

# The Local Forager

**Free**  
TAKE  
ONE



ALWAYS FRESH. ALWAYS LOCAL.

## WINTER 2024 FINDS & FEATURES

you don't want to miss:

### 01. The Local Fresh:

Deep Fried Desserts at El Rancho Viejo

Poached Pears in Red Wine

Sub Zero Sweets & Treats, LLC

Pet Essentials at the Boonslick Animal Hospital

### 03. Meet: Traci McCall of

Rooted in Wellness Counseling

### 04. Introducing: Forage Real Estate, LLC

### 05. Wild Wonders in Our Own Backyard

### 07. Real Estate Run Down:

Buyer Be Aware: Ready, Set...Show!



**NATALIE SELSOR**  
REALTOR®

The Forager is brought to you by Natalie Selsor, Broker/Owner of Forage Real Estate, LLC to promote small businesses & forage for local treasures.

foragerealestate@gmail.com  
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REAL ESTATE



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## A NOTE FROM NATALIE

Hi. I'm Natalie. I'm a REALTOR® here in Boonville and Broker-Owner of Forage Real Estate, LLC. As I continue to help my clients achieve their real estate goals, I write & publish The Local Forager. Here we will forage together for local treasures & gems; we have so many! The mission of The Forager is to:

*Support*

- Support other businesses & market my local business

*Connect*

- Connect with the community & engage with entrepreneurs

*Create*

- Create uplifting content & explore the best of Boonville

I hope you enjoy this publication. Boonville and our local small businesses have so many wonderful things to offer. Have something you'd like to feature or share? Reach out any time. See you around soon!

*Natalie*



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### **Pick up the latest edition of *The Local Forager* at one of these local businesses:**

87 Diner

A-Bow-K Florist & Gifts

Alliant Bank

American Family Insurance -

Evan Melkersman

Arvidson Appliance

Boonslick Animal Hospital

Boonslick Regional Library

Boonville Abstract & Title

Boonville Area Chamber of Commerce

Boonville License Office

Boonville Visitors Center

Buygonos Antiques

Celestial Body Natural Arts

Citizens Community Bank

Derailed Coffee Bar & Cafe

Eagle Stop on Route B

Hotel Frederick

Maggie's Bar & Grill

Main Street Diner

Midwest Autoworx

Missouri Farm Bureau Insurance

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El Rancho Viejo

Factory Connection

Family Shoe Store

Friends of Historic Boonville

Gordon Jewelers

Hooch & Leaf

Molly's Jewelry Design & Repair

Northwoods Diner

Peak Sport & Spine

Ricmar Decorating

Route B Cafe

Serck Tax & Accounting Inc.

Shampooches Grooming

Shear Madness

Snapp's Hardware

Stella's Flowers & Gifts

Summers Pharmacy of Boonville

TALA Yoga & Wellness Studio

Taylor's Bake Shop & Espresso

Thairapy Salon & Spa

The Connection Exchange

The Cove Restaurant & Bar

The Cutting Barn

The Palace

The Windy Nest

Thompson Chiropractic & Acupuncture

Vintage Vibes

WJ's Boonville



# the local fresh

## local fare.

### EL RANCHO VIEJO

#### MOVE OVER NEW YORK, MEXICAN CHEESECAKE IS HERE.

When you think of El Rancho Viejo, you likely think of savory tacos & burritos, sizzling fajitas & warm queso cheese. One can't go wrong with any of their lunch and dinner options, but don't forget, you can also indulge in their unique desserts. Their sopapilla (sō-puh-pē-uh) is perfectly fried dough drizzled with honey. Or try the Mexican cheesecake, served with a strawberry or chocolate drizzle.



Can't decide between cheesecake or a sopapilla? Get the best of both worlds with a deep-fried chimichanga with a warm cheesecake filling. If you don't tend to leave room for dessert, why not make a special trip for a special occasion? The only thing sweeter at El Rancho Viejo is the friendly, attentive & professional staff. Arnie & his crew would be glad to wish you a happy birthday or anniversary while you enjoy a sweet treat any day of the week. Yes, El Rancho Viejo is open seven days a week, so stop by today!



[facebook.com/ElRanchoViejoBoonville](https://facebook.com/ElRanchoViejoBoonville)

### Locally foraged recipe of the month

#### Poached Pears in Red Wine

To make this gorgeous dessert:  
Peel pears, cut in half, and remove cores.  
(You can leave the stems on.) Heat the wine in a large skillet, then add a piece of peeled orange, water, cinnamon sticks, cloves, and sugar. Once the sugar dissolves, add pears and cook for 20 to 30 minutes, until tender, turning occasionally. Remove the pears and continue to cook until the liquid reduces into a thick sauce; reserve it for serving. To reheat, place the pears and liquid in a baking dish and heat at 350 degrees until warmed through.



