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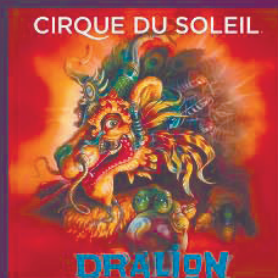
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from the editor



Photo by Paul Colletti / Radish

Does Earth Day matter? It's a question I found myself pondering last year as the holiday turned 40. Certainly the environmental challenges we face today are as pressing as when the holiday was first celebrated in 1970. And yet, even as Earth Day celebrations have grown, so too have practices that lead to environmental degradation. Globally, we have more cars on the road, more material put into landfills and greater loss of biodiversity than at any time in human history. Now entering its fifth decade, has the idea of one day to address all these issues grown a little more gray than green?

In many ways, Earth Day has come a long way since it was first conceived by Wisconsin senator Gaylord Nelson. Certainly there are more people participating. When Earth Day began it was strictly an American affair. Now every April 22, Earth Day celebrations ring the globe. The ways to participate in the holiday have grown, too. Look around and you'll find recycling drives, film festivals, group hikes, tree plantings and eco-arts events.

At the same time, for Earth Day to really have an impact, it has to transform from being a day in which we do something green to a day in which we celebrate the green things we do throughout the entire year. That's a challenge, but not without its rewards. Aren't the very best holidays the ones whose spirit we're inspired to carry forward through the year? Think of the difference between Christmas and Columbus Day. Practiced in this way, Earth Day becomes a hopeful holiday, one in which we celebrate the future of our planet made possible through our shared efforts.

At their heart, the best holidays really are simple. They involve doing things we could just as easily do any other day, but on the holiday we do them together with the people we love, and that makes all the difference. Viewed this way, Earth Day's chances seem good. It's not hard to sort through recycling or plant a tree, and doing so with others only makes it more enjoyable. The easiest way to make Earth Day really matter, it seems, is simply not to celebrate it alone.

This month in Radish you will find articles on green activities of every stripe, from suggestions on how to dispose of CFL bulbs safely to a roundup of green household tips you might have not yet tried. We also have interviews with local green business owners and ideas for new things to plant in the garden. Regardless of whether you choose to celebrate Earth Day on April 22 or all year through, we're sure you'll find something in the pages of Radish to inspire you.

— Sarah J. Gardner
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Radish
HEALTHY LIVING FROM THE GROUND UP

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Radish uses soy-based ink and recycled content in its newsprint and is 100 percent recyclable.

contributors



Kimberly Dickey is an independent sustainability consultant and designer to local, regional, national and global businesses. In her spare time she volunteers as president of the board of directors for Iowa Renewable Energy Association. She is a mother to two wonderful children with whom she shares interests in running, cycling, yoga, horseback riding, cooking and organic gardening. Kimberly makes her Radish debut this month writing about her Earth Day memories. You'll find her article on page 40.



Editor, writer and mother of two, **Leslie Klipsch** is a regular contributor to Radish. Leslie returned to Iowa a few years ago after living in Chicago for six years. She is thrilled to shop the area's farmers' markets and to have conversations with the people who grow her family's food. Learn what Leslie discovered about a new organic restaurant in Bettendorf on page 22.



Darcy Maulsby has written about food, agriculture and gardening for regional and national publications for more than 14 years. This Iowa State University journalism and business management graduate lives with her husband on an acreage near Lake City, Iowa. Visit Darcy online at darcymaulsby.com, and follow her on Facebook at facebook.com/darcy.maulsby. Read what Darcy learned about making the most of artisan cheeses on page 8.



Also making his Radish debut this month is **Hector Lareau**. Hector has recently reported for national publications such as Black Belt Magazine and Kung Fu-Tai Chi Magazine. His recent ghostwriting work includes extensive writing for print and video on emerging health-care topics. Hector's work has garnered awards from the Associated Press, United Press International, the National Press Photographers' Association and others. Read his article on disposing of CFL bulbs on page 14.



Jen Knights is a freelance writer and a senior writer/editor at The University of Iowa Foundation, and she serves on the board of directors at New Pioneer Food Co-op of Iowa City and Coralville, Iowa. Her work has been published in The Chicago Sun-Times, Iowa Alumni magazine and various publications for The University of Iowa, at the Chicago Botanic Garden, and in Catalyst, the New Pioneer newsletter. She lives in Iowa City with her husband, two children, and four agreeable cats. You can find her article on new herbs to try in the garden on page 30.

Also appearing in Radish this month are contributors **Laura Anderson** ("Better tresses," page 24); **Sharon Wren** ("Choose your roost," page 16, "The next green idea," page 10 and "Label lingo," page 28); **Chris Green** ("Camera in hand," page 12); and **Sarah Ford** ("Learn your options" page 32).

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Iowa Renewable Energy Symposium & EXPO



April 28th-May 1st
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Schedule of Events

EXPO Saturday April 30th & Sunday May 1st

9AM – 5PM Open to the Public

Exhibitors – Demonstration – Speakers – Workshops

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Sustainable Living	And more.....

Thursday, April 28th 8PM Sustainability Concert
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MASON JENNINGS will perform for free in the IMU Main Lounge with special guest Chasing Shade. This concert is brought to you by The Office of Sustainability, Engineers for a Sustainable World, University of Iowa Environmental Coalition, UISG and I-Renew. **This show is free and open to the public and will be first come, first served.**

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the grapevine

From our readers

"After being in the hospital and rehab for two-and-a-half months, I was sitting in my chair thanking God I was in my own home after this long period of time. My husband came in and was smiling by holding something behind his back. Then he showed me a copy of your magazine, Radish. I was so happy. Usually, I will quickly scan a magazine to see what is being 'offered' to me. Instead, I found myself reading each article before going on to the next one. Thank you, Radish, for making my homecoming even more wonderful!"

— *Jeanette Lalor, Iowa City, IA*

"Thank you so very much for a fabulous magazine. I look forward to picking up my issue every month."

— *Jessica Holst, Eldridge, IA*

Mother's milk (Feb. 2011): "What a great story! I am so glad to hear another mom help another mom and her baby get breast milk. It is important and worth it! I hope others will see this as an option for them. And it is true that 'Even a couple of bags a week can help.' ... I am just so grateful to the moms who helped me and my baby!"

— *Kim Ann, Moline, IL*



We love to meet our readers! Radish representatives will be at the following events, where you can say hello, pick up an extra copy, and tell us about articles you'd love to see in future issues.

• Community Supported

Agriculture (CSA) Fair, 9 a.m. to 1 p.m. Saturday, April 2, at the

Davenport Freight House Farmers' Market, 421 W. River Drive, Davenport. Read more about this event on page 32.

• **"Why Eco-Literate Students Will Lead the 21st Century,"** a presentation by Julian Keniry, senior director of the National Wildlife Federation and featured speaker of the Western Illinois University Environmental Summit, 7 p.m. Tuesday, April 5, at the Figge Art Museum, 225 W. 2nd St., Davenport.

• **Earth Week Fair**, 10 a.m. to 4 p.m., Saturday, April 16, at the QCCA Expo Center, 2621 4th Ave., Rock Island. Read about a talk at the fair on page 28.

• **The 2011 Symposium & Exposition: Bright Green Business**, hosted by the Iowa Renewable Energy Association, 9 a.m. to 5 p.m. Saturday, April 30, at the Iowa Memorial Union, 125 N. Madison St., Iowa City. Read more about this event on page 40.

Photos wanted!

If the article on nature photography, page 12, awakens your inner shutterbug, why not share your photos with Radish? It's easy. E-mail your best shots to radishflickr@qconline.com, or upload the photos to your Facebook account, then tag Radish in the pictures. It's a chance to share your eye for nature with other readers and maybe even have your photo selected to run in a future issue of Radish.

healthy living from the ground up

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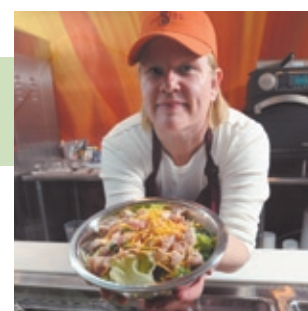
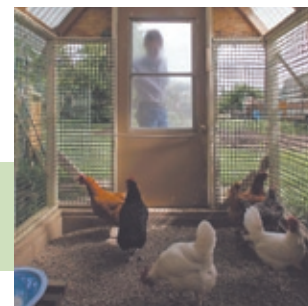
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healthy living

Hit the road!

Green vacation destinations are a short trip away

By Sarah J. Gardner

Summer vacation may yet be a few more months down the road, but it's not too early to start planning a trip. For travelers interested in some earth-friendly R&R, the Midwest has many opportunities to unwind without unduly taxing the planet. Curious as to just what a Midwestern eco-vacation might entail, we picked up the phone and called a few green destinations, all within one tank of gas of Radishland. Here's what we found out.

Fern Hollow Cabin



The second floor of Fern Hollow Cabin. (Submitted)

Decorah, Iowa. A log cabin that's off the grid. Breakfast made of organic and locally-grown foods delivered right to your door. Opportunities to press cider, boil maple syrup or preserve garden produce. Sound like heaven? For ecologically-minded vacationers, it just might be.

A stay at Fern Hollow Cabin is a chance to reconnect with the natural world while minimizing your own environmental impact. Green features of the property include solar electricity, rainwater collection and heat from locally harvested firewood. Even the cabin itself could be viewed as a conservation project. More than 150 years old, the structure was going to be demolished to enlarge a corn field.

The current owners disassembled the timbers, moved them 12 miles north, and carefully reassembled the cabin at its present location.

Although not for everyone (there is no hot running water at the cabin, so a stay means heating your own water prior to use), Liz Rog, who owns the cabin with her husband Daniel Rotto, says thanks to their website, "People who call us already know this is the place they are looking for!" The property's proximity to other ecological attractions in Decorah — Seed Savers Exchange and the Pepperfield Project, to name two — mean when it's time to venture out, there is plenty to see and do.

Cost: \$100 per night or \$525 per week, with an extra \$15 per night fee in winter to cover the cost of firewood heating the cabin. Call (563) 382-8013 or visit fernhollowcabin.com.

Moonstone Farm

Montevideo, Minn. Owned by Richard Handeen and Audrey Arner, Moonstone Farm is just that — a working farm specializing in grass-finished beef. It became a getaway destination almost by accident. Customers interested in the sustainability practices embraced by the farm started expressing a desire to stay there. They wanted to experience for themselves a connection to the place and people raising their food. Now, others can stay there, too.

Not only is the farm itself rich in history (the original homesteader was Handeen's great-grandfather), you might say the guest quarters are as well: the "Broodio" where guests stay was originally a chicken coop, later converted into an artist's studio, and now serves as a one-room guest cottage.

Although most visitors to Moonstone come to relax in a quiet, remote location, some are interested in participating in the farm activities. Richard and Audrey are happy to accommodate both. Guests can lend a hand in the garden or help move the cattle to the next paddock. Or they can simply canoe on a small pond on the property, lounge on the little beach and enjoy the local eats — eggs, jams and bread made from locally milled flour.

Cost: \$80 per night. Call (320) 269-8971 or visit prairiefare.com/moonstone.



The 'Broodio' guest house. (Submitted)

Greenhouse B+B

Kempton, Ill. When Mark and Guia Hoffman first considered converting their home into a bed and breakfast, they were a little unsure. The Hoffmans had a vision of putting their interest in sustainable living into practice hosting travelers, but there was a question of their location. "Who was going to want to stay in the middle of a corn field?" chuckles Guia. Lots of people, as it turns out.

The Hoffmans are hardly greenhorns when it comes to green living. They helped found the Center for Sustainable Community in nearby Stelle, Ill., and

have conducted workshops on beekeeping and permaculture on their own property. One of the impetuses to start the bed and breakfast, in fact, was to have a place for visitors to stay who came to attend CSC seminars.

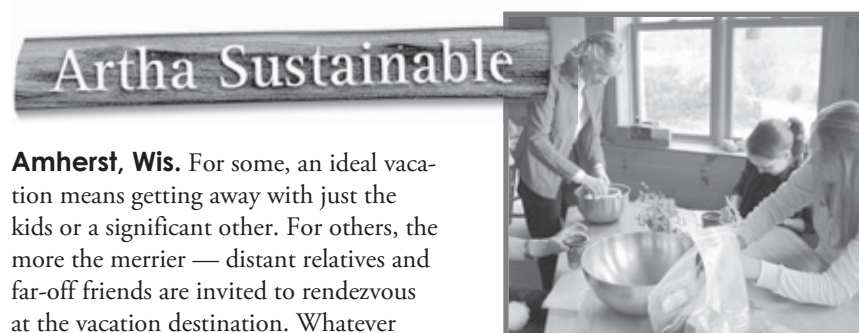
Now, their ecologically-minded lifestyle has grown into a business model. The Hoffmans keep the bed and breakfast tidy using green cleaning products and stock the bathrooms with earth-friendly soaps and shampoos. Linens made from sustainable fabrics cover the beds and are regularly line-dried, letting the country sunshine do the work instead of an energy-guzzling dryer. Guests dine on eggs from the Hoffman's poultry flock, fruits from their organic orchard and honey from their beehives.

As to what guests won't find at Greenhouse, the website lists city lights, street sounds, shopping malls and traffic. This may explain why the bed and breakfast is particularly popular with "people who come down from the city," says Guia.

Cost: \$55 per night for single occupancy, \$75 per night for double, \$135 per night for the attic room. Call (815) 253-9020 or visit greenhousebed.com.



Greenhouse guests pressing cider. (Submitted)



Artha Sustainable
Amherst, Wis. For some, an ideal vacation means getting away with just the kids or a significant other. For others, the more the merrier — distant relatives and far-off friends are invited to rendezvous at the vacation destination. Whatever your preference may be, you don't have to compromise doing so greenly. The Artha Sustainable Living Center has the space to accommodate guests individually or in groups of up to nine people.

Situated on 90 acres, most of them wooded, the Center affords guests many opportunities for hiking, biking, cross-country skiing and snowshoeing. A barn retrofitted as a straw-bale structure houses a yoga studio in which guests can take private lessons, receive a massage or have a reiki session. Workshops are also offered throughout the year in making herbal products, practicing yoga and meditation, and even training in renewable energy.

The facilities are solar powered and make use of renewable energies to heat the buildings and water supply. Guests need not worry about having to do without their TV and stereo, says owner Bob Ramlow. Having worked with solar energy systems for more than 30 years, Ramlow has figured out how to make smart use of renewable energy without sacrificing creature comforts. "We're totally modern even though we're totally green," he says.

Cost: \$65, \$80 or \$90 per night, depending on the room, or \$210 per night to rent all three. Call (715) 824-3463 or visit arthaonline.com.

To read profiles of other eco-destinations we contacted, visit radishmagazine.com.

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healthy living

1, 2, 3 cheese

How to make the most of the markets' artisan cheeses

By Darcy Maulsby

Handcrafted artisan cheeses are a world apart from the mass-produced cheeses found in the chain supermarkets, and more people are discovering the delights of these delicacies.

"Cheese can offer a great food experience as well as a taste of the Midwest," said Rufus Musser, who produces award-winning, traditional cheeses at the Milton Creamery in Milton, Iowa.

The number of new cheeses being offered by artisanal cheesemakers like Musser continues to grow, thanks to market demand. The flavors and textures of their creations vary by the type of milk used to make the cheese, as well as the techniques employed by the cheesemaker. For people who are new to the world of artisan cheese, however, these choices can seem confusing and perhaps a bit overwhelming.

"I encourage people to have a sense of adventure and be willing to try new cheeses," said Chef Gordon Rader, program director and lead culinary instructor at Indian Hills Community College in Ottumwa, Iowa. "Don't feel intimidated just because something has a fancy name."

Shops like New Pioneer Food Co-op in Iowa City offer a convenient way to explore a vast array of artisan and specialty cheeses, Rader added. More importantly, they offer expertise from knowledgeable cheese mongers who are readily available to answer questions. Musser also encourages cheese novices to visit cheese shops with a friend, especially one who has a more experienced palate when it comes to specialty cheeses. "Sampling the options that are available, being open minded, asking questions and learning all you can will help you expand your comfort zone and acquire a taste for different cheeses."

Cheeses offer four basic flavor profiles: sweet, salty, bitter and creamy. Start at the mild end of the spectrum when trying new options, said Rader, who has been cooking professionally for 32 years. Domestic goat cheeses and aged Gouda can offer a nice introduction, while middle-flavored blue cheeses



Vegetables served with Prairie Rose cheese from Milton Creamery in a fondue. (Photo by Paul Colletti / Radish)

can offer an excellent choice when you're ready to go to the next level.

Local artisan cheeses can also offer unique twist on familiar varieties. The Milton Creamery's acclaimed Prairie Breeze, for example, is sweeter than the average cheddar, with a pleasant tang. This best-selling variety, which is created exclusively with milk from small Amish farms, won a gold medal in November of 2010 at the prestigious World Cheese Awards in London, England. "The United States has gained a lot of ground in recent years with specialty cheeses, and there's a lot of potential here," said Musser, who noted that his customers are always looking for new ideas for serving and cooking with cheeses.

Explore your culinary options

A great artisan cheese doesn't take much to make it shine, agreed Musser and Rader, who offer the following tips to get started:

- **Use the freshest ingredients.** Don't buy more cheese than you need at one time, and consume it in a timely manner, said Musser, who advises customers to use cheese within 10 days to two weeks for best results. Wrap the cheese in wax paper, which allows the cheese to "breathe." Place the cheese in a plastic storage box whose lid isn't snapped on tightly, said Rader, who advises against storing cheese in plastic bags, since the product will mold faster. Keep cheese in the crisper area of the refrigerator.

• **Timing is everything.**

When designing a menu, consider when you want to serve cheese. If served with cocktails before dinner, cheeses can be filling, so offer them in limited quantities. As an alternative, serving cheese after the main course, prior to or in place of dessert, can add an elegant touch to casual dinners.

• **Focus on flavor.**

Remove cheese from the refrigerator about 30 to 60 minutes prior to serving. "Cold really mutes the flavor of cheese, and bringing it to room temperature allows the flavor and aroma to develop," said Rader, who added that room-temperature cheese also offers a more desirable, pliable texture.

• **Turn a treat into a meal.** While cheese with crackers or seasonal fresh fruit

(think cheddar with apples or pears with blue cheese) can offer an excellent snack, you can easily expand this into a meal by adding a few more options. Crusty, rustic sourdough breads or hearty, specialty multi-grain breads offer the perfect backdrop for creamy, soft cheeses. Olives naturally complement cheese made from sheep or goat milk. Thin slices of prosciutto, Serrano ham and sweet or spicy cured sausages work especially with aged cheeses like Pecorino. Also, don't forget to experiment with dried fruits like raisins, figs, dates and any number dried berries when serving artisan cheeses.

• **Enhance your salad.** Grate a generous amount of cheese to round out a mixture of salad greens drizzled with your favorite dressing. For more flavor, grate a bit of orange zest over each plate just before serving.

• **Pay attention to size.** If you're mixing cheese into a dish like homemade macaroni and cheese, the size of the cheese chunks matters. "You want the pieces small enough and consistent enough in size that they melt easily and incorporate nicely into the food," Rader said. "Don't add a big chunk of cheese and expect it to melt quickly."

Realize, also, that some cheeses don't lend themselves well to cheese-based sauces and cheese soups, because they tend to get stringy during the cooking process, added Musser. "If you're making a cheese sauce, add the cheese late in the cooking process, and lightly stir it in for best results," said Musser, who advises home cooks to work with a good cheese monger to select the right types of cheese for the kind of foods they want to prepare.

Above all, be willing to try new options in the exciting world of specialty cheeses, Rader said. "There are so many great Midwestern farms producing incredible artisanal cheeses and foods, and there are many unique flavor profiles to explore."

For ideas on putting together a cheese platter, turn to Resources, page 38.



Wheels of cheese in the aging room at Milton Creamery. (Submitted)

'Cold really mutes the flavor of cheese, and bringing it to room temperature allows the flavor to develop.'

HyVee

Get Keen on Whole Grains!

Quinoa (Keen-wah) is a unique alternative for those seeking variety in a diet rich in whole grains. As a complete protein, it is rich in a variety of nutrients including fiber, folate, iron, and phytochemicals.

Greek-Inspired Quinoa Salad Recipe

Adapted from Taste of Home Healthy Cooking Magazine

Serves: 10

All you need:

- 1 cup uncooked quinoa
- 1 pkg (10 oz) frozen chopped spinach, thawed and squeezed dry
- 1½ cups (6 oz) crumbled feta cheese
- 1 cup grape tomatoes
- ¾ cup canned black beans, rinsed and drained
- ½ cup chopped seeded peeled cucumber
- ½ cup sliced pepperoncinis
- ½ cup Greek olives, pitted and halved
- ¾ cup reduced-fat Greek or Italian salad dressing, divided



All you do:

Prepare quinoa according to package directions. In a large bowl, combine all ingredients. Pour ½ cup dressing over quinoa mixture and toss to coat. Cover and refrigerate for at least 1 hour. Just before serving, drizzle remaining dressing over salad; toss to coat.

Nutrition Facts per ¾ cup serving: 184 calories, 8 g fat, 2 g saturated fat, 9 mg cholesterol, 472 mg sodium, 19 g carbohydrate, 4 g fiber, 7 g protein



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healthy living

The next green idea

Many small changes can make a mighty difference

By Sharon Wren

My green life started back in the late 1970s, when the leaders of my 4-H club (including my mom) drove us around on country roads, picking up aluminum cans that we recycled to pay for field trips. We never thought about saving the environment at the time, but it made me hesitate to throw away cans, even years later. Back when airport security was more lax, I even hauled pop cans home in my luggage because a hotel I stayed at didn't have recycling facilities. These days I compost and recycle everything I can, drive a fuel-efficient car, garden, use canvas bags at the store, and cook with my solar oven on sunny days, but I'm always looking for new ways to be eco-friendly.

Jodi Helmer, author of "The Green Year," sees herself in a similar position. She too has been making small changes in her life over the years but sees room for improvement. "I started carrying canvas bags and shopping at farmers' markets when I was still in

college. Over time, I have slowly started embracing other green behaviors like installing low-flow showerheads, preserving produce and buying organic beauty products. There is still more I could (and want to) do: hanging clothes outside to dry, composting and planting a big vegetable garden. Until I have a backyard and no homeowners association, those things will have to wait. I feel really good about the changes I've made because I know these small things do help the environment," says Helmer.

Many people who aren't already living green seem to take an all-or-nothing stance: "If I can't live totally off the grid, I'm not even going to try." Such beliefs can be deeply disempowering, leading to a kind of household paralysis. That attitude was part of Helmer's motivation to write "The Green Year." "You don't have to do everything but it's important to do something," Helmer explained. "Switch to organic beauty products, wash your clothes in cold water, sign up for paperless bank and credit card statements ...



Sharon Wren is an avid recycler always on the lookout for more to do. (Photo by John Greenwood / Radish)



Next steps

Are you already using CFL light bulbs and canvas tote bags? Here are 10 tips from the "Green Year" that you might not have tried yet.

1 Ask for eco-staples at the office supply store instead of metal ones. In the U.S., more than 640,000 metric tons of staples are produced every year and most of them end up in the trash. The heavy metals used during manufacturing can contaminate soil and groundwater.

2 Scrape dirty dishes before putting them in the dishwasher. Scraping instead of rinsing saves 10 gallons of water; if every U.S. household did that for just one night, it would save more than 1 billion gallons of water.

3 An iron uses as much energy as 10 100-watt lightbulbs. Try removing clothes from the dryer immediately or hanging clothes in the bathroom while you shower to remove wrinkles.

4 Clean out the trunk. Driving around with an extra 100 pounds in the trunk can reduce your car's fuel efficiency by up to 2 percent.

5 Try washing your car at a commercial car wash instead of at home. It's estimated that washing your car at home uses between 80 and 140 gallons of water, while a commercial wash uses about 45 gallons and most have wastewater management systems in place.

there are plenty of things you can do even if your parents, landlord, co-worker or significant other aren't supportive and your bank account is depleted."

Sometimes people just don't know where to start, so they don't try. "There is no right place to start," says Helmer. "I'd suggest figuring out what's most important to you. Is it reducing waste? Saving energy? Eating more sustainably? Pick one thing that you're passionate about and think of ways you can make a difference." In other words, every little bit helps.

As someone looking for a little bit more to do, the thing I enjoyed most about "The Green Year" is that it didn't have the same old tips you see everywhere else. "There are a lot of quirky but important tips in the book," says Helmer. "For example, the entry on Jan. 26 says, 'Tighten your gas cap. If your gas cap is too loose, fuel will evaporate from the gas tank. In the U.S., 147 million gallons of gas evaporate every year from cars with gas caps that are damaged, loose or missing. Make sure your gas cap is tight by turning it until it clicks three times.' " At roughly \$3 per gallon of gas, that's \$441 million literally disappearing into thin air every year.

One of my favorite entries is dated Nov. 21, "Send a text message instead of an e-mail." According to Helmer, texts use 30 times less energy than e-mailing from a computer. She also notes that changing the default margins on your documents to 0.75 inches from the standard 1.25 inches reduces the amount of paper you use by almost 5 percent. She says if everyone in the U.S. made the change, we'd save \$400 million and a forest the size of Rhode Island.

It's great if you have the means to live a totally green life, but most of us can't, either because of costs or reluctant family members. That's why you start small, with the easy stuff. "My favorite tips are the ones that are talked about most often," says Helmer. "Take canvas bags to the supermarket, install CFLs, shop for organic produce, recycle. The reason we hear them all the time is because they work." That's why I wash clothes in cold water most of the time. I set the washer water on "cold," leave it there and I save over \$100 a year in energy costs. Easy to do, easy to stick with, easy to find extra cash in our budget. Nice.

6 Have your computer go into sleep mode instead of turning on the screen saver. A screen saver uses 100 watts of power, while sleep mode uses just 10 watts.

7 Order ice cream in a cone. Unlike plastic dishes, which have to be thrown away, cones are the ultimate no-waste snack.

8 Dryer lint is great for birds who are building nests. Tossing it on your lawn for birds to use keeps it out of the landfill.

9 Use powdered laundry soap. Almost 80 percent of liquid laundry soap is water, which is costly to transport and needlessly wasteful. If 20,000 households switched to powder, it would save 55,000 gallons of water per year.

10 Instead of throwing out or recycling old newspapers, call a local animal shelter to see if they need them for bedding. They may be able to take old towels too.



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June 18 The Natural Gait Open House

June 23-26 Doc Hammill Driving Clinic

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outdoors

Camera in hand

Tips on nature photography from a seasoned shutterbug


By Chris Greene


For veteran photographer Julie Malake, pursuing nature photography is less about the final product and more about the process — not just the technical process but the experience. “Photography has taught me to live a grateful life — enjoy it and pay attention. Life is too short, so you should see it now,” Malake says.


It’s this presence in the moment that guides her photography. Malake recently released a book of photographs taken in Davenport’s Nahant Marsh, which features everything from breathtaking nature landscapes to fine floral detail. Over the years, she has learned a lot about both the technical aspects of photography as well as the more emotional facets. In some ways, the two are married.


“To get a good shot, you usually have to take lots of pictures. To get good nature photos, you have to learn to be still and patient. Sometimes you lose the perfect shot because you will frighten an animal if you move your camera. It’s at that moment that you have to learn to enjoy what you are seeing and hope you get the shot next time,” she says.

What does it take to capture soul-stirring scenery with a camera? Malake offers some tips:

 **Be prepared:** “Scope out your site first and figure out where the light is good. Think about what you wear. Bright colors may signify danger and scare animals away. Stick with earth tones. Know animals still see motion. Become a part of the setting, and let the animals get comfortable doing whatever it is they do. Remember, sometimes they will show up and sometimes they won’t.”

 **Pay attention to exposure:** “Exposure is the amount of light allowed to enter the camera and is a combination of shutter speed and aperture size. The faster the shutter speed, the shorter the time the shutter is open to admit light into the sensor. Higher speeds stop action, lower speeds can blur motion. Slower than $\frac{1}{40}$ or $\frac{1}{50}$ seconds will usually blur when (the camera is) handheld. Aperture is the size of the opening that admits light when the shutter is open. Aperture has a direct effect on depth of field. The smaller the aperture (which perversely is labeled with a bigger number), the greater the depth of field will be. The larger the aperture (smaller numbers), the more shallow the depth of field.”


 **Know your equipment:** “Whether your camera is simple or expensive, today’s cameras are smart. Learn your camera’s functions. Go play with it awhile. Read the book that came with it. Play with it some more.”


 **Make adjustments:** “By moving yourself a little bit, you can change a photo immensely. Think about the guy who looks like he has a pole



Grazing bison in South Dakota. (Photo by Julie Malake / © blueskyimagery2010)

coming out of his head in a photo. Be conscious of what you see, set up your photo, move if you have to.”

 **Set up your photo:** “Pick your point of interest and set up your photo around it. Be aware of your foreground, middle ground and distance. Use the rule of thirds — you can put your subject dead center of your photograph, but it’s better to put them in the intersection of a third. It gives motion and perspective”

 **Be the artist:** “As smart as cameras are, you are the artist. The camera doesn’t see like the brain. The brain effortlessly adjusts the information received by the retina so a background sky lit by sunset and a foreground full of flowers lit only by the purple light of evening both appear correctly. The camera is much more sensitive to light and will try to bring the picture to gray. You may need to compensate so that some images aren’t burned out or completely dark.”

“The main point of successful nature photography would be to know your equipment, be inconspicuous, and be prepared when a thing of beauty flees in front of you,” says Malake. “Paying attention to everything in the field of view, consciously choosing what to include and exclude, teaches you to really notice what is there. This a bonus-added sort of benefit.”

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environment

Lights out

How to dispose of CFL bulbs after they are done

By Hector Lareau

By now we all know how many environmentalists it takes to change a lightbulb: One to screw in the new compact fluorescent bulb, and one to take the old CFL to a hazardous materials facility.

Those curlicue bulbs have been around long enough that some are starting to burn out. And they don't belong in the landfill. "I know just from talking to people that we need to get the word out," says Erin Robinson Vorac, communication coordinator for the Waste Commission of Scott County. "People say, 'Oh, I'm not supposed to throw those away?'"

Even so, many consumers appear to be keeping their dim bulbs out of the trash. "We did a waste-sort last year where we actually ripped open garbage bags to see what people are throwing away. I saw incandescent bulbs (which are safe to landfill), but I didn't see any CFLs," says Vorac.

Rod Kuenster, landfill operator for the Iowa City Landfill and Recycling Center says CFLs don't belong in the trash because hazardous mercury vapor is in the part that lights up. "One by one, they're not going to hurt you," Kuenster says. "But we dispose of 8,000 a year. Obviously 8,000 bulbs' worth of mercury is a lot in the groundwater."

"Mercury vapor is not good for anybody. The good thing is that the CFLs have 90 percent less mercury than the old fluorescent tubes," says Chuck Goddard, administrator of the Dubuque Metropolitan Area Solid Waste Agency. Vorac

sounds a similar note: "There's an average of 5 milligrams of mercury in a CFL — that's 1/100th of the amount in an old-style fever thermometer. The issue is that there's so many of them on the market."

Each of the region's main solid-waste agencies accepts dead bulbs at its waste facility, most without an appointment. "But we've been working on other options because we know that isn't the most convenient," says Vorac. "The most convenient thing is taking it back to where you bought it. You have to go buy another bulb anyway."

All of the Lowe's and Home Depot locations contacted for this story have prominently placed bulb-return facilities. In Johnson County, efforts are underway to place tubs in public buildings and perhaps in grocery stores by next summer.

The solid waste agency websites and other sites like Earth911.com provide details for specific take-back locations.

But with all this taking back and recycling, do CFLs offer any real benefits over incandescent bulbs? My own experience with CFLs has demonstrated much longer life. The bulbs over my kitchen table burned out with exasperating regularity before CFLs. After the switch, we have gone from one or two light-bulb jokes a month to only three or four a year.

And they use a lot less energy, says Goddard, even with the recycling: "Your carbon footprint is so much less." Keith Krambeck, special waste manager for Waste Commission of Scott County, agrees: "The CFL is still an energy-saver over incandescent bulbs."



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Mercury Rising and Falling

Keith Krambeck, special waste manager for Waste Commission of Scott County, says that CFLs can fail in two ways. Neither involves any release of mercury. First, the transformer in the base can fail, and then you might see or smell smoke. Or the element within the glass part can fail, usually leaving part of the bulb darkened.

Of course the third way a CFL can fail is when the bulb breaks. There's no need to call the hazmat squad, but it is a good idea to hit the Web

(epa.gov/cfl/cflcleanup.html) for clean-up guidance. Ventilation and using sticky tape to clean up the bits are the key procedures.

"Incandescent bulbs have gone the way of the 8-track," says Chuck Goddard, administrator of the Dubuque Metropolitan Area Solid Waste Agency. They will be essentially outlawed in 2012. By then, landfillable and even more efficient LED bulbs will be widely available and good enough that, "CFLs will probably be gone in 10 years or so."

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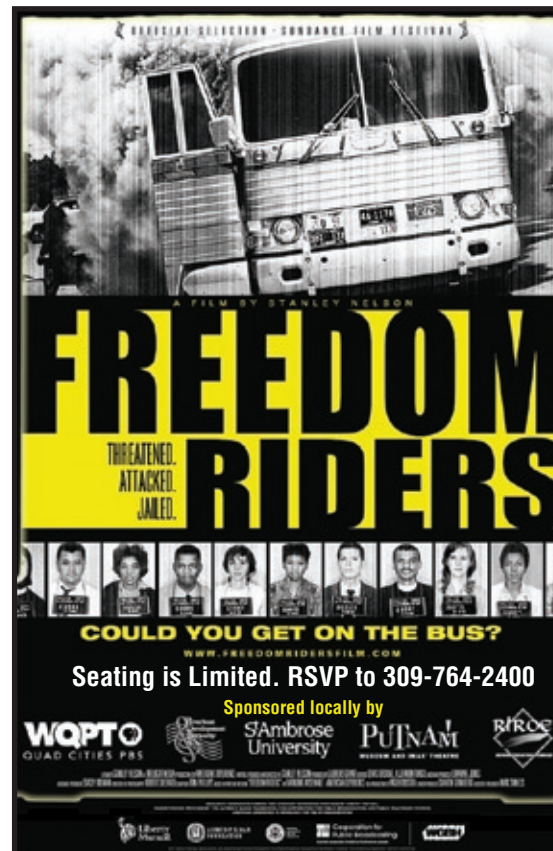
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Choose your roost

Helpful tips on chicken coops for would-be owners

By Sharon Wren

If you've thought about raising chickens, you know the first hurdle to cross, other than a reluctant spouse or city regulations, is where to put them. As interest in keeping small flocks of chickens grows, so do the options in coop design.

With prices ranging from around \$100 for a small coop that holds a hen or two to thousands of dollars for deluxe ones that hold dozens of chickens or can be pulled behind a truck, coop options abound. Some look utilitarian, while others look like a barn or a child's playhouse. One coop that gets repeated mention in chicken circles is the Eglu from Omlet (omlet.us). It looks something like a large dog crate with an attached "run" (an enclosed yard where they can stretch their legs) made of steel-weld mesh. The website says it can hold three medium chickens comfortably and comes with a nesting area, plastic roosting bars and food and drink containers.

If you would rather not spend a lot of money or you're a DIY kind of person, you can always build your own coop. You don't need an A in shop class to do so, says Gail Damerow, author of "The Backyard Homestead Guide to Raising Farm Animals," but it helps to have a little experience. The decision to build or buy depends on your budget and your skills. "Some (homemade coops) are better. Some are worse. It depends on the skill of the builder versus the quality of the prefab," says Damerow.

"To provide proper housing requires knowing the basics of construction. If you have the tools and know how to use them, you should be okay," explains Damerow. "Lots of different how-to plans are available on the Internet. If you have to go out and buy the tools and learn how to use them, you'll probably get a better deal buying a prefabricated coop. Some really nice ones are available from various sources."

Constructing a coop doesn't have to be a huge undertaking, but plans need to be carefully thought out first. If cost is an issue, keep in mind many of the necessary materials can be recycled from other projects. "I'm sure someone who is creative could build a coop entirely from repurposed materials," says Damerow. "The first coop we built on our present farm was made from forms previously used for pouring concrete. It had many disadvantages but served us nicely until we got around to building a proper coop."

Don't feel like your coop needs to look exactly like the ones in the catalogs, either. Damerow says these days they come in all shapes and sizes. "The Eglu looks strange and impractical. The nicest coop I ever saw was a repurposed guest cottage. It was an octagonal two-story building with a cupola."

Ultimately, Damerow urges builders to throw a handful of common sense into the plans. "Take your time designing it and choosing a location for it, and make it half again as big as you think you need."



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Top 5 mistakes to avoid

Inspired to build a coop? Damerow lists the top five mistakes that first-time builders will want to avoid:

- ▶ **Making the coop too small.** Nearly everyone who builds a coop for the first time wishes they had made it bigger. It might look big until you add the roosts, nests, feeder, waterer, and dust bath — and suddenly there's no room left for the chickens.
- ▶ **Making the roof/ceiling too low.** You don't want to bang your head when you work inside. Take into consideration the maximum depth of the bedding, which will bring your head closer to the ceiling/roof beams.
- ▶ **Situating the coop where drainage is poor.** Ideally the coop should be at the top of a hill, and the chicken access door (pop hole) should not be on the north side where the immediate yard is always in the shade and therefore never benefits from sunshine.
- ▶ **Making the coop too drafty.** In cold weather, the drafty breeze removes heat from around the chickens and can lead to frostbite.
- ▶ **Making the coop too tight.** A coop that is not well ventilated gets too stuffy and humid to be healthful. You can tell you have a problem if moisture accumulates on the insides of the windows.

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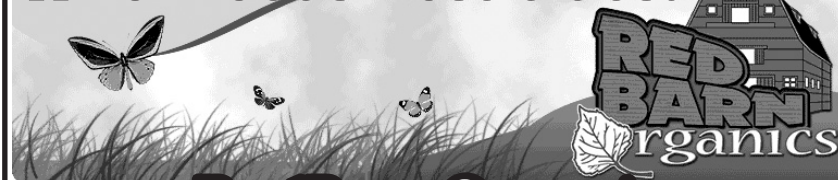
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food

Take the cake

Tried and true recipes for any spring brunch

By Radish staff

Although cupcakes have dominated the dessert scene for the last few years, there is still something nice about serving a single cake at the end of the meal: one confection that everyone shares together, slice by slice. Here are two of our favorite cake recipes to serve at a spring brunch (a bonus cheesecake recipe can be found at radishmagazine.com).

Mama's Strawberry Cake (right)

By Laura Fraembs

This is a yummy cake recipe that even beginner cooks can handle. The gluten-free variation starts with a boxed cake mix to make things easier, but adds some extra ingredients. The end result is very strawberry-y! (Note: you definitely need to follow the instructions about keeping the cake chilled — until you devour it, that is!)

Cake:

1 package (18 ounces) gluten-free vanilla cake mix
4 tablespoons tapioca flour
1 package (16 ounces) frozen strawberries, divided in half and thawed
4 eggs
½ cup vegetable oil
¾ cup water
1 package (3 ounces) strawberry gelatin dessert

Icing:

Half of frozen strawberries reserved from cake
4 to 5 cups confectioners' sugar, depending on desired consistency

½ cup butter

Combine cake ingredients in a large mixing bowl and beat 4 minutes on medium speed. Pour batter into two well-greased 9-inch layer cake pans or into a 13-inch-by-9-inch-by-2-inch pan. Bake at 350 degrees for 30-35 minutes or until cake tests done. Cool in pans for 10 minutes; remove cake to wire rack and cool completely. Combine icing ingredients and mix until smooth and fluffy. Frost cool cake with the icing. Serve and store chilled.

Adapted from "A Taste of the Country, Third Edition." Submitted by Diane O'Neal of Concord, Calif.



Photos by Paul Colletti / Radish

Rustic Lemon Cake (top-right)

By Sarah J. Gardner

One of the things I love about this cake is the way it makes use of some unexpected ingredients, including heart-healthy olive oil instead of butter or shortening. I also appreciate that it is so simple it frees me to give attention to other parts of the meal — or the friends sharing my kitchen.

½ cup olive oil
2 large eggs
1 cup plus 1 tablespoon granulated sugar
½ cup white wine
1¼ cups all-purpose flour
½ cup cornflour (finely ground corn meal)
2 teaspoons baking powder
1 teaspoon salt
Zest of 1 lemon
Sliced fruit and/or fresh berries
Juice of 1 lemon or ¼ cup citrus liqueur (optional)

Preheat oven to 375 degrees. Grease the sides and bottom of an 8-inch round cake pan. In a large bowl, beat oil, eggs, 1 cup sugar, and wine until smooth. Add flour, cornflour, baking powder, salt and lemon zest; stir to combine.

Pour batter into prepared pan. Bake until cake begins to pull away from sides of pan and a tester inserted in center comes out clean, 35 to 40 minutes.

Meanwhile, combine fruit and/or berries with 1 tablespoon sugar and lemon juice or citrus liqueur. Gently stir to combine, then allow the mixture to macerate in the refrigerator until ready to serve cake.

Remove cake from oven and cool in pan 20 minutes. Run a knife around edge of cake. Invert cake gently onto a plate, then reinvert cake onto a rack to cool completely. Serve topped with the macerated fruit, if desired.

Adapted from Everyday Food.

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John's Gospel 11:25-26

healthy living

Upcycled eggs

Two easy ways to dye eggs using discarded items

By Sarah J. Gardner

I confess, I love to dye eggs. It's a true bit of kitchen magic, taking ordinary, everyday items and transforming them into objects of delight for the young and old alike. Here are two projects that allow you to make use of materials that might otherwise get thrown away, resulting in colorful eggs with a lot of visual appeal. The only hard part may be bringing yourself to crack them open.

Scrap-dyed eggs

In the weeks leading up to egg-dyeing, this project is an excuse to indulge in another favorite pastime of mine: thrift shopping. To gather your materials, peruse secondhand stores in search of old silk shirts and ties. In my experience, the uglier, the better. While there, also grab a white cotton T-shirt or plan to use a worn-out kitchen towel for the other fabric you'll need.

Once you've gotten your materials, cut both the silk and the cotton into pieces roughly four-inches square. The exact shape and size doesn't actually matter — what you want is a piece of cloth roughly big enough to cover an egg. Any gaps in the coverage will add to the pattern that appears on the egg, so don't sweat it if your scraps aren't perfect.

With your small, squarish pieces of fabric in hand, you are ready to assemble your eggs. Place a square of silk with the bright or slick side facing up on top of a square of cotton. Place an egg on top of that, then gather up the corners of all the cloth and secure with a twist tight. The silk will most likely not lay flat against the egg in some places; this is okay. Just be sure each bundle is secure.

When you are done, place all the eggs in your pot and cover with water by two inches. If your eggs float, try to estimate when you've got two inches of water below them. Add two tablespoons of vinegar to the pot, place it over heat, and bring the water to a boil. Once you've got a rolling boil, turn the heat off, cover the pot with a lid, and let the eggs sit for at least 20 minutes.

When you are ready to unveil your eggs, pour the hot water off and replace it with cold. Let the eggs sit another five minutes (this is important, as the metal in the twist ties can be hot). Then, gently unwrap each egg and dry it with a towel. The scraps of silk and cotton can be saved to use again if allowed to dry flat. Peeled, the eggs are safe to eat.

Materials:

- Silk shirts or ties
- White cotton cloth
- Twist ties
- A dozen eggs
- A 5½ quart or larger pot made of glass, enamel or other nonreactive material
- Vinegar



Materials:

- Onion skins (red, yellow or both)
- Nylon stockings
- Rubber bands
- Assorted botanical items: leaves, flowers, fronds
- A dozen eggs
- A 5½ quart or larger pot made of glass, enamel or other nonreactive material
- Vinegar

Botanical onion skin eggs

There are many reasons to love this project. For me, it is a true trash-to-treasure endeavor that makes use of all sorts of items that would otherwise get thrown out without a second thought: dry onion skins, torn nylon stockings and rubber bands from the daily paper.

To make these eggs, gather up roughly two cups of loosely packed onion skins. You can either save these from your cooking projects in the months ahead or ask your grocer if you can clean out the bottom of his or her onion baskets. (I have yet to meet a produce manager who wasn't tickled by the request.) The amount you need is approxi-

mate. If you prefer a lighter color, use fewer skins.

The next thing you will want to gather are the botanicals to use. If you plan on eating the eggs, I recommend using the leaves and flowers of various herbs and vegetables. Look for interesting shapes like frilly dill fronds, edible geranium leaves or small viola flowers.

Finally, assemble your eggs. One by one, lay one leaf or flower against the shell of an egg. Cut a three-inch segment off a stocking leg and place the egg and flower within it. Draw the nylon tight and secure the open end or ends with a tightly wound rubber band. Place the eggs in your nonreactive pot along with the onion skins and six cups (or more, enough to cover all the eggs) of water. Add two tablespoons of vinegar to set the dye.

Place your pot over high heat on a burner on your stove and bring to a rolling boil, then turn the heat down and allow the eggs to simmer for 20 minutes. You can always remove an egg from the pot using tongs to check on the color, which will be easily visible through the nylon. If you want a darker color, cover the pot at the end of the 20 minutes and allow it to sit off the heat, otherwise you can remove the eggs to a cooling rack set over a tray or cookie sheet to catch the dripping water. Dispose of the onion skin broth.

Once the eggs are completely cool, remove the rubber bands and nylon coverings (which can be reused in the future) and marvel at your eggs. Some of the silhouettes will be in sharp outlines, some will seem ghostly and faint — practice will tell you which botanicals produce which effects. In addition to the image of the flower or leaf on one side of the egg, you'll also find a pucker in the color where the rubber band drew the nylon taut. Like fingerprints, no two of these eggs will be alike.



Photos by Paul Colletti / Radish

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eating well

Healthy eats, fast

Seeds Cafe offers up local and organic menu items

By Leslie Klipsch

Eating healthy isn't always easy, but it helps to know your options. Just ask Heather Kendrick, owner of Seeds Cafe in Bettendorf. The cafe provides an alternative to traditional fast-food menu items by focusing on salads that are served with predominantly local or organic fixings in a wide array from which customers can choose.

There is also a special menu for younger diners. In fact, part of Kendrick's inspiration in planning Seed's menu was her affection for her 6-year-old niece and 4-year-old nephew. "The first 24 months of development is so important. I saw this with my niece and nephew," Kendrick says. "My sister and brother-in-law were a bit fanatical about feeding them organic as much as possible and they've turned into two bright, healthy kids."

The menu for baby, toddler and "big kid" diners is expansive and packed full of healthy options. Parents can purchase Happy Baby Food (an organic line of baby and toddler food packaged in eco-friendly pouches) to eat within the cafe or to stock the shelves at home. Older children can choose from a variety of items such as hormone- and antibiotic-free chicken nuggets, organic yogurt or granola bars and organic milk boxes. And full-grown diners can opt for organic, fair-trade coffee or antioxidant-rich fruit juices in addition to their salads.

In striving to offer the healthiest possible selection on the salad line, Kendrick has come across some challenges. For instance, she must be careful to follow the state and federal food codes as she purchases products from local market vendors and farmers. The cost of her ingredients is also a factor — organic is typically more expensive. "I'm interested in a better, healthier way of living, but I also have to keep in mind the bottom line," Kendrick says. "I'm doing my best to marry the two."

While making both big and small decisions about the cafe, Kendrick relies on the book "Practically Green: Your Guide to Ecofriendly Decision-Making" by Micaela Preston. For instance, Kendrick uses the book as a guide in determining which fruits and vegetables are most heavily contaminated with pesticides in order to prioritize her purchases. Bell peppers, for example, tend to carry contaminants so it is wise to purchase organic; onions, on the other hand, have a lower pesticide residue so buying organic is not a priority.

Also drawing from "Practically Green," Kendrick is mindful of the nonfood choices that she makes at the cafe. Right now, she uses compostable to-go cups, buys eco sleeves for coffee and is researching planet-friendly cleaning methods. Customers eat from stainless steel bowls and plates which don't absorb flavors or odors and are more hygienic. She uses organic pesticides and repellent lights rather than chemicals.

It helps that she can also draw on the knowledge and support of the local business community. After working and living in several large cities throughout the United States as part of a business she co-founded, Caprock Environmental,



Heather Kendrick mixes a salad at Seeds Cafe. (Photo by Gary Krambeck / Radish)

she has found great pleasure in returning to the area where she grew up and getting her business off the ground.

"I've loved working with the business community here," says Kendrick. "They truly want to see you succeed. I've made great personal connections, had terrific follow-up contact and productive discussion. There's a great, positive community of support here."

The same, she says, has been true working with local producers. Kendrick is a self-proclaimed "regular" at the Freight House Farmers' Market in Davenport and is constantly looking for new vendors and products to feature on her menu. She has partnered extensively with Sawyer Beef and Oak Hill Acres, whose products are found both on the menu and on the shelves of the cafe. Davenport's Antonella's Pizzeria delivers creamy garlic dressing; Schumaker Farms brings salsa; Beautiful Bites Cupcakes provide mini gourmet cupcakes; and the Faithful Pilot bakes orange-fennel, honey-wheat and cottage white bread, just to name a few of Kendrick's partners.

At the end of the day, Kendrick relishes in collaboration and the relationships it begets. "My favorite part of this whole thing is the people," she beams. "I have wonderful employees. I love going out to find vendors. I love talking to the public. I really want healthy living to be part of their everyday experience."

Seeds Cafe is located at 2561 53rd Ave., Bettendorf. For more information, contact the store at (563) 332-3800.

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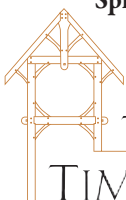
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Salon G offers quality organic hair care in Geneseo

By Laura Anderson

Hair stylist Kelli DeCap did not start out her career interested in organic ingredients or the chemical content of the products she used. But when her youngest son was diagnosed with stage IV Neuroblastoma cancer in 2005, DeCap “became very in-tune to carcinogenic products.” After some research, she started paying attention to potential carcinogens hidden within ingredients.

Five years later, DeCap opened Studio G, a mostly-organic, no-odor salon and spa located in downtown Geneseo, Ill., that strives to be a relaxing, feel-good getaway. The products used at the salon reflect what DeCap has learned about the connection between certain ingredients and physical health.

Running a salon is nothing new to DeCap. She has worked in the cosmetology industry for years, either in a salon, as an instructor for Capri College, or as a salon owner. She opened her first salon, New Wave, in 1991 and sold it 10 years later when she had her first child. DeCap worked out of her home until her youngest son received the cancer diagnosis.

When she decided to return to work, she wanted to open a different kind of salon, getting away from the chemicals and perms used at New Wave. After she learned that many of her Geneseo friends and acquaintances were traveling outside

the city to visit other salons, she wanted to fill that need within the community with a mostly-organic salon.

“I learned a lot of people are very concerned” about the types of products they come into contact with, she says. “I wanted to really start using products (without worrying about) the feared health hazard to myself or to anyone who I was performing services on,” she says.

After some extensive research of buildings, products and employees, she was ready. DeCap found a variety of brands with which to stock the salon that catered to her health and earth-friendly consciousness.

“We like a more natural look for the hair,” DeCap says, “not compromising the condition of the hair.”

In addition, DeCap says the decision to make Studio G more on the earth-friendly side was not only designed with customers in mind, but also staff members. “As a mother of a cancer survivor, I was also concerned for my own health and safety of my family and staff,” DeCap says.

DeCap says the organic color line Studio G uses does not contain the harmful ingredients she used in the past. “There is no pungent odor that takes our breath away as we are mixing up color or standing over our clients’ hair,” she said. “We enjoy the atmosphere and scent of our salon and spa.”

Like conventional salons, Studio G offers hair color, shampoos and conditioners along with cuts and styles. In addition, the salon offers a variety of treatments to repair damaged hair as well. “One of the main goals of our salon is to consider the health of your hair,” DeCap said.

The treatments include “hair therapy” offerings that include a shampoo, scalp massage, reconditioning treatment and a blow dry. The treatments vary in price depending on the service and the length of a client’s hair, but start at \$15.

Among the hair treatments offered is a detoxifying treatment, described on the Studio G website as “a nurturing treatment that removes the accumulation of mineral residue and chlorine buildup, increasing shine and vibrancy while helping to prevent damage from environmental elements in the air and water.” DeCap explains that it basically strips the hair of hard-water deposits and other build up that can accumulate.

Studio G employs two cosmetologists as well as a barber, who can offer some services cosmetologists cannot, like hot-towel razor shaves for men, DeCap says. The salon also has two massage therapists and an aesthetician who uses organic products almost exclusively.

“Sometimes people think that you’re compromising (a product’s strength by) using organic,” says aesthetician Joan Specht, but that has not proven to be the case in her experience. Specht says the variety of peels, facials and other treatments offer “all of the effectiveness without getting the irritation from chemicals. And that’s huge,” she says.

For more information, visit Studio G online at studiogsalonandspa.com.



Kelli DeCap works with a client in Studio G. (Photo by John Greenwood / Radish)

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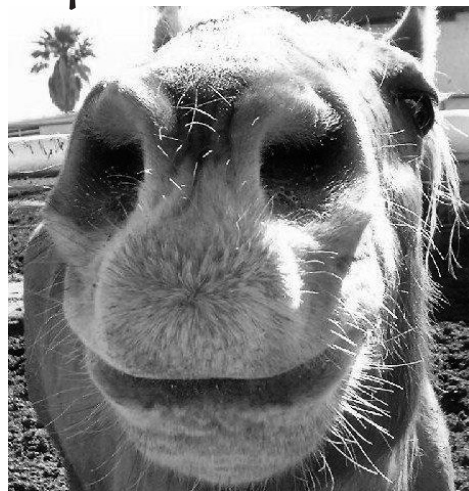


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Flower, leaf, limb

How to choose the best trees for your property

By Jeff Ball, from Mother Earth News

Trees are rich in beauty and benefits. They are important to the ecological health of our communities, and many of us plant trees to contribute to the well-being of our planet. If you're considering planting a tree, the challenge is to make a good choice for your region and yard. Here are five steps to help you select trees.

1 Find a list of the best trees for your area. Every tree grows better in certain regions, depending on altitude, winter hardiness, average temperatures in winter and summer, and availability of water. The University of Illinois Extension has information on tree species available on their website (extension.uiuc.edu), and brochures containing this information can be ordered through the Iowa State University Extension website (extension.iastate.edu).

2 Cross large trees off your list. Large shade trees such as oaks, hickories and most maples are wonderful additions to any yard after they mature — but that's the catch. If you plant any species that has a mature size of more than 40 feet, you're likely to move to a new home before that tree makes any impact on the appearance of your landscape. It's better to look for a small tree (mature size of less than 30 feet) or a medium-sized tree (mature size of 30 to 40 feet) for your home landscape. Your list is now shorter.

3 Identify the primary tree characteristics you favor: blossoms, fall color, evergreen, interesting shape, bark texture, or trees known for attracting birds and other wildlife. When looking for a new tree, focus on the specific tree characteristics you like. One important consideration: A serious ecological issue in urban areas is the lack of diversity among the tree population. When you add a tree to the ecosystem, try to plant a species that is not one of

the five most popular in your area. The more diversity added to a local ecosystem, the less likely it will be to suffer a traumatic loss of trees because of insects or disease.

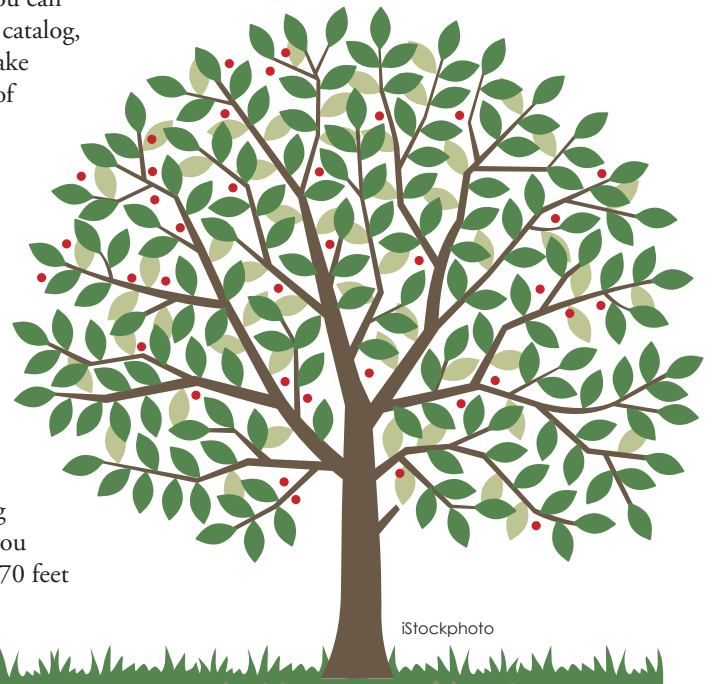
4 Check local availability. Now take your list to garden centers in your area or an established landscaping company to determine which trees on your list are actually available. It's frustrating to read about a lovely new variety of tree that's just what you want only to find the garden center doesn't stock that particular tree. And it may be hard for the center to get it because it's too new. You can buy almost any tree on the Internet or from a catalog, but those generally come 3 to 4 feet tall and take too long to become a prominent component of your landscape.

5 If you still have more than one species on your list, choose based on growth rate and size. The label on a tree in a garden center will usually tell you what kind of light is appropriate (sun or shade) and how high and wide the tree will get, but seldom will it tell you how fast the tree will grow. Be sure to ask.


Fast-growing trees are those that grow 1½ feet or more per year. A medium grower adds 1 foot per year, and slow-growing trees all add less than 1 foot each year. So, if you buy a 10-foot maple that is expected to reach 70 feet

and it's a slow grower, it will take 60 years for that tree to reach maturity. That's a long time to wait. If you have a choice between two trees you like equally well, pick the one that grows fastest and buy the biggest specimen you can afford.

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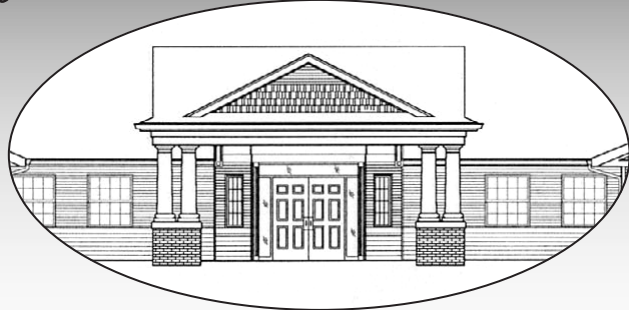
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Label lingo: Workshop teaches how to spot safer cosmetics

By Sharon Wren

You wouldn't start the day by spritzing your skin with mercury and formaldehyde, but if you put on deodorant or makeup, you might be doing it anyway. "Major loopholes in U.S. federal law allow the \$50 billion cosmetics industry to put unlimited amounts of chemicals into personal-care products with no required testing, no monitoring of health effects and inadequate labeling requirements," says Lisa Martin, communications director of the Congregation of the Humility of Mary.

Martin will be one of the workshop leaders at the Earth

Week Fair on April 16 at the QCCA Expo Center, 2621 4th Ave., Rock Island.

Her 11 a.m. presentation will highlight body products that are safe for people and the planet. The topic is important, Martin says, because "in fact, cosmetics are among the least-regulated products on the market."

What exactly are in some of the products you use daily? According to Martin, "Some of the more harmful ingredients to look for include mercury (often listed as thimerosal on ingredient labels), found in some eye drops, ointment and deodorants; lead acetate, found in some hair dyes and cleanser; formaldehyde and toluene, found in nail products; petrochemicals, found in some hair relaxers, shampoos, mascara, perfume, foundation, lipstick and lip balm; coal tar, found in dandruff shampoos, anti-itch creams and hair dyes; placenta, found in some hair relaxers, moisturizers and toners; and phthalates, found in some nail polish, fragrances and hair spray. A very sad thing is that baby products contain these chemicals too."

Martin's workshop will help people learn more about the products they use on a daily basis. "We'll start with an excellent short film entitled 'The Story of Cosmetics' which is both humorous and hard-hitting. Then I'll show how to navigate the Environmental Working Group's Skin Deep Cosmetic Safety Database (cosmeticdatabase.com) to give an idea how easy it is to check products and ingredients and to look for healthier alternatives. I will share my journey and what my family is currently using. We found our favorite moisturizers were already in our kitchen! I always try to keep in mind the question, 'If you wouldn't eat it, why would you put it on your body?'"

The Earth Week Fair will be held from 10 a.m. to 4 p.m. April 16 at the QCCA Expo Center, 2621 4th Ave., Rock Island, and is free and open to the public. For more information and a complete list of presentations, including Lisa Martin's talk on cosmetics, visit qcearthweek.org.



In choosing which products to use, Lisa Martin says it just takes time to find what is healthiest and works best for you. (Photo by Stephanie Makosky / Radish)

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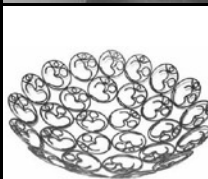
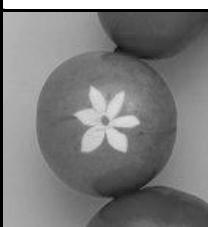


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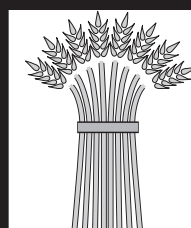
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gardens

Raise new flavors

Uncommon herbs add zest to the growing season

By Jen Knights

Parsley, sage, rosemary and thyme. Basil. Oregano. And don't forget the ubiquitous cilantro. If you like to cook (or make salads, for that matter), you probably know a thousand culinary uses for these herbs, and you'd have no trouble finding them in your local garden center.

Dave Burt, chef at the Red Avocado restaurant in Iowa City, points out that common herbs are common for a reason. An adventurous foodie who specializes in "veganizing" dishes, Burt says, "In the end, they continue to be grown and used because they have stood the test of time."

If you're ready for a little more adventure on the herb front, though, here is a selection that is a bit more off the beaten path. Like other herbs, all these require to grow in the garden is reasonably well-drained soil and a generous amount of sunlight.

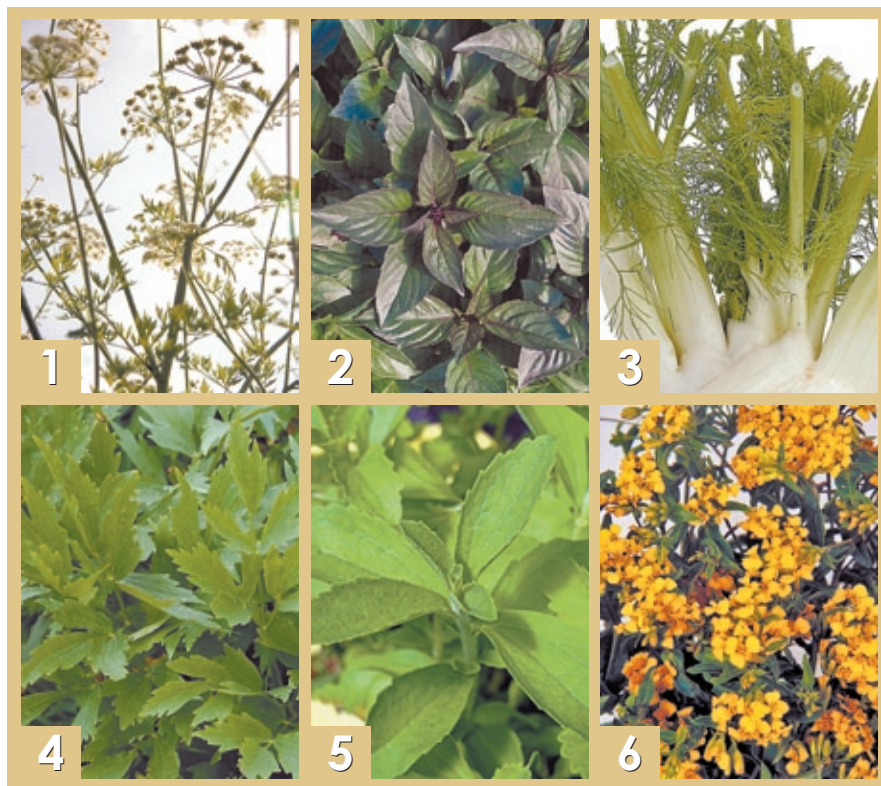
1. Anise (*Pimpinella anisum*) boasts a strong flavor of black licorice, and has been used in Italy for centuries in the making of sausages and bread. It's also a breath freshener — some Indian and Mediterranean restaurants offer anise seeds after a meal instead of mints.

2. Better-than-basic basil

(*Ocimum basilicum*) are alternative varieties of this popular and easy to grow herb. Cinnamon basil (pictured) has a sweet, spicy flavor that is especially nice when added to a fruit salad; lemon basil has a strong citrus aroma that is scrumptious with seafood; and purple basil tastes like the familiar green basil but offers stunning visual contrast as an ornamental plant or when used in a salad or as garnish.

3. Fennel (*Foeniculum vulgare*) is often mislabeled as anise, and like anise, it tastes like black licorice. Fennel's flavor is sweeter and milder, though. Even if you don't care for black licorice, you might be surprised to discover (like I did) that you love fennel. Technically a perennial but grown as an annual, it's a pretty plant — with feathery leaves and starbursts of

writes lovingly about lovage in her online column at culinate.com, saying that it "has a cutting, clean flavor that enlivens other foods like eggs, cucumbers and potatoes." This robust perennial can grow to be 6 feet tall and self-seeds readily. It looks like a gigantic Italian parsley plant, and its leaves, stems, roots and seeds can be added to almost any savory recipe to add a celery-parsley-like flavor.



Photos courtesy of Seed Savers Exchange, iStockphoto and Thinkstock.

tiny yellow flowers — and its bulb-like stem base is delicious when roasted with chicken and potatoes or sliced and served raw with orange segments.

4. Lovage (*Levisticum officinale*) is a giant in the garden and kitchen. Deborah Madison, the celebrated cookbook author and local-foods advocate,

5. Stevia

(*Stevia rebaudiana*) is a tender perennial, meaning that you should treat it like an annual in the Radish growing region. You may have seen packaged stevia powder in stores in recent years, sold as a natural sweetener alternative to sugar or artificial sweeteners — and you can grow it for the same purpose. Pinch off a fresh leaf or two and crush it in your tea, or dry the leaves and grind them to a powder in a food processor for later use.

6. Sweet Mace

(*Tagetes lucida*), also known as Spanish tarragon or Mexican mint marigold, is closely related to the marigold and features cheerful little anise-scented orange flowers to prove it. Seed Savers Exchange (a Decorah, Iowa, organization dedicated to preserving heirloom seeds) calls it "the darling of many renowned Southwestern chefs."

Nobody is going to ask you to give up basil and oregano this summer. That wouldn't be right. But if you can grow these common herbs, why not get adventurous and try a new flavor in your garden this year?

For a Sweet Mace Pesto recipe, turn to our Resources section on page 38.

Radish

HEALTHY LIVING FROM THE GROUND UP

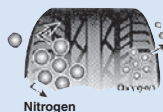
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eating well

Learn your options for obtaining handpicked, hand-delivered fresh local foods

By Sarah Ford

In a first of its kind event for downtown Davenport, Progressive Action for the Common Good is sponsoring a CSA Fair from 9 a.m. to 1 p.m. April 2 at the Freight House Farmers' Market. Dedicated to fostering agricultural partnerships between farmers and consumers, the event will provide a wealth of information about CSA shares and their health, environmental and economic benefits. It will also be an opportunity for customers to connect with CSA vendors.

CSA, an acronym for Community Supported Agriculture, is essentially a relationship between a farmer and customers who have financially invested in the seeds and labor of the season's crops. In exchange, the farmer spends his or her time growing and harvesting crops to feed the CSA members throughout the season.

Each week, customers pick up their share of fresh produce, either from the farm or at a common location in a city. The fruits, herbs and vegetables are picked and packed fresh on the farm and transported in an insulated cooler. Each week brings a variety of in-season items, from rhubarb to cabbage to heirloom tomatoes.

Mitch Tollerud, one of the fair's organizers, noted that "while every season is different depending on the weather and myriad other factors, the goal of the grower is to provide the customer with best value possible — more often than not, the value of the CSA share is greater than if the customer were to buy the same vegetables at farmers' market prices. For the customer, it is a truly delicious and remarkable food experience."

So what can one expect at the inaugural fair? The CSA options available — from full-shares to half-shares, pick-ups, deliveries, coupons and punch cards — are all models designed to let customers pick the fit for their lifestyle and increase their access to the healthiest of foods.

One grower expected at the fair is Terry Tygrett of Oak Hills Acres, a certified organic farm in Atalissa, Iowa. He, along with other regional CSA farmers, will be on hand to answer questions and talk about the CSA benefits and other reasons why you can hire a "backyard gardener" for your food needs.

Tygrett believes the CSA option is an asset to educated and concerned citizens. "You know where your veggies and produce are grown, how they're handled, and you have variety — things that are important to people," he says. For his own CSA customers, Tygrett offers "strictly in-season produce and keeps the food supply local."

For more information, e-mail Mitch Tollerud at mitch@tollerud.com.



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Radish 34



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rooting around

Environmental summit focuses on teaching and learning for a new green era

Western Illinois University will host its 2011 Environmental Summit on April 5 at the Quad-Cities campus and April 6 at the Macomb campus. The event will feature as its keynote speaker Julian Keniry, senior director of the National Wildlife Federation. Keniry will deliver her talk at 7 p.m. at the Figge Art Museum, 225 W. 2nd St., Davenport, on April 5 and again at noon at the University Union Grand Ballroom at the WIU Macomb campus on April 6. Her lecture, "Why Eco-Literate Students Will Lead the 21st Century," will be free and open to the public at both events. For a complete schedule of events and more information, visit wiu.edu/vpas/sustainability/summit.php.

Growing in the Garden offers a hands-on learning experience for Davenport kids

This summer, Davenport children ages 5 through 9 will have the opportunity to get down and dirty in the Iowa State University Extension's new model demonstration garden, "Growing in the Garden," a program offered through 4-H Clover Kids. Children will participate in hands-on education encouraging stewardship of the earth and a love for all things green with 10 sessions of gardening and nature activities. In addition to learning about soil, worms, butterflies, nutrition and other topics, youth will also be planting and tending their own garden space. Registration is on a first come first serve basis with a cost of \$10 for new Clover Kids enrollments. For more information visit at extension.iastate.edu/scott or call Riley at (563) 359-7577.

Celebrate Earth Day by planting a free tree or shrub courtesy of Davenport parks

Between 10 a.m. and noon on Saturday, April 23, the Davenport Parks and Recreation Department will give away free trees and shrubs in celebration of Earth Day. The plants will be handed out at Vander Veer Conservatory, 215 W. Central Park Ave., Davenport, between 10 a.m. and noon. Several Master Gardeners will be available to teach participants about proper planting and care techniques for their tree or shrub, along with information about supporting wildlife. The trees are a donation from the Scott County Soil and Water District and Living Lands & Waters MillionTrees Project. Due to limited supply, the trees and shrubs will be given away on a first-come, first-served basis.

Even without a badge, redesigned Girl Scouts cookie package has merit

If you ordered Thanks-A-Lot cookies from the girl scouts this year you might have noticed something new: the cookies were packaged in a wrapper instead of a box. The small but mighty change saved an estimated 150 tons of paperboard. The compact packages, which contained the same number of cookies, also were projected to use 35,000 fewer gallons of gasoline through transportation savings. It's a green change that the scouts can be proud of.

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Thursday, April 28 Preview – 6:30pm-9pm:

Presentation: It's a Jungle out there-Creating and Growing Your Own Tropical Paradise in a Non Tropical Climate 6:30pm-7:30pm

Friday, April 29 – 8am-4pm

Saturday, April 30 – 8am-4pm

Demo: Container Gardening 10am-11am

Sunday, May 1 – 12pm-4pm



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\$ 3.00 Children ages 5-12 / \$ 1.00 Children ages 2-4
Children under 2, and QC Botanical Center members are free.

Enchanted Gardens: April/May

Sunday, April 3 – Pirate Picnic 1pm-3pm

Seek out lost treasure, face painting, crafts, games, and more. Appropriate for ages 2-10, but the whole family is welcome.

RSVP to Beth: 309-794-0991 x 30 or vs@qcgardens.com (reservations required) Cost is general admission:

Sunday, April 10 – Pixie Tea 1pm-4pm

Join us in the lush enchanted garden dripping with Spanish Moss and white twinkle lights for tea and pixie treats, attire is garden party dress with glitter and wings optional.

\$ 10.00 per person, children 2 & under free. RSVP to Beth at 309-794-0991 x 30 or vs@qcgardens.com. (reservations required)

Sunday, April 17 – Plants of the Bible Tour and Program 1pm

Cost is General Admission.



Sunday, April 24 – Easter Egg Hunt 1pm-3pm

Appropriate for ages 2-10, but the whole family is welcome. Cost is General Admission.

Sunday, May 1 – May Day 1pm-3pm

Celebrate the coming of Spring and dance around our May Pole, make May Day baskets. Appropriate for ages 4-10, but the whole family is welcome. Cost is general admission.

Thursday, May 19 – Bus Trip 4th Annual Plant Shopping Bus Trip: with a Swiss Twist

Members of the Quad City Botanical Center: \$ 95.00/
Non Members: \$ 110.00

Buy your plants in style. The Quad City Botanical Center is offering an outstanding day trip to the Flower Factory Nursery in Stoughton, WI, featuring the Midwest's largest selection of perennials, hostas and ornamental grasses. The Botanical Center's own head gardener, Dave Searl, will accompany you to answer your plant questions. After you work up an appetite buying your plants, you will experience a unique lunch in New Glarus WI, a picturesque village with a rich Swiss history. This delightful day includes: breakfast snacks and all meals! To RSVP call Beth 309-794-0991 x 30 or email vs@qcgardens.com

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12:30pm Edible Landscapes
with Todd Wiebenga Aunt Rhodie's Landscaping & Design Studio. – First 50 attendees will receive a bag of compost and will be entered into a drawing for a home consultation about incorporating edible plants into their landscape.

2:00pm The Carbon Paw Print of Your Pet: Earth Friendly Pet Care Ideas!
with Radish magazine, Radish pet of the year owner and friends! – First 50 attendees receive an all natural, locally-made pet treat and are entered to win a shopping bag filled with Eco-Friendly pet items.

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rooting around

Much to see and do and taste at annual Stroll Through Springtime

Forget Tiny Tim and tiptoeing through the tulips. At Black Hawk State Historic Site, 1510 46th Ave., Rock Island, you can saunter through an entire season. From 7 a.m. to noon April 30, the historic site will once again host its popular annual "Stroll Through Springtime" celebration. Events planned for the day include guided walks to view migrating and resident birds, short hikes to see wild flowers, a brief program announcing the winner of the "Pictures of the Park" photo contest, and refreshments that include violet jelly, bread and hot drinks. All events are free and appropriate for all ages. Participants can come for any or all of the events. No advance registration is needed. For more information including an hourly schedule of events, visit blackhawkpark.org or call (309) 788-9536.

STARS rating shows UNI to be a shining example of sustainability efforts

The University of Northern Iowa has received a gold ranking by the Association for the Advancement of Sustainability in Higher Education for its environmental focus through the use of the Sustainability Tracking, Assessment and Rating System (STARS). STARS is designed to provide a framework for understanding sustainability in all sectors of higher education. Under the ratings system, colleges and universities can earn bronze, silver, gold and platinum ratings. Achievements that helped UNI earn the gold rating include its offering of more than 190 courses related to sustainability, its use of locally purchased food at the campus dining center, and its diversion of 9,461.61 tons of materials from the landfill during the last year. Of the 250 colleges and universities in the U.S. and Canada enrolled in STARS, UNI is the only university in the Midwest to receive a gold rating. No school has yet earned a platinum status.

Seed Savers Exchange's 'Herman's Garden' donates seeds to help communities grow healthy heirloom vegetables

Thirty years after Herman Warsh and his wife Maryanne Mott gave Seed Savers Exchange its first garden, a program named in Warsh's honor continues his legacy by providing different organizations with access to the open-pollinated, heirloom seeds SSE preserves. The program donates overstock and returned seed packets to groups and gardens that will use the seeds and produce for educational and humanitarian purposes. To qualify for the seeds, established community gardens and educational groups must freely share the harvest and save seed for others in need. Nonprofits, schools, community gardens, and educational programs in the U.S. — especially those in underserved neighborhoods — are eligible to receive Herman's Garden seed donations and are encouraged to apply. For more information about the program and to learn you can participate as a grower or donor, visit seedsavers.org/hermansgardenletter.htm.

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resources

1, 2, 3 CHEESE

(Story on page 8)

More than a mealtime accent, artisan cheese has also become a conversation piece. Whenever there's a platter of excellent, unique cheeses, most people dig in and share their opinions about their favorites. While creating a cheese platter is simple, following a few simple tips from the American Cheese Society will ensure a winning cheese course every time:

- **Offer options.** When putting together a cheese board to be served before or after dinner, limit your selection to no more than five different cheeses. Offer cheeses of different sizes, shapes and flavor or texture profiles to create diversity and add interest to your cheese board. Don't place strong, pungent cheeses next to delicately flavored cheeses, however. Also, try to provide individual knives for each cheese.
- **Add visual appeal.** