



Radish

HEALTHY LIVING GROUND UP

Becoming a
**green
teen**

**The Radish
Earth Day Challenge**

Breitbach's Food Store

The world's funniest joke

10 top foods
for runners

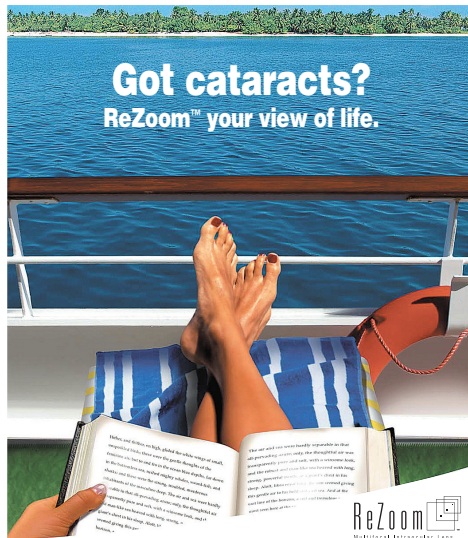
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Tricia Thodos, RN, is an 18-year veteran in the nursing profession who currently works in the Ambulatory Surgery department at Trinity Regional Health System. She is one of nearly 3,000 Trinity associates committed to providing quality care for patients and improving the health of the communities Trinity serves.

Trinity is a member of The Friends of Radish, a special group of community-minded businesses that are helping to spread the word about healthy living from the ground up.

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from the editor



Photo by Paul Colletti / Radish

Gracing our cover this month is Ashley Allen — the first teenager to be so honored (if you consider being put in a recycling bin an honor). That's me with Ashley, above, at the photo shoot.

I first met Ashley last August during the 2007 Xstream Cleanup, an annual "de-trashification" (in the parlance of George Bush) of waterways in Scott County, Iowa, and Rock Island County, Illinois. I was a coordinator for one of the sites — a ravine in Rock Island — and Ashley was one of the many who showed up to help.

Along with hauling out trash, Ashley filmed the effort of our group of hard-working, Earth-loving volunteers. Her goal was to start an environmental club at her high school, United Township in East Moline, Ill. The video she shot that day would be used to help convince school administrators of the need to form the club.

I pointed Ashley toward organizations that could help her in her quest, and kept in touch with her as the school year got underway. By the late fall, a new club was in place for UTHS students: the League for Environmental and Animal Protection, or L.E.A.P.

A couple of months ago, Ashley and the club's advisor, teacher Jennifer Mital, invited me and Erin Robinson of the Waste Commission of Scott County to come and speak to the club. It was great to see a group of young and enthusiastic people involved in a brand new effort of environmental stewardship. It was equally gratifying to know there are people like Ashley who are eager to lead their peers toward such action.

Thus, Ashley appears on our cover. She also is the author of this month's "food for thought" essay on page 40, in which she tells how she became a green teen. She writes, "I found myself not only wanting to become educated, but to educate others."

Thanks, Ashley, for being not only a leader for your generation but an inspiration for us all.

— Joe Payne
editor@radishmagazine.com

P.S. A big welcome to Zimmerman Honda of Rock Island, Ill., which has joined *The Friends of Radish*. For more, see page 4.

Radish

HEALTHY LIVING FROM THE GROUND UP
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Radish uses soy-based ink and recycled content in its newspaper and is 100 percent recyclable.

contributors



Michael Ashcraft of Kansas City, Mo., is a native of the Quad-Cities, where, among other things, he was a humor columnist and stand-up comedy night host. He currently reads for a living on cartoons, commercials, cable TV and corporate videos from his home, where he lives with his patient wife, their three not-so-patient children and a perpetually shedding dog and cat. In his second appearance in Radish, Michael tackles the humor/health connection in the story "Laughing Matters" on page 12.



Jim Earles of Dubuque, Iowa, is a Kundalini Yoga teacher who also has a passion for nutrition. He is the co-publisher (along with his wife, Amber) of the Dubuque Health-Ready Group, a listing of producers, businesses and individuals who provide the Dubuque area with natural goods and holistic services. He also works part-time for Churches' Center for Land and People, a Wisconsin-based non-profit group that supports small family farms. In his second appearance in Radish, Jim writes about Breitbach's Farmers' Market Food Store in Dubuque on page 16.



Angela Hunt directs the public relations and volunteer program at Butterworth Center & Deere-Wiman House in Moline, Ill., and also runs her own Internet marketing business. While living in Alaska a decade ago, she studied biology and became fascinated with plant life and wildlife behavior. Angela now resides with her husband and two children in the Quad-Cities, where she enjoys gardening, nature walks and gazing at the Mississippi River. Read her story about John James Audubon on page 21.



Ashley Allen, 18, is a senior at United Township High School in East Moline, Ill., and president of L.E.A.P. (League for Environmental and Animal Protection), the school's new environmental club. Born and raised in Silvis, Ill., she plans to attend Southern Illinois University at Carbondale for broadcast journalism in the fall. With this major, she intends to raise environmental awareness. "Start local, go global," is her motto. Read her essay, "I Turned Green," on page 40.

Also appearing in this month's issue are regular contributors **Jeni Tackett** ("Eat and Run," page 14), **Jonathan Turner** ("Tri for a Wish," page 22), **Sharon Wren** ("Let It All Hang Out," page 24), **Ann Ring** ("Happy Feet," page 26), **Sarah Gardner** ("Cranial Release Technique," page 27), and "Poses For Par," page 32) and **Darcy Maulsby** ("Kinder Gardening," page 28).

"A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

Perhaps a confession can help clear the air so there's no misunderstanding. But let me say a few other things first.

Ten years ago something happened that changed my life forever.

At the time I was a financial analyst for Florsheim in Chicago. I was a former college volleyball player who still loved to play, but I had developed a very painful shoulder problem from all my volleyball playing. I couldn't raise my arm above my shoulder and what was even worse for me at the time; I could no longer play my favorite sport. It eventually spread to my neck and caused headaches that stopped me from sleeping at night. For more than 2 years I had painkillers, muscle relaxers, and physical therapy that only made me feel better until the next day. I considered surgery, (my doctor in Chicago said that was my only option), but I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, took some films, and then "adjusted" my spine. The adjustment didn't hurt; it actually felt good. I got relief, and I could use my shoulder again. In fact, within only one month I was back playing volleyball again, at full speed, like I never had a problem. It worked so well that I went to chiropractic school myself.

Now people come to see me with their "rotator cuff" problems. Also, they come to me with their headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries, just to name a few.

Several times a day, patients thank me for helping them with their health problems. But I can't really take the credit. **My confession is that I've never healed anyone of anything.** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by **healing itself.** We get tremendous results. It's as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

Amazing Offer – When you bring in this article, you'll receive our entire new patient exam, with x-rays for just \$27. That's it, no kidding.

Great care at a great fee – Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. **I just have that low fee to help more people who need care.**

My assistants are Tacia and Amy, and they're both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **COMMUNITY CHIROPRACTIC CENTER** and it is at 2512 18th Avenue, Rock Island, IL (We're "next to, but not in Whitey's"). Our phone number is 309-786-3012. Call Tacia, Amy or myself today for an appointment. We can help you. Thank you.

—Dr. Rob Scranton, D.C.

P.S. When accompanied by the first, I am also offering the second family member this same exam for only \$10.

P.S.S. Please hurry, we only have 7 slots available this month for this offer.

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the grapevine

Zimmerman Honda becomes a Friend; Radishmobile to hit the road!

Zimmerman Honda of Rock Island, Ill., has joined The Friends of Radish, a special group of community-minded businesses and organizations whose long-term support helps this magazine share information about healthy living.

As a Honda dealership, Zimmerman sells some of the most fuel-efficient and Earth-friendly vehicles available, including the 40/45 mile-per-gallon Civic Hybrid. (A smaller, less-expensive and yet-to-be-announced hybrid is planned for 2009). Part of Zimmerman Honda's support includes the use of one of their vehicles for Radish staff to drive to and from area events. Sales manager Doug Pearsall, shown in the accompanying photograph, displays a Civic Hybrid "Radishmobile."



Paul Colletti / Radish

Check out the Radishmobile and pick up healthy information from our other Friends — Trinity Regional Health System, WQAD NewsChannel 8 and MetroLink — at the following "On the Road with Radish" events in April:

- Earth Week Fair, April 18-19, QCCA Expo Center, 2621 4th Ave., Rock Island, Ill. Catch the Radish Earth Day Challenge presentation from 12:30-1:15 p.m. Saturday, April 19. (See page 6 for more details, or visit qcearthweek.org.)

- Envisioning Sustainable Communities, a brown bag lunch program featuring Pulitzer Prize winning journalist Thomas Hylton, at noon April 3 in Room 102, Western Illinois University-Quad Cities, 3561 60th St., Moline, Ill. Hylton is the author of "Save Our Land, Save Our Towns," a plea for planning to save cities, towns and countryside. The event is part of the fifth annual WIU Environmental Summit. Call (309) 762-9481 for more information.

Healthy Living Fair to return June 14-15

The second annual Healthy Living Fair will be held June 14-15 at the Quad City Botanical Center, 2525 4th Ave., Rock Island, Ill. The event is presented by Radish and the QCBC.

Like last year's inaugural fair, the event will feature a variety of health-related goods, services and products available throughout eastern Iowa and western Illinois.

For information on how to become a vendor at the fair, see page 19 or call Radish account executive Rachel Griffiths at (309) 721-3204. Watch this space and radishmagazine.com for more information as the fair approaches.

For information on the June 13 Preview Night Party, call the QCBC at (309) 794-0991.



QUAD CITY BOTANICAL CENTER

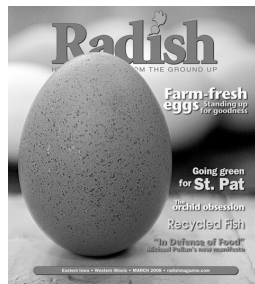
From our readers

Farm Fresh Eggs (March 2008): "I just saw the photos of the eggs. What a wonderful shoot! Obviously, my girls (hens) feel very honored to have their work displayed in such a beautiful way! They are beautiful photos ... Thank you so much for letting us be part of such a well-written, thoughtful magazine. You have helped our business grow and re-connected me with a long lost friend. What more could I ask from a local publication!"

— Cathy Lafrenz,
Miss Effie's Country Flowers and
Garden Stuff, Donabue, IA

What Should We Eat? (March 2008): "Michael Pollan is fantastic. This book ("In Defense of Food: An Eater's Manifesto") is an important read for anyone who eats and also for farmers (big and small). I love his work and would like to see ideas like these put into practice more here in the breadbasket of the USA."

— Anna from Iowa



Living on Earth previews the Earth Week Fair

Get a preview of the Quad Cities Earth Week Coalition's fifth annual Earth Week Fair on the April 15 episode of "Living on Earth," airing during the 10 p.m. newscast of WQAD NewsChannel 8.

Host Matt Hamill will visit with Earth Week Fair organizers and with Radish editor Joe Payne, who will be presenting the Radish Earth Day Challenge at the fair (for more information, see page 6).

"Living on Earth" airs each Tuesday at 10 p.m. on WQAD NewsChannel 8.

Looking for more? Check out Radish online

Beginning with this issue Radish has scaled down its size by one inch in height to be more cost-efficient and reduce our consumption of newsprint. To compensate for the size change, some stories have a shorter word count. Space is virtually unlimited on the Internet, however, and so longer versions of these stories may be read on our Web site at radishmagazine.com. While you're there, check out our handy new online calendar and PDF versions of the magazine.

Send your comments to editor@radishmagazine.com or write to Radish, 1724 4th Ave., Rock Island, IL 61201.

healthy living from the ground up

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Ashley Allen has really gotten in to recycling at her school. Read her story, "I Turned Green," on page 40. (Photo by Paul Colletti)

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healthy living

Earth Day Challenge!

10 simple but effective ways to support the planet

By Radish staff

Whether you're light green, dark green or just starting to think about environmental issues, Radish dares you to take your actions up a notch in honor of Earth Day. We're calling it the Radish Earth Day Challenge.

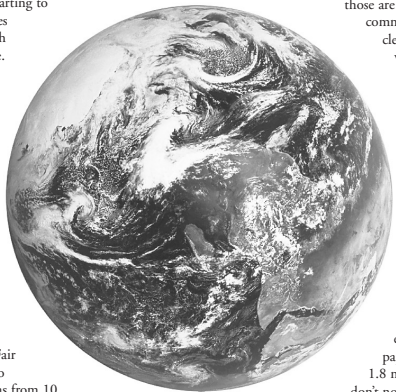
The Challenge consists of 10 easy habits to start ASAP. Do as many of these as you can — some you'll only need to do once, others you can do over and over and over again.

Keep track of everything you do for 60 days. Before you get started, e-mail your name and daytime phone number to editor@radishmagazine.com, and we'll check back with you in June to find out how you did. The household that makes the biggest changes will win the Challenge, receive a recycling bin full of Earth-friendly goods and a year subscription to Radish and will be featured in a future edition.

If you want to sign up in person — and learn more about the 10 components of the Challenge — come to the Radish presentation at the Earth Week Fair from 12:30 to 1:15 p.m. April 19 at the QCCA Expo Center, 2621 4th Ave., Rock Island, Ill. (The fair runs from 10 a.m. to 4 p.m. For details, visit qccarweek.org or turn to page 15.)

Ready? Set. Go!

1 Use CFLs. As your regular (incandescent) light bulbs burn out, replace them with compact fluorescent light bulbs and save 71 percent in lighting costs over time. The cost to purchase and use one CFL over its life is \$14.40, while the cost of an incandescent (which will burn out nearly 10 times faster) is \$50.14. Change just one regular bulb to a CFL, and that one bulb saves 730 pounds of carbon dioxide from entering the atmosphere. While it's true that each CFL contains about as much mercury as would fit on the tip of a ball-point pen, it's a fraction of the toxic material that a typical coal plant would produce to energize a traditional bulb over its lifetime. Get the skinny on CFLs at gipr.org/pdf/Study_Guides/CFLIncandescent_Comparison.pdf.



istockphoto

2 Use reusable bags. Every year people consume about 500 billion to 1 trillion plastic bags, and about one-fifth of those are used here in the U.S. They're one of the most common items to be found during environmental cleanups here and elsewhere — even in places where they're never or rarely used. (In some places in Africa, collecting blowing plastic bags has become a cottage industry.) Plastic bags are made from petroleum and do not biodegrade. Every time you use a textile bag, you make the plastic one unnecessary. Find out more at reusablebags.com.

3 Recycle more than you currently do ... and watch your trash shrink. Every item you recycle makes your trash bag that much less full, which equals an immediate decrease in the amount of stuff you're adding to landfills. If Americans collectively recycled 10 percent more of their easiest-to-recycle items like aluminum cans and paper, it would save enough energy to provide 1.8 million people with electricity for a year. If you don't now recycle, start small and save paper. Already recycling paper? Add cans and bottles. Already doing that?

Take your e-waste to the correct facility or start a compost pile and recycle your veggie scraps at home. Learn more from the Waste Commission of Scott County at wastecom.com.

4 Shop at a farmers' market. Every time you buy food from your local farmers' market, you'll get "exceptional taste and freshness, strengthen your local economy, support endangered family farms, safeguard your family's health and protect the environment," according to Food Routes, the national organization that supports local Buy Fresh, Buy Local campaigns in the Radish region. Most markets start up in May. To find the ones near you, check out the list at radishmagazine.com/markets.php.

5 Plant something, then care for it and watch it grow. Just about anyone worth listening to who has something to say about how we can improve the way we use land — Alice Waters and Wendell Berry

are two of the greats among them — tells us to plant something. Even if you don't eat it, but just look at it, the experience of interacting with the soil and what comes from it, they say, is enough to change your outlook on your own life and the life of the planet. So plant something and observe a change in yourself. It may be the most important "greening" you'll ever take part in. For more inspiration, read "The Pleasures of Eating" by Wendell Berry, online at stjoan.com/ecosp/docs/pleasures_of_eating_by_wendell_b.htm or see Alice Waters' story in the May issue of Radish.

6 Walk, bike or ride public transportation at least once a week. According to the organization Complete the Streets, if each resident of an American community of 100,000 replaced one car trip with one bike trip or walk just once a month, it would cut carbon dioxide emissions by 3,764 tons per year in the community. For more information on the many benefits of getting around town without using your car, visit completestreets.org.

7 Install low-flow shower and faucet heads. According to TreeHugger, a typical household in the U.S. uses more than 260 gallons of water per day. But just by replacing faucets and showers with low-flow fixtures, you can cut out about 45 of those gallons each day. The sustainability organization suggests many low-flow products, including the Lowest Flow Showerhead by Gaia that has a flow rate of 1.2 gallons per minute and a "pause" button that allows you to stop the water while soaping up or applying shampoo. The model sells for only \$12 at gaia.com.

8 Use re-usable water bottles and fill from the tap. According to the Container Recycling Institute, eight out of 10 plastic water bottles used in the U.S. become garbage or end up in a landfill. In addition, FilterForGood, a joint effort of Brita and Nalgene companies, reports that 1.5 million barrels of oil are used each year to make those water bottles. Besides saving resources, using refillable water bottles keeps a lot of trash out of landfills. For more information, visit refillnotlandfill.org or FilterForGood.com.

9 Participate in a group or individual litter cleanup. Litter is beneath all of us, literally, everywhere. Taking the initiative and the time to clean up a riverbed, park, city block or even just your own yard is perhaps the most personal and effective way to show your love of the Earth. Each time you're out for a walk, take along a biodegradable bag and pick up the trash along the route. And join others in larger environmental cleanups being held where you live. For more information on such projects, check with your local environmental organizations or visit Keep America Beautiful (kab.org), Living Lands & Waters (livinglandsandwaters.org) or Reclaiming Roots (reclaimingroots.org).

10 Encourage others to change their ways! Tell your friends, your family, and the people in your neighborhood, your church and at work just how good it feels to be green. Tell them about the Radish Earth Day Challenge and help them start living the green life today.

For a listing of Earth Day-related events in the region, turn to Resources, page 38.

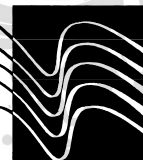
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healthy living

Spring is for greens

Bunches of goodness from farm to table

By Brandy Welvaert

Pink and purple annual flowers will blossom when farmers' markets open next month, but when it comes to food fresh from the earth in April and May, the dominant color is green.

In gardens and markets, green leaves — the early-risers of the plant kingdom — abound.

The leafy greens that thrive in the cool temperatures of spring pack a healing punch with

vitamins A and C, iron, potassium and cholesterol-lowering plant sterols. Though nutrient content varies drastically among leaves, a good rule of thumb is this: the darker the leaf, the more nutrient value — and flavor — it will have.

Speaking of nutrition, here's a surprise: Eating more leaves — even if that means adding them to meals without subtracting other foods or otherwise changing your diet — could make you healthier.

In a 2005 study by Stanford University Medical

School and Stanford University Medical Center, two groups of people ate a low-fat diet comprised of different foods with identical nutritional values. Yet the group that ate more plant-based foods, like greens, achieved much healthier blood-cholesterol levels in terms of heart-disease risk. The authors of the study concluded that adding plant foods to the diet — as opposed to simply removing foods with saturated fat and cholesterol — could be more powerfully good than previously thought.

Pasta with Greens and Feta

This recipe (dish shown in accompanying photo) from Organic Valley is super simple.

2/3 pound whole-wheat penne pasta
2 tablespoons extra-virgin olive oil
1 cup diced onion
1 clove garlic, minced
¼ cup water
2 cups lightly packed spinach, washed and chopped
2¼ teaspoons lemon juice
¼ teaspoon ground black pepper
1/3 cup feta cheese crumbles

Bring a large pot of salted water to boil. Stir in the pasta and return water to a boil. Cook until pasta is barely tender. Drain and set aside.

Heat olive oil in a large skillet. Add the onion and saute until lightly browned. Add the garlic and cook 2 minutes, taking care not to burn. Add the spinach and water, cover the skillet and cook for 3 more minutes. When the spinach has wilted, add the pasta and toss to heat through. Add the lemon juice and pepper and toss again. Top with feta cheese and serve hot, warm or at room temperature.

Arugula, watercress or endive can be used instead of the spinach in this recipe.

Guide to greens

With salad season upon us, here's a guide to some of the most common leaves popping up.

Arugula: This peppery, mustard-like salad green is shaped like an oak leaf and has been popular with Italian cooks forever. Only in recent years has it found favor with the American palate. Its assertive flavor adds a bold dimension to salads, but it also works well in soups and sauteed veggie dishes.

According to "The Food Lover's Companion," arugula may be kept refrigerated, tightly wrapped in plastic, for two days. If you buy it at the farmers' market, you probably can keep it a bit longer because it won't have spent so much time traveling. As with nearly all vegetables, you should wait to wash arugula until just before you prepare it.

Arugula is a good source of iron and vitamins A and C.

Spinach: Baby spinach leaves are round and a little less bitter than full-grown leaves, which may become cup-shaped. Spinach tastes great raw in salads and cooked in soups and pasta dishes. All spinach, but especially the crinkled-leaf varieties that catch soil during rainfall, should be washed thoroughly before cooking or eating.

You can keep spinach in a plastic bag in the crisper drawer for up to a week.

The leaves are a good source of potassium and vitamins A and C, but the same oxalic acid that provides spinach's bite stops people from being able to absorb all of the iron and calcium it has.

Chard: If you try to use chard in a recipe without removing the midribs, you certainly won't make the same mistake twice. These thick ribs are tough when raw and unforgivingly stringy when cooked.

Chard can be used in any recipe that calls for spinach, and its stalks can be prepared as asparagus is. You can store unwashed leaves in the crisper for up to three days.

Watercress: The dime-sized, glossy green leaves of watercress add a peppery punch to salads and soups.

It's easy to pick in the wild, but be sure the water where it grows isn't polluted. (If you're not sure, don't eat it.) Stick the fresh-harvested stems of watercress into a glass of water, cover with a plastic bag, and refrigerate for up to five days.

From the weed patch: So long as you don't apply chemicals to your lawn, there's likely to be some good eats growing in it. If you're feeling fancy or brave, take a tip from the forager's book and look for dandelions and purslane.

To prepare dandelion blooms, whisk them with a mixture of beaten egg and a little milk, coat them in flour, and fry them in canola oil. Sprinkle with a little salt and pepper and enjoy! Use dandelion greens in salads.

Purslane is a small plant with elongated, oval- or teardrop-shaped leaves with red veins and succulent, round stems. It tastes a bit like spinach with a lemony tang and goes into pesto, soups and salads. Purslane provides omega-3 fatty acids and pectin, which lowers cholesterol.

Additional Sources: "Food Lover's Companion" (Barron's Educational Series, Inc., 2001); "The Joy of Cooking" (Plume, 1975); "Watch Your Garden Grow" fact sheets, University of Illinois Extension.

For an Early Spring French Vegetable Soup recipe, turn to Resources, page 38. Read the longer version of this story online at radishmagazine.com for more recipes.

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Use spinach, arugula — or almost any other leafy spring greens — purchased at your nearby farmers' markets to make Pasta with Greens and Feta. (Photo by John Greenwood / Radish)

healthy living

Playing the market

How to become a farmers' market vendor

By Brandy Welvaert

Spinach in spring practically makes you purr, and you break into smiles with the weight of a homemade loaf of whole-wheat in your hand. You, friend, are a fresh-foods convert and a card-carrying member of the Buy Local Choir — a junkie for farms and the company of growers.

For you, the farmers' market feels as welcoming as your garden or kitchen — that sacred place where dirt, transformed, meets plate.

In your wildest dreams, you quit your desk job, shedding slacks for jeans. You sow or bake. You spend your days in the field and your weekends in your farmers' market stall. You feed people, and you feed them well.



Selling something at market? Put a price on it. (Radish photo)

While the truth about playing the market — the farmers' market, that is — is slightly less romantic, those who dip a toe into the world of direct-marketing stand to profit as well as to learn about and contribute to local food culture. And most markets welcome new vendors.

That's certainly true at the Galena (Ill.) Farmers' Market, held 7 a.m. to noon Saturdays at Old Market House Square, says Merla Carl, market organizer for over 25 years. Carl says most vendors don't need licenses or permits to sell their goods all season. Instead, they pay \$40 on the first market day in May. For less than the cost of a tank of gas, in some cases, new producers can test their entrepreneurial skills.

Cost to participate in the Macomb (Ill.) Farmers' Market, per day, will be \$5 or \$10 this year. "All they have to do is bring the product to the market. As long as it's vegetables, homemade crafts, baked goods or flowers — no flea market items," says Ron Coons, who with his wife, Marilyn, organizes the market.

Market fees pay the rent (if it's not free) and buy marketing materials and other supplies. While some markets charge vendors a per-season fee payable in spring, others also offer the option to pay per day. Cost to vend at the RiverCity Farmers Market, one of three Davenport, Iowa, markets, is \$125 per season or \$20 per Saturday and \$10 per Wednesday, says organizer Lou Ann Cedillo.

New this year, the Davenport Freight House Farmers' Market meets downtown at the old train depot from 8 a.m. to 1 p.m. Wednesdays and Saturdays May through October, says organizer and farmer Ed Kraklof of Nostalgia Farms in Walcott, Iowa.

The RiverCity market allows vendors to sell brought-in produce but not craft items, while other markets encourage all-local goods yet don't require them. Stricter markets require vendors to sell only goods that they grow or make themselves within a specific distance of the market.

What kinds of new vendors do farmers' markets need?

"Baked goods," says Coons.

"Baked goods," says Cedillo.

"Baked goods," says Steve Krause, president of the Quad City Fruit and Vegetable Growers Association, the engine behind the "100-percent grow-your-own" farmers' markets in East Moline, Milan and Moline, Ill. Everything for sale at these markets must be grown within a 50-mile radius, Krause says.

However, baked goods — as well as a few other non-produce items — are more easily sold at Iowa farmers' markets than at those in Illinois, where local health department approval is required for selling baked goods, eggs and honey. In all cases, would-be vendors should contact their local health departments for complete guidelines.

Some markets also require proof of insurance; most organizers encourage it. "You should have your own insurance. ... It's good business," says Coons. The annual premium for general liability insurance for a standard farmers' market

vendor usually is about \$250, according to a spokesperson at Trissel, Graham and Toole, a property and casualty agency in Davenport.

Think you're ready to try your hand at the market? You'll want to keep your day job and try selling on weekends first.

Even for full-time producers, farmers' markets usually work into a larger ag-based business that might include farm tours, CSA (community supported agriculture) subscriptions, sales to restaurants and/or grocers, roadside stands, online sales, and, in some cases, booths at multiple markets throughout the week.

As with all things agricultural, weather plays a big role in financial success. A chilly or dreary day, for example, can put a damper on attendance and therefore sales, Cedillo says. "We depend on hot, sunny weather to bring out our people."

Yet farmers' markets, as with so many worthwhile gambles, continue to recruit brave bakers and vehement veggie-growers. In the face of late frosts and spring rains, they keep the faith. "You have to love it — giving up your Saturdays," says Cedillo. "You have to enjoy the sun, and you have to enjoy meeting people."

Other than a love for the market, a little marketing savvy helps, too. Carl suggests price cards or stickers for every item. "It definitely helps to have price cards out because people want to know the price — and they don't want to ask."

Vendors also supply their own tables, tablecloths and tents, and those items should look clean, neat and attractive, says Krause. "Have your table set up to look colorful and attractive. Appearance does sell."

No matter what the stall looks like, however, fresh, high-quality products take priority. It's like Coons says: "Bakers will do really well at our market as long as they are good bakers. That's the main thing."

For a list of farmers' markets near you, turn to Resources, page 39.

First steps for becoming a vendor

Want to play the farmers' market? Be sure you:

1. Find out which market or markets are nearest you. (Find a short list of markets and contact numbers in Resources, page 39. For a complete list read this story online at radishmagazine.com.)
2. Call the organizer and inquire about: market and/or association fees (some markets require an additional membership fee) to vend for the season and for specific days; insurance, and health-department requirements. You also need to know the hours of the market, set-up times and supplies to bring.
3. Visit newfarm.org and search for Nancy Planck's "Some Thoughts on Selling at Farmers Markets." Planck, a local foods advocate, offers 22 highly readable tips for maximizing your experience as a farmers' market vendor.



Sharon Dettmann, owner of The Cookie Lady's Best, sells baked goods at farmers' markets in the Quad-Cities. (Photo by Paul Colletti / Radish)

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healthy living

Laughing matters

A daily dose of humor is good for your health

By Michael Ashcraft

Give a subtle grin, a smile or a chuckle and good things begin to happen inside you. Guffaw, chortle or laugh out loud and those good things are amplified. However common that wisdom may be now, not 50 years ago the notion that good humor could have physiological, psychiatric or medicinal value would have been laughable.

Taking laughter seriously took two associations — first, that stress has negative clinical consequences, and second, that humor can relieve stress, even in uncontrolled circumstances. From that point on, of course, scientists sought to control the circumstances.

A prime example of what science has done to humor is a 2001 paper entitled, "Modulation of Neuroimmune Parameters During the Eustress of

Humor-Associated Mirthful Laughter."

Written by Drs. Lee Berk and Stanley Tan of the Loma

Linda University School of Medicine, Loma Linda,

Calif., the paper not only

examined the effects of

humor but also defined

it. To wit, "eustress"

("eu" from the Greek

for "good" or "true")

is the opposite of

"distress," and

"mirthful laughter"

is metaphoric for a

positive emotional

state (as differentiated

from a state

produced with dark,

demeaning or

derogatory humor,

or dirty or non-

sensical jokes).

Berk and Tan itemized

the human neuroimmune/
neuroendocrine response to
laughter. First and best known is
the release by the pituitary gland
of compounds called endorphins.

Some endorphins serve as natural pain killers; others, particularly beta-endorphins, produce euphoria, the much ballyhooed "runner's high." Laughter, the researchers found, produces the same thing sitting down.

Laughter also makes a person's body increase its output of human growth hormone — the synthetic version of which has become infamously linked with Major League Baseball. But while Berk says synthetic HGH injections are "beyond your normal physical need and not bio-identical to your body," naturally produced HGH will boost another kind of RBI — your regular body immune system. The Loma Linda and other studies have shown laughter also increases immunity-boosting immunoglobulins A, M and G, as well as B cells, T cells, NK cells, complement 3 and gamma interferon — which help to protect us from such things as respiratory and bacterial infections, viruses, tumors and parasites.

Clearly, he who laughs best lives better, but even those who laugh poorly receive benefits.

Studies also have shown laughter to be good for the endothelium — the thin layer of cells that line the interior surface of blood vessels. Endothelial cells are involved in coagulation, repair and dilation of the arteries and reducing friction on our flowing blood to help the heart pump it throughout the body.

Laughter also reduces secretions of cortisol — a "fight or flight" hormone often activated by the type of stressors for which "fight or flight" are not modern-day options — thus creating stress that lowers the levels of most of the things listed above that we just laughed our levels up on (thereby lowering overall immunity right along with it).

So, how do you keep laughing? Do it yourself. Psychology professor Charles Schaefer, Ph.D., of Fairleigh Dickinson University, Hackensack Campus, Teaneck, N.J., found forced laughter as effective as any other. He recommends taking 30 seconds wherever you can to laugh out loud. "Close your eyes. Take a deep breath and laugh heartily," he says. "Heartily," here, differs physically from "mirthful." "You've got to really shake your belly," Schaefer says. "Exercise your lungs. Laugh it all out."

Even anticipating laughter works wonders. Berk's 2006 paper, "Beta-Endorphin and HGH Increase are Associated with Both the Anticipation and Experience of Mirthful Laughter" (scientists at it again), showed that beta-endorphin and HGH levels rose 27 percent and 87 percent, respectively, among study subjects who where just waiting to watch a funny movie.

So it seems there is hardly a way that laughter is not healthy for you. You can feel it, you can force it, you can merely anticipate it, and it does you good. And in case you were wondering if the converse of that were true, you'll want to read the paper Berk will present this month at the annual meeting of the American Physiological Society in San Diego: "Cortisol and Catecholamine Stress Hormone Decrease is Associated with the Behavior of Perceptual Anticipation of Mirthful Laughter."

Oughta be a real knee slapper.

The world's funniest joke

Research on what makes us laugh reached a milestone in 2002 with a quest to find the world's funniest joke. In the study, psychologist Richard Wiseman of the University of Hertfordshire spent a year asking subjects around the world to rate written jokes in a quest to find the funniest.

An Internet site offered jokes for rating and asked people to add their own, if they had them. All told, the study statistically dealt with over 40,000 jokes and nearly 2 million ratings to arrive at a winner.

Wiseman allows that some jokes were rated higher by certain segments of the study. The following joke, for instance, had Swedes in stitches: "A guy phones the local hospital and yells, 'You've gotta send help! My wife's in labor!' The nurse says, 'Is this her first child?' He replies, 'No! This is her husband!'"

Belgians bought into the axiom, "Well, you see, there are basically three kinds of people in the world. Those who can count, and those that can't."

Frenchmen sued for an attorney joke: "You're a high-priced lawyer! If I give you \$500, will you answer two questions for me?"

"Absolutely! What's the second question?"

One of Germany's favorite jokes was a riddle: "Why is television called a medium? Because it is neither rare nor well-done."

But one joke, Wiseman said, worked across different countries and cultures and appealed to men and women, young and old alike. Here then, is the official World's Funniest Joke:

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy takes out his phone and calls the emergency services. He gasps: "My friend is dead! What can I do?"

The operator says: "Calm down, I can help. First, let's make sure he's dead."

There is a silence, then a gunshot is heard. Back on the phone, the guy says: "OK, now what?"

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Eat and run

10 top foods for running in high gear

By Jeni Tackett, RD LD

Spring finally is here, and runners are taking advantage of the warmer temperatures. Whether you're preparing for a race or running for fitness, a healthy diet for a runner must include a variety of foods with adequate carbohydrate for energy. Here are 10 top nutrient-dense foods runners should include in their diets.

1 Pasta often is included in pre-race parties because it digests easily and provides time-release energy rather than a quick boost. Pasta is an excellent, low-fat staple whether you are training for a 5K or a marathon. Combine pasta with low-fat protein like chicken breast or tuna for an excellent refueling meal. Pasta also is a good source of folic acid and vitamin B6, important components of a heart-healthy diet.

2 Bananas are an easy snack in a hurry. They are ideal as refuel and come in a convenient "biodegradable" package! The carbohydrate in bananas is excellent before a run or after a workout. Bananas are a good source of potassium, an electrolyte which must be replaced after vigorous exercise.

3 Oatmeal is another great source of carbohydrate and nutrients. Starting your day with oatmeal for breakfast — the most important meal of the day — will kick-start your metabolism. Fuel your body with oatmeal made with low fat-milk for a mix of protein and fiber for slow-release energy. Oatmeal also is a good source of vitamin A, iron and folic acid.

4 Salmon contains high-quality, easily-digestible protein. Salmon is an excellent source of omega-3 fatty acids, which promote cardiovascular health and reduce inflammation. Salmon also is a good source of potassium, vitamin D and phosphorus. Try to include fatty fish like salmon in your diet at least two times per week.

5 Broccoli is a nutritional powerhouse rich in vitamin C, potassium, fiber and phytochemicals. Broccoli also is a good source of calcium, vitamin A and iron. Your mother was correct when she encouraged you to eat your broccoli — the nutrients in this green stuff are key for peak performance and health!

6 Low-fat yogurt is a good source of protein, carbohydrate and calcium. Many runners do not get enough calcium, a must-have for bone strength. One cup of yogurt contains approximately a third of your daily recommended intake of calcium. Yogurt also contains phosphorus, magnesium and many B vitamins. The active cultures in yogurt promote intestinal health, and the carbohydrate in yogurt supplies energy. The protein in yogurt builds muscle and therefore helps the body recover after a workout.

7 Beans, such as black beans, kidney beans and garbanzo beans, are high in protein and fiber and low in fat. You can center a meal around beans. Bean-and-veggie soup is a good idea, as is bread with hummus, a spreadable dish made with garbanzo beans. Beans are a good source of zinc, selenium and iron, along with B vitamins. They also supply complex carbohydrate that will provide you the lasting energy you need on a run.

8 Lean beef is an excellent source of quality protein and iron, an important mineral for runners. In fact, iron deficiency can lead to fatigue and affect



performance. If you don't eat beef, then beans, peas, green leafy vegetables and iron-fortified cereals are good sources of iron. Combine plant sources of iron with a high vitamin C food such as citrus fruits. Vitamin C helps you absorb plant-based iron.

9 Almonds supply heart-healthy monounsaturated fats. Runners need more calories overall — which means more calories from fats, too — and adding nuts to the diet supplies healthy fats. Almonds are an excellent source of vitamin E and a good source of calcium, magnesium, zinc, phosphorus, folic acid and fiber. Consider adding one ounce of almonds to your diet daily for healthy fats, increased vitamins and minerals.

10 Berries provide vitamin C and potassium, which can help the body repair itself. Berries provide carbohydrate and fiber and are good sources of manganese and vitamin E. Look for fresh berries when they are in season or purchase frozen berries.

Jeni Tackett is a registered dietitian with Trinity Regional Health System in the Quad-Cities.

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Dan McNeil of the QC Transportation Group (QC TAG) will discuss ways to "Think Outside the Car." QC TAG works to improve the quality of life in our community by promoting a balanced approach to transportation that encourages walking, biking and public transportation. Lowering your carbon footprint is as easy as walking to the grocery store, biking to the park or taking the bus to work. This session will discuss a green transportation plan and teach you how to get started today! **Attendees receive a bus pass compliments of MetroLINK and are entered in a drawing for an adult bike helmet donated by Jerry & Sparky's Cycling and Fitness.**

11:30 Loving the Green Outdoors (Sierra Club Eagle View Group)

Learn fresh ideas about great, local outdoor destinations to explore, enjoy and re-connect with our natural roots. Information about regional, national and international eco-friendly travel destinations will be shared. Also learn about service vacations that allow you to travel and have fun while helping the earth. **Attendees receive a copy of the Sierra Club magazine and are entered in a drawing to win one of six gift certificates for a one-day tour with Learn Great Foods.**

12:30 Radish Earth Day Challenge (Radish magazine)

Learn how to lessen your environmental footprint by doing 10 simple things. Those who wish can sign up for the Radish Earth Day Challenge. Participants will keep track of the 10 simple things they've done over a two-month period. The individual or family that does the most will win a recycling bin full of earth-friendly prizes and a one-year subscription to Radish. **Attendees receive a free CFL light bulb, sponsored by MidAmerican Energy, and are entered in a drawing to win a Radish canvas bag.**

1:30 Green Cooking (Learn Great Foods)

How cooking 'green' can help save the planet: why does it matter where our foods come from and how they are grown? Ann Dougherty of Learn Great Foods will talk about what a green-friendly meal in the Quad Cities looks like. Learn how using ingredients that are organic, local or all-natural can reduce the impact of your diet on the planet. A light recipe will be prepared. **Attendees receive a reusable shopping bag.**

2:30 Passion for Conservation (Dept of Ag and Land Stewardship)

Wayne Petersen, Urban Conservationist for the Department of Ag and Land Stewardship, will be discussing things every homeowner can do to protect water quality while enhancing the beauty of their yard. These options can help with issues related to flooding and poor lawn quality while also helping to protect Iowa's water. Wayne will discuss sustainable ways to manage the rain that falls on your property and help you reduce stormwater runoff. Wayne will show examples of urban conservation techniques such as rain gardens and soil quality restoration practices and how they have helped communities across Iowa. **Attendees receive a native prairie plant and are entered in a drawing for a backyard compost bin.**

www.qcearthweek.org

great places

The far side

Unconventionality reigns at Breitbach's Food Store

By Jim Earles

Walking into Breitbach's Farmers' Market Food Store in Dubuque, Iowa, for the very first time is eye-opening — particularly for those with no experience with organic foods. It is a defining moment. Perhaps even a bit unsettling, and always memorable.

My first visit to the Food Store was during my sophomore year at college in Dubuque. It was a hot day, and as I walked in, there was the proprietor, Michael Breitbach, tending to business — barefoot, shirtless and with his very long hair braided down his back. This lack of regard for conventional expectations is a defining feature of the Food Store.

Located at 1109 Iowa Street, the Food Store sits right on the strip where the open-air farmers' market is found in the summer. The organic and natural food vendors always set up their stalls nearby, close enough to hear the live music provided to the market-goers by the Breitbach family's own band.

The Food Store is not large, but it carries everything one would expect — and then some. On the shelves are organic and natural foods and beverages, local meats, medicinal and culinary herbs, cleansing kits, natural supplements, food-grade massage and essential oils, natural cleaning and body care products, books and more. What isn't on the shelves — but is just as apparent — is the knowledge the Breitbachs have about their products.

"We eat what we sell, we know our inventory, and we answer questions about food and environmental politics with more than dumb looks," Breitbach says matter-of-factly. The message is clear: Don't come into the Food Store expecting watered-down, timid advice. Do come if you are looking for passionate advice, interesting conversation, some George Carlin-esque humor or political commentary. Breitbach — who has called his store "the Far Side" of the farmers' market scene — isn't one to pull any punches on his views, going so far as to refer to Dubuque as the "gateway to the Middle Ages."

Breitbach and his wife, Pearl, have been participants in the organic movement for decades, and pioneered organic gardening at the Dubuque Arboretum and Botanical Gardens. Prior to purchasing the store (previously the Life Force Natural Food Store) in 1982, the Breitbachs sold home-grown organic wheat products at the farmers' market. Breitbach also was well-known for his "home grown pizzas" made entirely of local ingredients.

They also pay attention to the wider ecological concerns beyond matters of food; for example, Breitbach long has been a vocal promoter of efforts to clean up and protect the Mississippi River.

And what is a natural foods store without its own band? The One Hat Band (TOHB) consists of Michael and Pearl Breitbach and all of their children: Jake; Maple and her husband, David; Jack; River; and Chiron. TOHB features guitar, bass, fiddle,

mandolin, banjo, jugs, saxophone and drums.

What ultimately sets the Food Store apart, however, is its deep roots — into the knowledge of natural health and wellness, the historical landscape of Dubuque and a bygone era. Breitbach recounts his own experience growing up within his father's country general store.

"I remember the first Saturday morning Dad got me out of bed and said he needed me to sweep the floor in our store," he says. "Every time I put my hands on a broom, I'm back there, I'm everywhere I've ever been, and I'm here until I'm done."

Breitbach's Farmers' Market Food Store is open 10 a.m. to 5:30 p.m. Monday through Friday and 9 a.m. to 5 p.m. Saturday. For more information, call (563) 557-1777. For more information on The One Hat Band, visit theonehatband.com.



Michael Breitbach and his son, Chiron, inside Breitbach's Food Store. (Photo for Radish by Dan Videtich)



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food

Serving up a story

'Earth Dinners' showcase local, organic foods

By Family Features

The food on your dinner plate has a story. Can you explain where the food was grown, how it was processed and how it ended up at the place where you purchased it?

Even in the mainstream, people have become increasingly aware of their foods' origins and are seeking locally grown, seasonal, organic foods. Earth Day, April 22, is the perfect time to gather for a memorable "Earth Dinner" and share stories of the food on your platter.

"We launched Earth Dinner because Earth Day needs its own special meal filled with meaningful conversations about food and the environment," says Theresa Marquez, Earth Dinner founder and chief marketing executive for Organic Valley, the largest U.S. organic farmers cooperative. "Earth Dinners are a perfect way to slow down, connect with family and friends and honor ... the food being served."

Organic Valley offers helpful Earth Dinner planning tips, creative recipes and conversation starters on its Web site, earthdinner.org. Another offering, "Unconventional Wisdom: The Earth Dinner Reader," is a book of essays, poetry and fiction available for free download this spring.

The recipe for Soufflé Twice-Baked Potatoes featured here would make a great conversation piece for any Earth Dinner. The earthiness of the potatoes is married with the richness of organic butter, milk and eggs, and is further enriched with the addition of kale or spinach for a hearty side dish or light main entrée.

Even if you can't find locally grown and raised dairy products or kale or spinach for the recipe, you can opt for organic products, which were grown without the use of pesticides or chemicals and have not been treated with additives or preservatives — another excellent way to honor the Earth and celebrate its natural bounty.

Soufflé Twice-Baked Potatoes with Kale or Spinach

6 large baking potatoes (about 3 pounds)
3 tablespoons butter, softened
½ cup organic milk, heated
2 large organic eggs
¾ to 1 cup cooked and finely chopped kale or spinach
2 to 3 tablespoons minced fresh chives or parsley
Salt and pepper to taste

Heat oven to 375 degrees F. Scrub potatoes; prick each one with a sharp fork in 2 to 3 places. Bake until fully tender when pierced with a fork, about 1¼ hours.

Cut a ½-inch slice lengthwise from each potato. Scoop out flesh from top slices and from inside the potatoes, to make shells with ¼-inch thick "walls." Pass the still-hot potato flesh through a potato ricer. (You can also mash the potatoes with electric beaters, but don't overdo it, or the spuds will become gluey.) Use a rubber spatula to fold butter and hot milk into potatoes.

Separate the eggs, placing yolks in a small bowl and whites in a clean, medium bowl. Beat egg yolks; fold yolks, kale or spinach, chives, salt and pepper into potatoes. Use clean electric beaters or a large whisk to whip egg whites until firm, but not stiff. Fold a quarter of them into potato mixture, then gently fold in the rest.

Heap mixture into potato shells. Place on ungreased baking pan; bake until potato mixture is brown-tipped and heated through, about 25 minutes.

Makes 6 servings.

For a recipe for Asparagus, Ramps and Baby Swiss Strata, turn to Resources, page 39. For more delicious organic recipes, visit organicvalley.coop.

Organic Valley



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Complete instructions for the curbside program can be found on your new cart lid.

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food

Beefed up

Healthy cattle eat grass, not grain

Editor's note: The U.S. Department of Agriculture recalled 143 million pounds of beef in March. Here's a look at modern versus traditional cattle farming.

By Jo Robinson,
Mother Earth News magazine

Supermarket beef is an unnatural, industrial product, containing hormones, antibiotics and other chemicals — but this wasn't always the case. Let's take a look at the new way of raising cattle as compared to the traditional way.

The traditional way

Before factory farming took hold in the 1960s, cattle were raised on family farms or ranches. Young calves born in spring spent their first months suckling milk and grazing on grass. Farmers turned them onto pastures after weaning. The animals grew to maturity at a natural pace, reaching market weight at two to three years. After slaughter, carcasses were dry-aged in a cool place for a couple weeks to enhance flavor and tenderness.

This meat was free of antibiotics, added hormones, feed additives, flavor enhancers, age-delaying gases and salt-water solutions. Mad cow disease and the deadliest strain of E. coli — O157:H7 — did not exist.

The new way

Today's industrialized process brings cattle to slaughter weight in just one or two years while reducing the nutritional value of the meat, stressing the animals, increasing the risk of bacterial contamination, polluting the environment and exposing consumers to chemicals — hormones and antibiotics among them.

Today the manipulation of beef begins before conception. Many cows get synthetic hormones that regulate conception. On many ranches, herd bulls



Keri Rosebrough

have been replaced by artificial insemination — a fast way to improve herd genetics.

After calves are born, they spend seven to nine months grazing. When they reach 500 to 700 pounds, they are shipped to auction barns where they're sold and then trucked once more to distant feedlots. Upon arrival, the calves are herded down chutes, then often they're dehorned, castrated, branded and tagged. Then they're dewormed and vaccinated. A common practice is to mix antibiotics — usually tetracycline — with feed, whether the animals show signs of illness or not.

Finally calves are implanted with growth-promoting steroid hormones that lose their effectiveness and often must be replaced. A high-grain diet, standard fare in most feedlots, also makes animals grow faster. Calves fattened on grain reach maturity months ahead of grass-fattened calves.

Grain-feeding has another advantage: It keeps an "assembly line" moving steadily throughout the year. Grass becomes sparse during periods of drought and cold weather, but grain is available year-round. It keeps the meat cases stocked all year.

But unnatural high-grain diets have a major drawback: They make cattle sick. "A high grain diet blows out their livers," says retired animal science

professor Jim Hayes, who holds a doctorate in reproductive physiology and animal science, and who manages grass-based Sap Bush Hollow Farm in Warnerville, N.Y. To keep calves alive and gaining weight, they therefore must be given a steady diet of antibiotics.

Ranchers also have discovered that small doses of antibiotics allow animals to make more efficient use of their feed. According to a 2001 report by the Union of Concerned Scientists, an estimated 70 percent of all the antibiotics used in the United States is now being given to healthy animals.

To further lower the cost of feed, many cattle are fed "byproduct feedstuffs," which range from nutritious ingredients such as beet pulp and carrot tops to junk: stale bread or candy, even heat-treated garbage and spent hens.

Want better beef? The bottom line is this: Buy beef from small-scale producers who raise cattle on pasture and choose not to supplement with grain, byproduct feed, hormones or antibiotics.

Excerpted from Mother Earth News magazine, the original guide to living wisely. Read the full story at MotherEarthNews.com or call (800) 234-3368 to subscribe. Copyright 2008 by Ogden Publications, Inc.

environment

The early bird

Audubon combined science and art like no other

By Angela Hunt

On any given morning several mourning doves crowd around the bird feeder outside my home. I wonder why peace is associated with these birds as I watch them peck at each other's heads. Then I remember extended family gatherings around the last piece of French silk pie, and it becomes clear.

Certainly, John James Audubon would have a more scientific explanation.

I've learned much about Audubon in the five years I have been working at the historic Butterworth Center & Deere-Wiman House in Moline, Ill. In the 1870s Charles Deere (the son of John Deere) acquired a near complete set of Audubon's 1860 Bion Edition Birds of America. Today this rare edition is part of the Deere-Wiman House collection.

Audubon's story is not an ordinary one. He was born in 1785 in Saint Domingue, the region known today as Haiti. His father was Jean Audubon, a French sea captain, and his biological mother was his father's mistress. Audubon was raised by his stepmother in France until 1803, when he was sent to America by his father, who wished to keep his son from conscription into Napoleon's army.

The Mill Grove estate in Pennsylvania was Audubon's first home in America, where he was to oversee his father's lead mining business. The Perkiomen Creek and forestland that surrounded the estate would serve as inspirations for both the naturalist and artist in Audubon. (Today the estate — in Audubon, Penn. — is open to the public as the John James Audubon Center.)

Of great scientific significance is that the Birds of America includes birds that have become extinct since Audubon's time. For example, Audubon's Carolina Parakeet features the only common parrot species in North America. According to the World Conservation Union, in 1832 Audubon observed a decline of this species after an influx of human settlement. The last Carolina Parakeet died in captivity in 1918.

The first time I saw Audubon's Birds of America, it was hard to believe they were created with watercolor. I always thought of watercolor as transparent and faint, but Audubon manages to transform the medium into color-drenched birds that are as vivid as life itself. For added realism, he also painted the birds in actual-

size using "double elephant" folio paper that was about 3 by 2 feet in size.

Just as striking as Audubon's art was the peculiar way he prepared. Prep work involved a hunting gun, taxidermy supplies and wire. Audubon would hunt for specific birds that would later become taxidermy models for his paintings. Interestingly, Audubon also kept notes that included descriptions of how the birds tasted.

Once Audubon acquired a bird specimen, he would bring it back to his workshop and then pose the birds in life-like stature using a wire armature technique he developed. He carefully positioned the wings, main body, feet and head of the bird specimen to create a still, three-dimensional representation of the bird in action. His technique allowed him to recreate the bird behavior he witnessed with amazing precision.

In the early 1830s Audubon became the first artist to paint birds in their habitat. He took great care to show bird species with their food source or in the midst of predator-prey interaction. His portrayal of birds was considered controversial at that time. Scientific illustrations by other artists were very basic, featuring a species on a plain white background.

In one of my favorites, Audubon's Mocking Bird, the birds appear to be overcome with distraught emotion. Their eyes bulge upon discovery of a camouflaged snake that has coiled the length of its body around the tree trunk the birds dwell on.

Fifty of the 98 prints from the Deere-Wiman House Birds of America collection are on exhibit at the Figge Art Museum in Davenport, Iowa, until May 11. If you take advantage of this rare opportunity to see the collection, for the fullest experience I encourage you to remember the naturalist behind the unprecedented painted habitats and birds he captured on canvas.

Audubon's curiosity of the birds that lived just beyond the window of his Mill Grove estate spawned his North American adventure into the untapped

frontier of ornithology. Even today, Audubon's unusual yet practical artistic methods are just as extraordinary as the beauty of his painted birds. His talent is a perfect example of left and right brain skill working in harmony. His life's work is a profound hybrid of science and art.

For more information, visit butterworthcenter.com/birds and figgeartmuseum.org.



Flamingo by John James Audubon. [Courtesy of Butterworth Center and Deere-Wiman House]

community

Tri for a Wish

Ironman competitors help kids' dreams come true

By Jonathan Turner

Completing an Ironman triathlon is the ultimate feat for any endurance athlete. For Chad, Jenn and Scott Passman of the Quad-Cities, finishing it for the first time May 25 in Brazil is not their only goal. They are using the event to raise money for the Make-A-Wish Foundation, which grants free wishes to children with life-threatening medical conditions.

"Training for and completing the Ironman takes a lot of dedication, drive, and perseverance," the trio say on their Web site. "It is dedication and drive that guides the Make-A-Wish Foundation's mission, and it is with perseverance that Make-A-Wish recipients face each day with a positive spirit."

The Ironman triathlon is a 2.4-mile swim, 112-mile bike ride, and 26.2-mile marathon, all done in succession. Athletes have 17 hours to complete the event.

Chad and his wife, Jenn, and Chad's brother, Scott, each have done a half-Ironman, and last September did their first 26.2-mile run at the Quad-Cities Marathon. The three have been fitness buffs for about five years, and have each competed in about a dozen triathlons, primarily the shorter "sprint" version — one-third of a mile swim, 15-mile bike, and 3.1-mile run.

Chad and Scott are both certified personal trainers and are very competitive with each other. Jenn, on the other hand, couldn't care less about her finish times; her philosophy on running, or any endurance sport, is described by Chad as the "Zen of Jenn" — if you break down any task into manageable pieces, you

can accomplish it.

"Doing the half-Ironman, I spent so much time breaking it down," she says. "It was like, a couple more miles I'll get to a water stop. Here, I'm half way there, I'm half way to the half-way point ..."

"You can't look at the whole thing at once," says Scott of the Ironman. "If you do, then it seems overwhelmingly impossible. I believe that you need to break it down to one stroke, one pedal, one step at a time." The same concept, he says, applies to making the world a better place.

"You can change the world if you can better one life," he says. "This is my chance to take the first step in my 'race' to better the world."

The Passmans have dubbed their fundraising event, "Tri for a Wish." "We got talking that, if we're going to do this, we might as well benefit someone besides us," says Chad. "You hear about the 'Team in Training' to benefit leukemia. You hear a lot about people who run marathons for a cause."

The trio will commit half the donations received to Make-A-Wish and half to help offset event costs (airline tickets and entry fees only), hoping to raise at least \$5,000 for Make-A-Wish.

"Triathlon is a very expensive sport," Jenn says, noting that the entry fee for Ironman alone is \$400. Running shoes are \$100 a pair, wet suits are \$150, and good bikes can run \$1,500 and up.

Training for the Ironman is no easy task. But the Passmans are motivated by reading about kids helped by Make-A-Wish. Their adopted "Wish" child is Carlie Newton, 10, of Geneseo, Ill., who had a liver transplant at 4 months old and recently went with her family to Disney World.

"Racing for Carlie's wish truly is an inspiration for me," Jenn says. "Knowing what Carlie has overcome in her life makes racing the Ironman seem like a small task."


"Each day is an opportunity to grow and experience life and love, and giving of yourself is one of the most fulfilling things a person can do."

For more information and to donate to Tri for a Wish, visit triforawish.googlepages.com or e-mail triforawish@gmail.com.

"Knowing what Carlie has overcome in her life makes racing the Ironman seem like a small task."



Scott Passman, Jenn Passman and Chad Passman with "wish child" Carlie Newton.




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how to

Let it all hang out

Use a clothesline and savings comes out in the wash

"Mama always said you could judge a woman by the underwear she hung and her character by the way she acted when her clothesline broke." — Erma Bombeck

By Sharon Wren

Erma Bombeck wrote those words in a 1967 column about the importance of clotheslines in the life of American housewives. If she knew the humble clothesline has been outlawed in many areas of the U.S. — critics claim the lines detract from the attractiveness of an area — she'd fall over in her laundry basket.

That's too bad, according to Helen Caldicott, M.D., an advisory board member of the clothesline advocacy group Project Laundry List and founder of the Nobel Peace Prize-winning Physicians for Social Responsibility. "Laundry offends the aesthetic sensibilities of some people," says Caldicott. "Where in Victorian times, clotheslines were ubiquitous, Mrs. Brown's brassiere blowing in the breeze has apparently become scandalizing to some modern Americans. A strange brand of prudery has made it impossible for some people to conserve energy and money by using a clothesline."

How much energy and money? More than you may realize. The Sierra Club reports that clothes dryers use the equivalent of 58 billion kilowatt-hours of electricity a year nationally. "Dryers use a lot of energy — 6 to 10 percent of residential electricity usage," says Alexander Lee, founder and executive director of Project Laundry List. The group's Web site has a list of the top reasons why Grandma's old line is the best way to dry your clothes:

- Save money — more than \$100 per year on electricity for most households.
- Conserve energy and the environment.
- Make clothes and sheets smell better.
- Make clothes last longer. Where do you think lint comes from?
- Engage in physical activity — in or outside.
- Bleach and disinfect textiles with the sun.
- Humidify the air with indoor drying racks in dry winter weather.
- Stop fires. Clothes dryer fires account for about 15,600 structure fires, 15 deaths and 400 injuries annually. The yearly national fire loss for clothes dryer fires in structures is estimated at \$99 million.

Project Laundry List encourages people to hang their laundry outside every April 19 to observe National Hanging Out Day. The goal is to raise awareness of the benefits of drying naturally and to convince homeowner associations that clotheslines are more a benefit than an eyesore.

Setting up a clothesline is easier than falling off a log, but finding one can be tough. When I was a kid in the 1970s, it seemed that every grocery store had clotheslines in the laundry aisle. Last summer I decided it was time to harness the winds blowing off the Mississippi River by my house and set off in search of a clothesline. I tried several grocery and dollar stores and came up empty. The clerk



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at Lowe's looked surprised at my request, but managed to locate a small retractable one — not exactly the long piece of rope I was looking for, but it would work. My husband didn't understand the nostalgic appeal (and smell!) of line-dried clothes, but he could appreciate the savings on our energy bill.

What can you do if you're not allowed to have a clothesline where you live? Find out why they're banned. Is it aesthetics? A retractable line might be a good compromise, as long as it's taken down as soon as the clothes are dry. If utilities are included in your rent, point out how much energy can be saved by using clotheslines. More tips for advocating for clotheslines are offered on the "Action Center" portion of Project Laundry List's Web site.

If all else fails, try an indoor line stretched in a basement, attic or over the tub. If Abigail Adams could stretch a clothesline in the East Room of the White House, we can dry inside, too.

Once you discover how much energy you can save by drying clothes outside, you'll want to find other ways to save more while doing laundry. For tips, turn to Resources, page 37. For more information on Project Laundry List, visit laundrylist.org.

Project Laundry List encourages people to hang their laundry outside April 19, National Hanging Out Day.

pets

Fetch ... 1, 2, 3

People-and-pet exercises help both shed pounds

By Radish staff

It's been a long winter, and chances are you and your pet could stand to lose a few pounds. So why not get in shape together?

The American Veterinary Medical Association and Hill's Pet Nutrition recently teamed up with celebrity fitness trainer and dog owner Gunnar Peterson of Beverly Hills, Calif., to create a people-and-pet fitness video. Each exercise on the video is designed to help both pet owners and pets get into shape and on the road to a happier, healthier lifestyle.

That's good news — not only for the growing number of overweight Americans, but also for the growing number of obese pets. According to the AVMA nearly 35 percent (54 million cats and dogs) of the total pet population in the U.S. is overweight and at serious risk for heart disease, diabetes, arthritis or a shortened life expectancy.

Here are the exercises featured on the People and Pets Fitness Video. Try them out in your backyard or at the park — and see what they can do for you and your pet.

For you and your dog:

- **Power Dog Walks with Intervals:** Take your dog for a walk on a leash. Throughout the walk, mix in some intervals of jogging, running or high stepping to help increase your heart rate and burn calories for both you and your dog.
- **Dog Tag:** Just as you did so many times with your friends as a kid, play tag with your dog at your local dog park, in your backyard or even inside your house. You'll both get a great cardio workout as your dog tries to chase you down.
- **Fetch Races:** Grab your dog's favorite toy and toss it at your local dog park or in your backyard. Except this time, race your dog to retrieve it. For owners who don't have access to a dog park or a backyard, this can be done in the hallway of your home with a soft toy.
- **Fetch Tease for Abs:** A twist on classic fetch while doing sit-ups. Grab your dog's favorite toy and pretend to toss it as you reach the top of each sit-up. Try to get in as many reps as you can until your dog becomes wise that you still have his toy. This is perfect for your backyard, your local dog park or even inside your home.
- **Dogstale Course:** Place fitness steps throughout your backyard. Place your dog on a leash and swiftly walk through the course. At each step, designate an exercise for yourself such as toe touches, modified push-ups or leg squats to give yourself a solid workout. Your dog will constantly be in motion.
- **Dog Squat Tease:** Stand with your legs spread shoulder width in preparation to do a leg squat. As you descend, tap your dog with his favorite toy. As you rise, lift the toy above your head to encourage your dog to jump after it. This can be done in your home and outside as well.



Gunnar Peterson explains the Dog Squat Tease. (Photo courtesy of Hill's)

For you and your cat:

- **"Light" Cardio:** Everyone knows that cats love to chase beams of light, so why not get your heart rate up as well? Try jumping an invisible rope while holding flashlights in your hands aimed at the wall. You and your cat are sure to get a solid workout. Move the light beam up and down your wall or in circles and see your cat have a blast trying to "catch" it.
- **"Light" Abs:** Do sit-ups with flashlights in your hands. When you get to the top of the sit-up, hold your position and crunch your abs for a few seconds while moving the flashlight beams on your wall. Your cat will love it.
- **Curious Cat Curls:** Tie an elastic band to a toy around your dumbbells. As you curl, watch your cat go crazy to try to catch the toy as it ascends and descends.

The full-length People and Pet Fitness Video with instructions for all of these exercises can be downloaded for free at www.PetFit.com. Always consult your physician and/or veterinarian before starting any exercise program.

homes

Happy feet

Consider radiant heat flooring next winter

By Ann Ring

It used to be said that having a warm head meant a warm body. But anyone whose feet feel like two blocks of ice from November until April knows that it's all in the feet: Warm feet, warm heart. One way to accomplish this is with radiant heat flooring.

Radiant heat flooring means just that — supplying heat to the floor. There are three different methods of accomplishing this — via circulating warm air, electricity or warm water.

Homebuilder John Chenoweth, co-owner of Marlin Warm Floors in LeClaire, Iowa, has worked with a number of radiant heating products. He and his wife, Robin, sell and install an electric radiant flooring system called STEP (Self-regulation Technology of Electro Plastics) Warmfloor.

"The developers are from Finland ... they know everything about renewable energy," says Robin Chenoweth. "They have more than 100 patents for this product. It's manufactured in the U.S., it doesn't aggravate indoor allergens, it's a green building product, energy efficient, compatible with every floor product, maintenance free, easy to install."

STEP Warmfloor is a thin heating mat that's placed underneath most floorcoverings — including wood — and can be installed with flooring already in place. "As long as we can get to floor joists, we can install it," says Chenoweth.

All the mat materials used in the system are water-based, ecologically safe and environmentally friendly with its polyethylene materials being biodegradable in sunlight. And if someone in your family is one out of the 40 million to 50 million people in the U.S. who suffer from allergies, unlike a space heater or forced air heating, radiant heat flooring does not force additional allergens into the air. It's also self-regulating, so it draws only the required energy to maintain an ideal temperature. "You can turn it on and leave it there," says Chenoweth. "It's that safe." She adds it can warm up a room, too, so homeowners may be able to turn

down the furnace thermostat a notch or two.

Douglas and Gisela McDonald of Bettendorf, Iowa, had STEP Warmfloors installed under their tile floors in two of their bathrooms — including a shower area — when they built their home last year. They kept the flooring control turned on all the time last winter and were able to close the registers in the bathrooms.

Amy and J.J. Patton of Eldridge, Iowa, had the system installed in their sunroom. "We love it," says Amy. "Our sunroom is so much more functional

now. The kids can utilize this room year-round where we couldn't before."

STEP Warmfloors cost \$12 to \$13 per square foot, not including installation. Homeowners can hire a company to install the product or can install it themselves.

For more information or to find a STEP Warmfloor distributor near you, visit warmfloor.com. For more on Marlin Warm Floors, visit marlinwarmfloors.com.



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Types of radiant floor heat

Air-heated: Because air cannot hold large amounts of heat, radiant air floors are not cost-effective in residential applications, and are seldom installed. Although they can be combined with solar air heating systems, those systems suffer from the obvious drawback of only being available in the daytime, when heating loads are generally lower.

Electric: Electric radiant floors typically consist of electric cables built into the floor. Systems that feature mats of electrically conductive plastic are also available, and are mounted onto the subfloor below a floor covering such as tile. These systems are most effective for heating the floors of specific rooms or to heat additions onto homes for which it would be impractical to extend the heating system into the addition.

Hydronic: Hydronic (liquid) systems pump heated water from a boiler through tubing laid in a pattern underneath the floor. In some systems, the temperature in each room is controlled by regulating the flow of hot water through each tubing loop. This is done by a system of zoning valves or pumps and thermostats. The cost of installing a hydronic radiant floor varies by location and also depends on the size of the home, the type of installation, the floor covering, remoteness of the site, and the cost of labor.

Source: U.S. Department of Energy

health & medicine

Cranial Release Technique can be used for stress-relief, aches and overall wellness

By Sarah J. Gardner

For chiropractor Mark Schmall, healing was believing. While attending a professional conference in 2006, he limped into line to try a new chiropractic technique. Just a few weeks prior, he had suffered a serious knee injury.

"I had very limited range of motion in my knee. I could only flex it a few degrees," he says. "And I didn't know what to expect because I was watching people ahead of me in line and it just looked like they were getting their necks stretched."

He lay down on the table and received the treatment, which took only a minute. Standing up again, he found all the pain in his knee was gone — and so was his limp. "I had pretty tremendous results, not really knowing what had been done to me," says Schmall.

Cranial Release Technique, a gentle stretching of the muscles at the base of the skull, is used to restore proper alignment and movement to the bones in the head, impacting the nervous system. Proponents of the technique say CRT can benefit a range of conditions from body stresses and aches to overall wellness.

Schmall contacted the chiropractor who had performed the technique — William Doreste, founder and CEO of CRT, Inc. — and a month later was offering CRT at Maximum Health and Fitness, Inc., in Rock Island, Ill. Other chiropractors offering CRT in the Radish region are Clifton Bethel of Southpark Chiropractic in Moline, Ill., and Jenny Sechler of Hampton Health & Wellness, Hampton, Ill.

"I had an interest in it because so much of our overall health involves the brain, so to do something that directly restores balance to that system has the potential for a lot of benefit," says Sechler. To her, what makes CRT unique is that rather than working with cranial bones and tissues individually, it is a single, simple process that can restore balance to them all.

Bethel began offering CRT within the last year and says it complements any health protocol. "Whether you're doing non-traditional stuff, be it yoga, chiropractic, massage or reflexology, or you're just a traditional medical patient, we've seen some great results."

A CRT procedure takes about a minute, and patients usually lie on their backs; however, variations exist for wheelchair-bound patients. "The people I work with tell me it's amazing," says Sechler. "They say while they are laying on the table, the technique feels like nothing at all. And then come all these benefits."

For more information about CRT, including contact information for the practitioners in your area, visit cranialrelease.com.



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Protein-Packed Pea Salad

Serves 6 (½-cup serving).
Source: Hy-Vee Test Kitchen

All you need:

- 2 c. Hy-Vee frozen peas, thawed
- 1 c. frozen sweet soybeans (edamame), thawed
- ½ c. Hy-Vee shredded sharp cheddar cheese
- ½ c. Hy-Vee mayonnaise
- 1 tbsp. Hy-Vee sugar
- 1 tsp. Hy-Vee vinegar
- Any amount salt & pepper, to taste


All you do:

1. In a medium bowl, mix peas, soybeans and cheese together.
2. In a separate bowl, stir together mayonnaise, sugar and vinegar.
3. Add mayonnaise mixture to peas/soybeans mixture.
4. Add salt and pepper to taste.


Nutrition information per serving: Calories: 180. Carbohydrates: 16g. Cholesterol: 15mg. Dietary Fiber: 4g. Fat: 10g. Protein: 8g. Saturated Fat: 2g. Sodium: 330mg. Sugar: 6g. Trans Fat: 0g

Services include:


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- Recipe demos
- Cooking classes




Stacy Mitchell, RD, LD
2800 Davis Glen Rd., Bettendorf
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Allison Yoder, RD, LD
2200 W. Kentucky Rd., Davenport
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Valerie Wheatley, RD, LD
201 10th Ave. W., Milan
309-787-0273

gardens

No child left inside

'Kinder gardening' helps young minds grow

By Darcy Maulsby

While gardens create exceptional outdoor classrooms for people of all ages and abilities, they are especially valuable teaching tools for children. From lessons on basic biology to food production, a garden can cultivate curious, lifelong learners.

"Gardening is an interactive, intergenerational activity," says Francie Hill, director of the Bickelhaupt Arboretum in Clinton, Iowa. "If you get children involved with gardening at a young age, it will stick with them for life."

Young children possess an innate sense of awe that can be inspired by something as simple as watching a plant grow, adds Joyce Ollie, a Roots board member at the Bickelhaupt Arboretum. "By providing an alternative to television programs and computer games, gardening fosters creativity, teaches patience, encourages responsibility and helps your child develop an appreciation for nature as he or she learns and grows."

To introduce children to gardening, try the following bumper crop of ideas:



(iStockphoto)

Square-foot gardening: While growing your own vegetables can provide a healthy addition to your diet, children likely will notice the taste. "A California tomato shipped to the Midwest just doesn't taste like a home-grown Iowa tomato," says Deb Walser, a Linn County, Iowa, Master Gardener who stresses that raising a crop of vegetables or fruits doesn't have to become an overwhelming endeavor.

Start small with square-foot gardening, in which you simply build a wooden "sandbox" with sides about 12 inches high. "When you're working with a child, don't make the box bigger than 3 feet by 3 feet," advises Walser. "It's easy for the child to reach, it doesn't take up much room and it will give you 9 square feet of gardening space."

Pick an area that receives six to eight hours of sunshine daily, and avoid poorly-drained areas where moisture puddles after a heavy rain.

Fill the box with a mix of one-third compost, one-third baled sphagnum moss and one-third coarse vermiculite (all available at local garden centers.) Now make the permanent grid, using twine or string to mark the 1-foot by 1-foot "boxes."

Next, encourage children to grow fruits and/or vegetables that they like to eat. "By giving kids their own space, you encourage them to plant what they want," says Walser.

Let children poke a hole in the soil with a finger and drop in two or three seeds. Radishes offer one of the easiest crops for a beginning gardener to grow, and planting holes can be poked every 2 inches in a square-foot area. Radishes are an early-season crop, so you can plant broccoli in this portion of the garden once the radishes have been harvested.

If your children prefer beans, think vertically. You can grow six plants in a 1-foot by 1-foot box if you install a "fence" for the plants to climb.

Once the plants start to grow, maintain a regular schedule of watering and weeding. It's simple to weed 1-square foot at a time, which takes 10 minutes or less. "Don't work so hard," Walser says. "Kids won't want to garden if it's not fun."

Butterfly gardens: Kinder gardening doesn't have to be limited to food production; consider, for example, a butterfly garden.

To create one in your backyard, select a sunny spot for appropriate annual and perennial plants. Butterflies love zinnias, which are very easy to grow from seed. The "Cut and Come Again" variety, a longtime favorite at the Bickelhaupt Arboretum, allows you to harvest vibrant flowers for your bouquets, and flowers will re-bloom continuously.

Popular perennials that lure butterflies include salvia, butterfly bush and the tall Joe Pye weed, which works well in the back of the garden.

Herb gardens: With their many colors and flavors, herbs offer a sensory sensation for young gardeners. Low-maintenance herb gardens also offer an excellent option for small-scale gardening. If you're really limited on space, nearly all herbs easily can be grown in containers.

"Children really like the texture and aroma of herbs," says Marion Johnson, a board member at the Bickelhaupt Arboretum. For best results, she encourages new gardeners to purchase young plants from a local greenhouse. Fun options can include chocolate mint, stevia (known for its sweet flavor), and basil and/or oregano for a "pizza garden."

Garden-related activities: In addition to growing plants, help children explore the wonders of nature through hands-on learning activities. In the spring, urge your kids to join you outdoors to look for signs of spring, challenging them to look for specific items including leaves, animals and new plants. Later in the growing season, use masking tape to teach lessons about seed dispersal.

"Make a loop with the sticky side of the tape facing outward and encourage children to collect seeds on their 'bracket,'" Johnson says. "Then help them identify the seeds."

Above all, have fun in the garden. "Anyone's backyard can become an outdoor classroom when you encourage children to garden with you," Hill says.

Rock Island County Extension Programs



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Home Horticulture Spring Series

Mondays, March 3 - April 7, 7:00 pm

Quad City Botanical Center

2525 4th Avenue, Rock Island, IL

Explore hot topics in horticulture! \$5 per class.

March 24 - Growing Herbs at Home - Learn how fun and rewarding herb gardening can be!

March 31 - A Tale of Two Gardens - Take a journey through two Illinois gardens and see how garden change through the season, and in **Garden Floral Design**, learn how to make arrangements with your garden's flowers.

April 7 - Learn about the exciting **New Plants for 2008** - and get ideas for incorporating them in your landscape.

Living Flower Arrangement with Bulbs

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Quad City Botanical Center, \$30. Register by April 1

Extension Horticulture Educators will lead you through this hands-on workshop where you'll create a "cool and calm" collection combining pinks, purple and white colors of bulbs. Learn care and other secrets to spring bulbs.

Register online at www.extension.uiuc.edu/rockisland

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10 events to get you out and about

By Radish staff

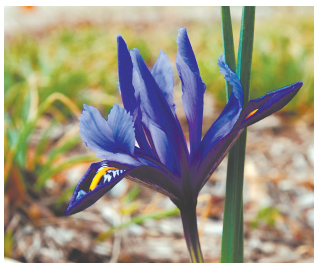
After months of snow and sleet and ice, spring is finally here! If you're looking for something to do to celebrate the season, here are 10 activities from all corners of the Radish region. Get out and enjoy!

Bird-watching Kayak Tour, Galena, Ill.: Come watch and learn about birds in an exciting way by signing up for a Birdwatching Kayak Tour at 10 a.m. April 6, 13, 20 and 27 and May 4 and 11. The tour will begin at Fever River Outfitters, 525 S. Main St., Galena. Observe and learn about birds and their habitats during a leisurely hour-and-a-half kayak trip on the Mississippi River backwaters. Cost is \$45; register at (815) 776-9425 or feverriveroutfitters.com.

Peeper Walk, Cedar Rapids, Iowa: Indian Creek Nature Center's Peepers Walk starts at 7 p.m. April 11 at the center, 6665 Otis Road SE, Cedar Rapids. Join naturalist Margaret Wolter for an evening at the center's ponds and riparian areas along the Cedar River. A chorus from Iowa's native amphibians will fill the night air as you learn about frogs and their habitats. Cost is \$3 for members, \$5 for non-members and \$1 for children 3 to 12. Register at (563) 362-0664 or indiancreeknaturecenter.org.

Wildflowers of the Midwest, Clinton, Iowa: Learn how to press and plant wildflowers during Wildflowers of the Midwest — Planting & Pressing, from 10 to 11 a.m. April 12 at the Bickelhaupt Arboretum, 340 S. 14th St., Clinton. Elda Goodmiller of Elizabeth, Ill., will lead the program presented by the arboretum and Clinton Community College. Call (563) 244-7100 or (888) 336-3907.

Tallgrass prairie restoration, West Branch, Iowa: Observe National Park Week by volunteering at the tallgrass prairie restoration project from 9 a.m. to noon April 19 at Herbert Hoover National Historic Site, 110 Parkside Drive, West Branch. Call (319) 643-7855.



Radish

Stroll through Springtime, Rock Island, Ill.: Take a stroll through springtime from 7 a.m. to noon May 3 at Black Hawk State Historic Site, 1510 46th Ave., Rock Island, Ill. A birding walk will be held from 7 to 9 a.m. followed by refreshments (including wild violet jelly) and a presentation on tall grass prairies from 9 to 10 a.m. at the Watchtower Lodge on the south side of the park. A wildflower walk will be led from 10 a.m. to noon. For more information call (309) 788-9536.

Kites Over Lake Storey, Galesburg, Ill.: Bring your own kite and fly with the professionals from 10 a.m. to 2 p.m. May 3-4 on the ball fields at Lake Storey Park, N. Lake Storey Road, Galesburg, Ill. Animals from Wildlife Prairie State Park in Peoria also will be on exhibit. The park is located off U.S. 150 just north of U.S. 34. For more information, call (309) 345-3604.

Maifest, Amana Colonies, Iowa: Amana Colonies' original spring celebration blossoms with the Taste of Amana Colonies food fair at the Festhalle Barn from 10 a.m. to 5 p.m. May 3-4 in Amana. The event also includes Maipoole dancing, German folk music, a parade and entertainment in the village of Amana. For more information call (800) 579-2294 or visit festivalsinamana.com.

Spring Clean-up, Maquoketa, Iowa: Join Jackson County conservation staff at 1 p.m. May 3 in cleaning up the butterfly garden and areas around Hurstville Interpretive Center, 18670 63rd St., Maquoketa. Wear work clothes and bring a rake, hand pruner and gloves if you have them. For more information, call (563) 652-3783, e-mail jacksonccb@jacksonccb.com or visit jacksonccb.com.

All About Spring, Dubuque, Iowa: Celebrate Mother's Day by learning all about Mother Nature's spring time activities from 10:30 a.m. to noon May 10 at the Mines of Spain and the E.B. Lyons Interpretive Center, 8991 Bellevue Heights, Dubuque, off U.S. 52. For more information call (563) 556-0620 or visit minesofspain.org.

Wildflower Walk, Elizabeth, Ill.: Stop and smell the flowers from 1 to 2:30 p.m. May 11 at the Schurmeier Forest, 147 E. Reusch Road, Elizabeth. Learn about the beautiful native woodland wildflowers on a guided hike through the Jo Daviess Conservation Foundation's teaching forest. For more information, call (815) 858-9100 or visitjdcf.org.

For more spring events, turn to the calendar, page 35, or visit radishmagazine.com.

body, mind & soul

Poses for par

Yoga helps golfers, knitters and others

By Sarah J. Gardner

A recent influx in classes like “yoga for golfers” and “yoga for tennis” has a lot of people thinking about athletic benefits to yoga that go beyond the mat.

Peek in on one of the newest classes being offered at the Davenport (Iowa) School of Yoga and you might be surprised at what you see: students practicing with their nine irons. Participants in instructor Jeani Mackenzie’s “yoga for golfers” class can improve their golf swing through poses that open the hips and shoulders.

“For golfers who are serious about their game, yoga offers real benefits,” says Mackenzie. And, at \$15 a class, it is a bargain compared to a new set of clubs.

Shannon Moran, yoga instructor and co-owner of Indigo Wellness Center in Moline, Ill., says that cold weather drives runners and cyclists indoors, to yoga. Athletes might start yoga to stay active, then find that it’s a nice year-round complement.

“One of the great reasons to practice yoga is to keep the joints moving,” says Moran. “That is the only way to release the old, used fluid in the joints and move new fluid into them. This helps us maintain and even regain a full range of motion.”

No matter how physically active you are, advises Moran, it is a good idea to start with a basic yoga class before moving to the more strenuous styles. The benefit is not in doing the toughest poses, but in doing the poses correctly.

For some, though, yoga can seem so different from their regular exercise routine as to be intimidating. Although she has a degree in exercise science, Becky Brown hesitated to try yoga. “It happens to a lot of people,” she says. “You worry that you don’t know the names of the poses or that it’s going to be too much to keep track of your breathing. The best thing you can do is just go — give it a try. Everything will come with practice.”

She would know. Not only is Brown now a

YogaFit instructor offering classes in Iowa City, but she recently has earned her doctorate in physical therapy. Practicing yoga is useful in guarding against injury, she says, because it helps maintain optimal flexibility and boosts mind/body awareness. Even simple balance poses help.

“People often wonder how improved balance is going to help an athlete. But if you think about it, both walking and running require us to balance on one foot then quickly shift to the other,” she says.

Of course, the reasons for practicing yoga can be as diverse as the people on the mats. These days it’s not just the athletes who are showing up for a round of sun salutations. The Davenport School of Yoga has recently started offering “yoga for knitters” classes.

“Both knitting and yoga can be meditative, so they are complementary in that way,” says Jen Smith,

the instructor teaching the class. “One drawback of knitting, though, is that many avid knitters experience repetitive strain injuries at some point. So practicing yoga allows the knitter to be aware of their posture and break bad habits.”

Whatever the reason for trying yoga, there are multiple benefits. Those who use it to relax, for example, often are pleased to find themselves more flexible. Others looking to it as a way to build strength can come to value the added mental clarity.

“I like to think of yoga as a tree with eight limbs,” says Indigo’s Moran. “No matter what limb you start out on, whether asanas (poses), pranayama (breath awareness) or meditation, all limbs lead to the others eventually. With a lot of practice and nurturing, the tree eventually blossoms.”

Visit krtotallfitness.com for yoga for golfers tips online.



Jen Smith teaches yoga for knitters at the Davenport School of Yoga. (Photo by Gary Krambeck / Radish)

rooting around

Get the skinny on health and disease at Mini Medical School at University of Iowa

Ever had a medical experience that baffled you? Mini Medical School to the rescue! Mini Medical School allows you to learn about the science behind medicine and healthy living — in layman’s terms — from the medical professionals at University of Iowa Carver College of Medicine, Iowa City.

The next series, “Making Sense of Your Health: See More, Hear More. Do More,” will be held from 7 to 9 p.m. Tuesdays in April, beginning April 8, at the Medical Education Research Facility at the University of Iowa Carver College of Medicine, 200 Hawkins Drive.

“This program will open the doors of the University of Iowa Carver College of Medicine to showcase how the work we are doing from labs to operating rooms will affect the lives of millions of people,” says Jackie Williams, Mini Medical School director.

The four-session program will cover a number of topics including common eye conditions like glaucoma and age-related macular degeneration, hearing loss, osteoarthritis and maintaining and restoring mobility. All adults are welcome to attend the series.

Registration is \$5 for materials and will be collected at the door the first night of the program. For more information or to register, visit www.medicine.uiowa.edu/minimedicalschooll or call (877) MED-IOWA.

— By Laura Anderson

Water conservation goes 3-D in IMAX film showing in Davenport

Fresh water is precious and essential to life, and there isn’t enough of the dwindling resource to go around. That’s the overriding point of “Grand Canyon Adventure 3D: River at Risk,” playing through Sept. 11 at The Putnam Museum and IMAX Theatre, 1717 W. 12th St., Davenport, Iowa.

Narrated by Robert Redford and featuring music by the Dave Matthews Band, “Grand Canyon” features environmentalist Robert F. Kennedy Jr., anthropologist/explorer Wade Davis, plus their two daughters and a Native American river guide as they white-water raft in a heart-pounding expedition.

In conjunction with the eye-popping film, the exhibit “Native Waters: Sharing the Source” is on display through Aug. 24.

For film showtimes or to purchase tickets online, visit www.putnam.org or call the Putnam at (563) 324-1933.

Read Radish’s full-length review of “Grand Canyon Adventure 3D: River at Risk,” at radishmagazine.com.





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rooting around

River Action can help neighborhoods turn their puddles into prairies

Citizens who are willing to work together to solve neighborhood drainage problems can seek help from River Action's newest project, The Neighborhood Stormwater Initiative. The program offers neighbors education, design and funding to solve drainage issues. It is available to interested homeowners in Buffalo, Davenport, Bettendorf, LeClaire, and Princeton, Iowa and Rock Island, Moline, East Moline, Hampton, Rapids City, Port Byron, and Cordova, Illinois. Possible projects suitable for funding are rain gardens, bioswales, native landscaping, prairie restoration, porous paving and rain barrels as long as they are a cooperative effort among participants. If you want your neighborhood to be considered, contact Clare Kerofsky, (563) 322-2969, or e-mail her at clare@riveraction.org.

Get a bargain, salute the Earth

If you're a garage-sale junkie or one with "junk" to spare, you'll want to trot on down to the Community Garage Sale being held from 8 a.m. to 4 p.m. April 12 at the Roosevelt Community Center, 1220 Minnie Ave., Davenport, Iowa. Shopping and eco-friendly activities for families will be free for all. The theme of the event is "Support our Community, Support our Planet," and proceeds from the event will benefit the community. To learn more or to donate, e-mail repforrec@gmail.com or call Theresa at (563) 326-7812.

Anglers unite April 12 at QCCA Expo Center

Feel like fishin'? Want some new gear? Gather your gently used fishing supplies and bring them to the annual swap meet held by the Quad City In-Fishermen club. Anglers are invited to visit the QCCA Expo Center, 2621 4th Ave., Rock Island, Ill., from 9 a.m. to 1 p.m. Saturday, April 12, to trade, sell and barter for others' gently used gear. The Quad City In-Fishermen club is a family organization that sponsors local outings and Quad-Cities conservation projects. For information, call Gary Dau at (309) 788-0559.

Schwarzenegger tops Grist's list of world's top 15 'green' politicians

Grist, that savvy online source of environmental news and humor, has named its top 15 eco-minded politicians in the U.S. and beyond. Here are the top five. No. 1: California Gov. Arnold Schwarzenegger, who signed the Global Warming Solutions Act of 2006, which will cut the state's emissions to pre-1990 levels by 2050. No. 2: Wangari Maathai, a member of Kenya's parliament and Nobel Peace Prize-winner who has inspired Kenyans to plant 30 million trees. No. 3: London mayor Ken Livingstone, who created a tax on SUVs. No. 4: Helen Clark, prime minister of New Zealand, who plans to make Kiwiland carbon-neutral. No. 5: Marina Silva, Brazil's environment minister, who won the Goldman Environmental Prize for activism on behalf of rainforests and sustainable industry there. (For the complete list, check out grist.org.)

Springing for a ring? Go conflict-free

Many of us have heard of conflict diamonds — those lovely gems from Africa for which people endure immense suffering. No one wants to be part of that kind of system, especially when diamond rings often are meant to signify the joyful, lasting union between two people. That's why Brilliant Earth sells conflict-free and fair-trade diamonds set in repurposed gold and silver settings and donates 5 percent of its profits to people who are affected by the conflict-diamond trade. If you're thinking about popping the question with a diamond ring this spring, you might want to check out the Brilliant Earth Web site, brilliantearth.com. Loose diamonds as well as wedding and engagement sets are for sale. Brilliant Earth is a member of the Better Business Bureau.



Brilliant Earth

Plant a S.E.E.D. of change at conference

S.E.E.D. — Sustainable Ecological Economic Development — will host its mid-year conference from 9 a.m. to 4 p.m. April 26 at Davenport North High School, 626 W. 53rd St., Davenport, Iowa. Conference-goers can choose to take part in one of six groups that will discuss topics such as sustainable food, health and wellness, community ecostructure, conservation and efficient transportation, community building, education and civic action/political process, jobs for seven generations, and Earth-centered spirituality. According to S.E.E.D., the conference will serve as a wake-up call for conscious, creative action. For more information or to register, contact Rich Landis at richlands@earthlink.net.

Recycle your bicycle — into art

Have an old bike? Drop it off near the Mississippi Valley Welcome Center in LeClaire, Iowa, and watch it be transformed into a work of art! The LeClaire Chamber of Commerce needs donated bicycles in any condition. They're hoping to accumulate 100 bikes by April 30, which then will be decorated and made into art, then placed along Cody Road — the main street in downtown LeClaire — to greet summer visitors and RAGBRAI riders alike. Bicycles may be dropped off in the fenced area of LeClaire Public Works anytime from 7 a.m. until 3 p.m. Monday through Friday, until April 30. The public works facility is located behind the Mississippi Valley Welcome Center, 900 Eagle Ridge Road, LeClaire. For more information, call Pam Ellis at (563) 322-3911, extension 118.



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calendar

HEALTH & FITNESS

Stott Pilates Method — intro level, 6:30-7:30 p.m. Mondays, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport, IA. \$42/six weeks. (563) 742-5800.

Internal Injuries: Effects of Verbal Abuse, 11 a.m.-6 p.m. Wednesdays-Saturdays through April 25, Bucktown Center for the Arts, 225 E. 2nd St., Davenport. (563) 343-1993 or www.bucktownarts.com.

Prenatal yoga, 5:30-6:30 p.m. Thursdays, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport, IA. Participants should be in at least their second trimesters. Exercise mat and blanket required. \$42/six weeks. (563) 742-5800.

NAMI Scott County Peer to Peer Recovery Education Course, 6-8 p.m. Thursdays, education room, Pavilion 2, Genesis Medical Center West Campus, Marquette St. and W. Central Park Ave., Davenport, IA. For people who have been diagnosed with mental illness. Registration requested. (563) 323-7453, (563) 391-5723, or (563) 326-6010.

How to Stay Young in Your First 100 Years, 6 p.m. April 1, Inner Health Chiropractic, 2406 E. 53rd St., Suite 2, Davenport, IA. Registration requested. (563) 344-3909.

Butterfly Blessings, 2-3 p.m. April 12, Trinity West Campus, 2701 7th St., Rock Island, IL. Open to members of the community coping with the loss of a child before or soon after childbirth. Reservations encouraged. (309) 779-2989.

Coping with Stress, 6:30 p.m. April 15, Inner Health Chiropractic, 2406 E. 53rd St., Suite 2, Davenport, IA. Registration requested. (563) 344-3909.

Journaling for Life, 6-7 p.m. April 16, Davenport Library, 3000 N. Fairmount St. Teens will learn how to start a journal for motivation. (563) 326-7900.

Spring Yoga Retreat, 8 a.m. to 5 p.m. April 22, The Abbey Hotel, 1401 Central Ave., Davenport, IA; Davenport School of Yoga, (563) 322-5354, davenportschoolofyoga.com.

Yoga-meditation workshops, 10-11:30 a.m. April 22, 1-2:30 p.m. April 25, Davenport School of Yoga, 421 N. Brady St., Davenport, IA; (563) 322-5354, davenportschoolofyoga.com. Registration required. \$12.

Staying Healthy During Pregnancy, 6:30 p.m. April 29, Inner Health Chiropractic, 2406 E. 53rd St., Suite 2, Davenport, IA. (563) 344-3909.

FOOD

CSA (community supported agriculture) informational meeting, noon April 5, Chiropractic Fitness Extreme, 4014 Blackhawk Road, Rock Island, IL. (309) 236-1993 or (309) 629-2359.

Turkish Delights, 6-8 p.m. April 8, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville, IA. \$15/person. (319) 338-9441, ext. 36, or scatlett@newpi.com.

Fresh Panir Indian Dinner, 6-8 p.m. April 9, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville, IA. \$15. (319) 338-9441, ext. 36, or scatlett@newpi.com. For more classes, visit www.newpi.com.

Come Cook With Me — A Celebration of Spring, 6:30 p.m. April 10 and 11, The Great Galena Cookery, 412 Spring St., Suite B, Galena, IL. \$50. (815) 777-1556.



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calendar

Food Matters, 7 p.m. April 12, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA. Members/\$3, non-member/\$5, free to Iowa Academy of Science members. Learn the importance of locally-grown foods and agriculture. Call (319) 362-0664 to register.

CSA (community supported agriculture) informational meeting, 6 p.m. April 16, Garden Town USA, 3324 Diehn Ave., Davenport, IA. Learn how to help area farmers and enjoy fresh local produce through membership in a CSA program. (309) 236-1993.

Come Cook With Me — Moroccan Spice, 6:30 p.m. April 24 and 25, The Great Galena Cookery, 412 Spring St., Suite B, Galena, IL. \$50. (815) 777-1556.

HOME & GARDEN

"New Plants for 2008," 7-9 p.m. April 7, Quad City Botanical Center, 2525 4th Ave., Rock Island, IL. \$5/general public or \$3/active Rock Island County Master Gardeners and Naturalists. Kathryn Newman of Sunnyfield Greenhouse & Gardens, Galva, IL, will speak about how to use new plants in the landscape. (309) 796-0512.

"Wildflowers of the Midwest — Planting & Pressing," 10-11 a.m. April 12, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, IA. (563) 244-7100.

Find Abundance in Growing Food, 1 p.m. April 13, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA. Learn the benefits of growing your own food. Members/\$3, non-members/\$5. Registration is required by calling (319) 362-0664.

RIDES, RUNS & WALKS

Palmer College of Chiropractic Student Council Inaugural "n8K" Charity Run, 8 a.m. April 5, Palmer College of Chiropractic, 1000 Brady St., Davenport, IA. \$25, \$30 on race day. (563) 676-6003.

Blues for Greens Earth Day 5K/Festival, 8:30 a.m.-4 p.m. April 19, Walnut St. Bridge, Des Moines. (515) 309-9507.

Run for Renewal (5K and ½ mile), 8:30 a.m. April 19, Sr. Concetta Park, intersection of 6th and Warren streets, Davenport, IA. \$16 through April 2, \$20 after. (563) 324-0800.

March of Dimes' "March For Babies," 8 a.m. April 26, Veterans Memorial Park Bandshell, 1645 23rd St., Bettendorf, IA. (563) 323-6378.

Triathlon Training Bike Ride, 6:30 a.m. April 12, 19 and 26, Fever River Outfitters, 525 S. Main St., Galena, IL. Challenging 17-mile bike ride on the back roads of Galena. (815) 776-9425.

OUTDOORS

Women's Day Out, all day April 5, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA. \$40. Registration required. (563) 528-5452 or www.scottcountyiaowa.com/conservation/wapsi.php.

Bind-watching Kayak Tour, 10 a.m. April 6, 13, 20 and 27, Fever River Outfitters, 525 S. Main St., Galena, IL. \$45. (815) 776-9425.

Peeper Walk, 7 p.m. April 11, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA. Learn about frogs and their habitats. Members/\$3, non-members/\$5, children 3-12/\$1, under 3/free. Registration requested. (319) 362-0664.

Soils and Kids, 1 p.m. April 13, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA. Interactive program for kids and parents about the use and importance of soil. (563) 652-3783.

Moonlight Walk under the Pink Moon, 8:30 p.m. April 18, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, IA. Learn why April's moon is known as the "Pink Moon." Member/\$3, non-member/\$5, children 3-12/\$1, under 3/free. (319) 362-0664.

Invasive Plant Removal Conservation Project, 9 a.m.-noon April 19, Effigy Mounds National Monument Visitor Center, 151 Highway 76, Harpers Ferry, IA. Volunteers are encouraged to bring drinking water, gloves and appropriate clothing for working in brush. Lunch and equipment provided. Registration requested. (563) 873-3491.

Mississippi River Clean Up 2008, 8 a.m.- 3:30 p.m. April 26, Ferrys Landing, N. Ferry Landing Road, Galena, IL. Join the JDCF and Galena Boat Club to clean the Mississippi River. Free lunch. (815) 858-9100.

Build a Leopold Bench, 9-10 a.m. April 26, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, IA. (563) 242-4771.

Wildflower Walk, 1 p.m. April 26, Maquoketa Caves State Park, Maquoketa, IA. (563) 652-3783.

EVENTS

"Envisioning Sustainable Communities," 9 a.m.- 4 p.m. April 2, University Union at Western Illinois University, Macomb, IL. Fifth annual Western Illinois University Environmental Summit will feature Pulitzer Prize-winner Tom Hylton, author of "Save Our Land, Save Our Towns." (309) 833-5798.

Nature Tales: Stars and Planets, 10 a.m. April 8, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA. Explore the night sky in a star lab and learn about constellations. (563) 652-3783.

Take 5 for the Environment — Ecosystem Services Provided by Birds, 1-3 p.m. April 12, Highland Community College West, 300 N. West St., Elizabeth, IL. Registration requested; donations accepted. Fourth topic in a series of informational lectures about protecting the environment. (815) 858-9100.

Kermit Was WRONG! It Is Easy Being GREEN!, 3-5 p.m. April 24, University of Illinois Extension, 4550 Kennedy Drive, East Moline, IL. (309) 796-0512.

The Alps: Giants of Nature, Putnam Museum IMAX Theatre, through May 15, 1717 W. 12th St., Davenport, IA. Winner of the 2007 Everyone's A Critic series. For ticket information and show times, call (563) 324-1933 or visit www.putnam.org.

For more events or to submit an event for the calendar, visit radishmagazine.com.

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resources

EARTH DAY CHALLENGE

(Story on page 6)

Earth Day is April 22 this year. Here's a list of Earth Day-related events in the region:

- **Earth Week Fair**, April 18-19, QCCA Expo Center, 2621 4th Ave., Rock Island, Ill. School day, for students only, is Friday, April 18. Fair hours for the public are 10 a.m. to 4 p.m. Saturday, April 19. Free admission. (563) 386-9575 or qccarthweek.org
- **Augustana College Earth Day**, featuring a performance by the folk duo Patchouli, 4:30 p.m. April 18, on the quad by the slough, 38th Street and 7th Avenue, Rock Island, Ill.
- **Earth Day Festival**, 11 a.m.-6 p.m. April 20, Port Byron, Ill. Educational booths, electric car test drives, a recyclable scavenger hunt and more. www.portbyron.il.com, www.rivervalley.lib.il.us.
- **Earth Day Fest 2008**, 8:30 a.m.-5:30 p.m. April 22, Turner Hall, 115 S. Bench St., Galena, Ill. Educational booths, mini farmers' market and free trees and canvas bags. (815) 275-4881 or maya@galenalink.net.
- **WIU Earth Fest**, 3-11 p.m. April 25, Western Illinois University, Macomb, Ill. Speakers, educational booths, live music and more. kn-mroz@wiu.edu.
- **Cedar River Quality Earth Day**, 7 a.m. April 22, Wickiup Hill Outdoor Learning Center, 10260 Morris Hills Road, Toddville, Iowa. (319) 398-0449, events@yearoftheriver.org.
- **Earth Day Celebration**, 10 a.m.-4 p.m. April 22, National Mississippi River Museum & Aquarium, 350 E. 3rd St., Dubuque, Iowa. A celebration of the museum's conservation efforts. (800) 226-3369 or mississippirivermuseum.com.

SPRING IS FOR GREENS

(Story on page 8)

This soup, known as "Cousinette" in the southwest region of France, comes from Simone Delaty of Simone's Plain & Simple, Wellman, Iowa.

Early Spring French Vegetable Soup

3 to 4 ounces spinach	Salt and pepper, to taste
3 to 4 ounces French sorrel	2 teaspoons creme fraiche
1 medium size head lettuce	2 egg yolks, lightly beaten
1 bunch Italian parsley	

Wash and remove the stems from spinach and sorrel, then shred finely ("chiffonade") the spinach, sorrel and lettuce. Wash and dry the parsley. Cut the stems and tie them together. Cut up the parsley leaves. Fill a pan with 4 cups water, add the parsley stems and salt and pepper and bring to a boil. Add all the other ingredients, including parsley leaves, and let cook slowly for 7-8 minutes.

Remove from heat. Remove parsley stems and add salt and pepper to taste. Then add the creme fraiche and mix thoroughly. Just before serving whip in the 2 egg yolks. Serve hot on fine slices of 1- to 2-days-old rye bread (or toasted fresh ones). Serves 4.
Note: Creme fraiche is a slightly tart, nutty, thickened cream that's not pasteurized. If you can't find it at the grocery store, you can make it by adding 1 tablespoon of buttermilk to 1 cup of whipping cream. Mix the two ingredients in a container, cover, and allow the mixture to sit at room temperature overnight. Keep it in the refrigerator for up to 2 weeks, where it may thicken further.

If you don't have the time to make creme fraiche, you can substitute sour cream in this recipe.

PLAYING THE MARKET

(Story on page 10)

Looking for a farmers' market near you? Chances are good that one of these markets is in your area. All vendor fees indicate cost for one stall per season and include attending all days of market for those markets that meet more than once a week.

- **Davenport farmers' markets:** Mississippi Valley Growers' Association (Jane Weber, 563-332-5529); \$200. RiverCity Farmers Market (Lou Ann Cedillo, 563-299-3333, davenportfarmersmarket.com or riverscityfarmersmarket@yahoo.com); \$125. Davenport Freight House Farmers' Market (Ed Kraklio, 563-940-0634); cost TBA.
- **Dubuque farmers' market** (Chamber of Commerce, 563-588-4400); cost TBA.
- **East Moline, Milan or Trinity (Moline) farmers' markets** (Steve Krause, 309-944-7980, 309-936-7792 or trp@geneseo.net); \$75 for Milan or Moline, \$150 for East Moline. Additional \$20 association fee.
- **Fairfield farmers' market** (Chamber of Commerce, 641-472-2111); \$125.
- **Galena farmers' market** (Merla Carl, 815-777-1838); \$40.
- **Iowa City farmers' market** (Tammy Neumann, 319-356-5110); \$424.
- **Macomb farmers' market** (Ron and Marilyn Coons, 309-837-4855); \$5 or \$10 per stall per market (no season fee).

SERVING UP A STORY

(Story on page 18)

Here's another delicious recipe from Organic Valley that's perfect for an Earth Dinner feast.

Asparagus, Ramps and Baby Swiss Strata

1 pound asparagus	½ cup chopped ramp leaves or 1/3 cup chopped green onions
12 slices thick-sliced dried-out French bread	1 teaspoon salt
2 ¾ cups organic milk, divided	Freshly ground black pepper to taste
2 tablespoons organic butter, divided	8 ounces organic baby swiss cheese, shredded
4 (jumbo (or 5 large) organic eggs	

Trim and peel asparagus. Cut the spears on the diagonal into 3-inch pieces. Steam over boiling water 2 minutes, immerse in ice water and drain well. Soak bread in 2 cups of the milk until softened, about 15 minutes. Meanwhile, heat oven to 350 degrees. Generously butter a deep baking dish with 1 to 2 teaspoons butter. Gently press excess milk from bread into a bowl; beat in eggs, salt, pepper and remaining milk. Layer one-third of the bread in baking dish. Set aside several asparagus tips for the top layer, then scatter half the remaining asparagus over bread. Scatter half the ramps and half the cheese over asparagus. Repeat the layers, using half the remaining bread, all the asparagus (except reserved tips) and ramps, and half the cheese. Arrange remaining bread on top and scatter remaining cheese over it.

Pour egg mixture over all, lightly pressing it into the bread. Cut the remaining butter into bits and scatter it over the top of the strata. Bake until puffed and brown-tipped, about 40 minutes.

Garnish with reserved tips during final 15 minutes of baking. Serve immediately. Serves 8.

For more organic recipes, visit organicsvalley.coop.



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food for thought

I turned green

Choosing to be concerned is the first step

By Ashley Allen

Generally speaking, there are two types of environmentalists: those raised in such a manner, thus developing the motions as naturally as chewing bubble gum, and those who choose, at some point in their lives, to concern themselves with their planet. I am the latter. Journeying into the world of "green" initially may appear to be a daunting task, and one which requires much restriction and many hours to devote to browsing food labels, but the truth is that it needn't be. There are many ways to be an environmentalist without feeling enslaved.

Last summer was easily one of my greatest summers. My dad and I took bike riding slightly more seriously and frequented farmers' markets. Many hours were spent with friends alongside the Mississippi River or lying in grass, simply enjoying nature and each other's company. I learned to appreciate the natural beauty that the Earth has so kindly provided to us. Never did I litter or use an excessive number of napkins, but I never second-guessed those who did. Gradually, over the course of the season, however, I began to. It didn't make sense: Why dirty up such a beautiful planet that has done nothing but nourished us?

There's always a moment. You may be watching a documentary, reading a newspaper or snuggling into bed. It will blindside you, and suddenly you'll find yourself concerned. Last summer was one big moment for me, and it knocked me off my feet. I found myself not only wanting to become educated, but to educate others.

Summer ended, and the passion remained. (It always will.) Along with fall came school, and it surprised me that an environmental club didn't exist in one of the greatest sources of paper waste. I approached several teachers with questions and "Why don't we have a club already?" turned into "Why don't we create a club already?" After several months and exchanges of ideas with one of my teachers, Jennifer Mital, we had a vision. The school

district provided United Township High School with recycling bins, and our club, L.E.A.P. (The League for Environmental and Animal Protection), had its first meeting. I can't recall if the initial turnout reached double digits, but week after week we gain new members. Once a week, we go around the school and retrieve all of the paper from the recycling bins that now are found in every class.

One of the most discouraging aspects of being an environmentalist is the ignorance witnessed: the water bottles on the ground and the cigarette butts tossed out of windows. You may find yourself wondering, "What's the point of fighting for something that evidently nobody else cares about?" However, that does not need to be a source of discouragement. If anything, it should encourage you to raise awareness. Though you may feel alone in your discretion, you are not. Forming the club has taught me that.

You don't have to create a club to make a difference. There are many simple steps that can be taken that ultimately will lessen your impact on the planet. Becoming smart in regard to energy efficiency is an excellent way to reduce your carbon footprint and actually can save you money. Did you know that merely having an appliance plugged in, whether it is in use or not, draws electricity? Unplug your television. Idling your car for an extended length of time emits a great amount of unnecessary carbon into the atmosphere, and that's no good. Turn off your car. Gallons and gallons of water are wasted when showers run longer than required and when faucets are left running for no reason. Hurry it up in the shower and turn off the faucet while brushing your teeth. Begin with baby steps, and one day you'll find yourself making a great impact in a positive way.

Above all, don't allow others' indifference to alter or stifle your own beliefs. We, as human beings, never are above becoming aware. I am living proof of that.



Ashley Allen of East Moline, Ill., says she is "living proof" of the difference people can make when they choose to become part of the environmental solution. (Photo by Paul Colletti / Radish)

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