Try serving with cinnamon pecan granola and yogurt whipped cream.\*

#### WHAT YOU'LL NEED

- 4 BOSCH PEARS, RIPE BUT FIRM
- 1-INCH NUB OF FRESH GINGER
- 1 ½ CUPS DRY RED WINE
- 1 SMALL ORANGE
- 1 ½ CUPS WATER
- 4 CINNAMON STICKS
- 6 WHOLE CLOVES
- ¼ CUP SUGAR

\*Find these recipes at [www.acouplecooks.com](http://www.acouplecooks.com)

To share your favorite recipe or restaurant contact Natalie at [foragerealestate@gmail.com](mailto:foragerealestate@gmail.com).



# local wares.

# the local fresh

## SUB ZERO SWEETS & TREATS, LLC

A fun twist on your favorite tasty treats

If you haven't tried freeze-dried candy, you are truly missing out. People love it for its unique crunch, intensified flavor & extended shelf life. Sub Zero Sweets & Treats, LLC offers unique freeze-dried candy at the Boonville Farmer's Market and at local fairs & festivals. Based right here in Boonville, Sub Zero Sweets & Treats sells a wide selection of freeze-dried candy from classic gummy rings and taffy to Jolly Ranchers & Skittles. The freeze-drying technique makes your favorite candies that much tastier.



**Sub Zero is pet friendly! They also offer freeze-dried salmon skins, duck necks, quail eggs, and much more for your favorite furry friend.**



[facebook.com/subzerosweetsandtreats](https://facebook.com/subzerosweetsandtreats)

*Great if you have a sweet tooth!! I love the skittles and caramel m&ms! Amazing customer service. - Logan G.*

*Fantastic!...Fresh product, packaged perfectly and everything was labeled in a very professional way. - Sonya T.*

*Awesome selection of candy and dog treats! Candy is fresh, light, airy, and super flavorful...highly recommend! - Eric M.*

## Pet Products at the Boonslick Animal Hospital

Shop local for essential items for your pets & livestock

- Pet toothbrushes
- Oral Cleansing Wipes
- Sensitive skin shampoo
- Waterless spray shampoo
- Greenies Pill Pockets
- Yuck! Chew deterrent spray
- Joint Support Supplements
- Formula & bottle feeding supplies
- Skunk-Off
- Vet-Kem Flea Fogger
- Flea & Tick Medication
- Vet-Kem Carpet Cleaner
- Pet Dander Remover
- Wound care treatment
- TrizUltra+Keto Flush Ear Cleaner
- And a variety of products to care for your livestock!



18751 HWY 87

*To inquire about featuring your product or business, contact [foragerealestate@gmail.com](mailto:foragerealestate@gmail.com).*

# meet...

## Traci McCall

### Rooted in Wellness Counseling



### Deep Roots: Nurturing Mental Wellness

As we navigate the complexities of life, sometimes we need help to stay grounded and to feel supported as we branch upward and outward. Professional support can assist us in our growth as we prune what is not helpful in our lives and in our psyches. Traci McCall is a Nationally Certified, Licensed Professional Counselor operating an independent private practice, Rooted in Wellness Counseling.

Traci takes a holistic approach, appreciating that each treatment plan is as unique as the person. She is kind, genuine, and understands the importance of an open and authentic therapeutic relationship. A mom and grandmother of 11 grandchildren, Traci loves nature, outdoor adventures, traveling, and dancing. She is also a Registered Nurse and animal lover. A compassionate soul, it is no surprise that she finds fulfillment in helping others.

Traci believes that we should approach our own mental health with a spirit of curiosity and the same kindness and understanding we offer our own closest friends and family. We are all familiar with the Golden Rule. Perhaps it is time to offer that same understanding and acceptance inward and treat yourself the way you want to be treated. It can be restorative and regenerative to tend to your own needs with care and compassion.

In a healthy and supportive therapeutic setting, you can learn new strategies for self-nourishment and strengthen your roots to better weather life's ups and downs. Contact Traci McCall today to begin your healing journey and become more Rooted in Wellness.

Some of the modalities available are Poly Vagal Theory, Cognitive Behavioral Therapy (CBT), Parts Work, Nervous System Regulation, Inner Child, Mindfulness, and Eye Movement Desensitization and Reprocessing (EMDR).



Traci McCall, LPC, NCC, MS, RN

"We are all on a journey. Sometimes we are able to actively move forward, other times we find ourselves staring behind us in the rearview mirror or gazing at the road maps up ahead. We are not there, we are here. Each day is a new opportunity to learn, accept, change, or just be."



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# introducing...

# Forage

REAL ESTATE

## Forage Real Estate, LLC

POWERED BY INTEGRITY & ALWAYS LOCAL.

I am excited to announce the official opening of Forage Real Estate, LLC. Founding an independent brokerage, as opposed to joining a national or global franchise, allows me to support my community and our local economy. I run a referral-based business and will continue to work here in Boonville as well as surrounding counties. Forage Real Estate sits on a solid foundation with the core value of integrity and:

- Seven years of real estate experience in 28 unique zip codes in the St. Louis and Mid-Missouri areas
- Intensive trainings & continuing education at the brokerage, board, and association levels
- Over 100 hours of business coaching with Nate K. Johnson of Real Estate Solutions and RedKey Realty
- Service on the Columbia Board of REALTORS® Forms Committee & Professional Development Committee
- Experience developing tools, conducting trainings, and mentoring new agents as Director of Agent Success at Columbia Real Estate
- Experience auditing agent files for contract compliance to meet the standards of the Missouri Real Estate Commission

This year, I will serve on the Board of Directors of the Central Missouri Board of REALTORS® as well as the Public Relations & Brush with Kindness Committees. I will also serve on a Grievance Committee for the Risk Management Department of Missouri REALTORS®.

You will continue to see me around doing important work for the Boonville Area Chamber of Commerce here in the Boonslick. I am so proud to be a member of this wonderful, welcoming, and growing business community. Let's grow our local small businesses together!



**NATALIE J. SELSOR**

BROKER/OWNER

(660) 888-0458

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ALWAYS LOCAL.

# local flora.



## Did you know?

Amaryllis gets its name from Greek mythology. As the story goes, a heartbroken maiden named Amaryllis pierced her heart with a golden arrow, and where her blood fell to the ground, beautiful flowers grew. Despite this dark, yet poetic, tale, the word "amaryllis" is actually Greek for "to sparkle." So shine on, you crazy Amaryllis!



# Wild Wonders in

gardeners.com

Photos (top to bottom): Nora R., Georgia E., Laura B.

Submit plant, landscape, or vegetation photos to [foragerealestate@gmail.com](mailto:foragerealestate@gmail.com).



# local fauna.



Penelope



## Did you know?

Ducks can put half of their brain to sleep by closing one eye. Some ducks sleep in groups with the ones on the outside closing the inward-facing eye while the outward-facing eye monitors for predators. Under the watchful eye of their flock, the ones in the middle don't have to sleep with one eye open and can rest fully. Lucky ducks!

# Our Own Backyard

Photos (top to bottom): Malinda G., Steve H., Katie Y.

[tyrantfarms.com](http://tyrantfarms.com)

Submit wildlife, livestock, or critter photos to [foragerealestate@gmail.com](mailto:foragerealestate@gmail.com).



# REAL ESTATE RUNDOWN

## *buyer be aware: ready, set...show!*

So you've found some houses you'd like to see. What can you do to prepare for the showings? Let your agent know as soon as possible in the event the sellers require advance notice.

Ask your agent for any available disclosures. Sellers' disclosures can help you:

1. View the condition of the property through a more informed lens.

Disclosures often contain information about past & needed repairs. Your home inspector will evaluate the condition, but prior knowledge of past & potential issues can help you prepare questions for your inspector and begin thinking about offer terms & negotiation strategies.

2. Confirm your interest in seeing the property.

Once in awhile there is something in the seller's disclosure that dissuades a previously enthusiastic buyer from wanting to see a property (e.g. a bid for a major foundation repair). Learn what you can upfront so you can decide if you'd still like to see the house in person.

3. Answer questions you may have during the showing.

As you tour a listing, you may wonder things like, "Is the fireplace operational? How old is the roof? Does the hot tub convey with the sale?" Your agent should have these details about the listing, but reviewing information provided by the seller ahead of time can help you feel confident & reassured during the showing.



### THE TAKEAWAY



Most sellers provide written disclosures with important information about their property. Be sure to ask your agent to see them prior to each showing. Happy House Hunting!



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**MARCH 15, 2024**

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## Meet Scooter

Hello! I'm Scooter, part-time squirrel chaser and full-time good boy. When I'm not out chasing squirrels (or squirreling around with one on my head!), you might find me curled up in a fuzzy sweater watching the game or scooting under a cozy blanket for a nap. I am so loved by my human family and by everyone who knows me!



Scooter

Thank you Cheryl L. for submitting your furbaby!

## Feature your pet or farm animal in The Local Forager!

### TO SUBMIT:

1. **LIKE** my page on Facebook (see below for address)
2. **POST** a comment on the Featured Pet post at the top of the page with:

- A photo of your pet
- What you love about them

[www.facebook.com/foragerealestate](http://www.facebook.com/foragerealestate)



Hi. I'm Natalie, your local real estate partner and Broker-Owner of Forage Real Estate, LLC.

I am a Boonville resident and have sold properties ranging from under \$100,000 to over \$1,000,000 in 28 unique zip codes in Missouri. I enjoy working with clients from all walks of life, from first-time homebuyers to downsizing retirees, from investors & relocating professionals, to families selling after decades of ownership.

Whether you're buying a small condo or a lot to build your dream home or preparing to list your farm or luxury estate, I am here to guide you through the process. With a Master's degree in social work administration & a professional background in academic research, I am uniquely positioned to assist you with a **person-centered** and **data-driven** approach to real estate.

Call, text, or email me today. [foragerealestate@gmail.com](mailto:foragerealestate@gmail.com) | 660.888.0458

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\*Not intended to solicit buyers or sellers currently in a contract with another brokerage.

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