-2311. Sterling Connection, for people 50 and older, meets on the first Wednesday of the month. This month's program is "More Than Meets the Eye: Diabetes and Whole-Body Health" by optometrist Kurt Olson.

#### Thursday, June 5

TOPS (Take Off Pounds Sensibly) meeting, 9:30 a.m., Evangelical United Church of Christ, Marysville. Weekly on Thursdays.

Harvesters food distribution, noon, Beattie United Methodist Church. Monthly on first Thursday.

Painting group, 1:30 p.m., Blue Rapids Museum. Free. Participants bring what they're working on. Weekly on Thursdays. 785-713-9733

Food distribution at Helping Hands Food Pantry, 3 to 5 p.m., 401 Calhoun, Marysville. Food given out Thursdays at pantry.

Champions Chess Club for all ages, 3 p.m., with bracket play starting at 4 p.m., Astro 3 Theatre, Marysville. Weekly on Thursdays. J.B. Wilson coordinates matches. kansasjim@bluevalley.net

Boy Scout Troop 180 Chicken BBQ, 5 to 7 p.m., Marysville American Legion. \$15 donation.

Pickleball, 5:45 p.m., Marysville Berean Church. Weekly on Mondays and Thursdays. Public welcome. 785-713-1499

Marysville Community Band concert, 7:30 p.m., Koester House Museum & Gardens, Marysville. Free. Public invited. Musicians welcome to participate. The band rehearses on Thursdays before the concerts. This year's theme is "Decades," with songs from the 1940s through 1980s. Concerts also on June 12, 19, 26 and July 10 and 17. For information, email director Meg Baker, marshallcountyband@gmail.com.

#### June 6-7

Big Blue River Days, Marysville. Cruise night and turtle races on Friday night. Car show, barbecue contest, music, beer mile and kids fun run on Saturday.

#### Friday, June 6

First Fridays Coffee, 10 a.m., Evangelical United Church of Christ, Marysville. Public welcome. First Friday of each month.

Readers Theater, 1 p.m., Blue Rapids Public Library. For youngsters in grades three through six. Also on June 20 and 27. For information, contact Harmony Coni, 785-562-6315.

#### Monday, June 9

Marshall County commissioners' meeting, 8:30 a.m., courthouse. Weekly on Mondays. Meetings also on Marshall County Clerk and Elections Facebook page.

Story hour, 10 a.m., Blue Rapids Public Library. Mondays in June.

Pickleball, 5:45 p.m., Marysville Berean Church. Weekly on Mondays and Thursdays. Public welcome. 785-713-1499

Monthly meeting of Marysville USD 364 school board, 6 p.m., activity center innovation room at junior high. Second Monday of each month. 785-562-5308

Marysville City Council, 7 p.m., City Building. Second and fourth Mondays. Meetings also broadcast on City of Marysville KS Facebook page.

Quilt Divas Quilt Guild, 7 p.m., Lee Dam Center for Fine Art, Marysville. Second Monday of each month. Monthly programs and projects. Public welcome. Contacts are Elaine Boese at 785-346-6744 and Marilyn Newstrom at 805-746-7048.

See Calendar, 5B ▶

Send calendar information to Advocate, Box 271, Marysville, KS 66508, 785-562-2317 or skessinger@marysvilleonline.net. The calendar also is available online at: **marysvilleonline.net**

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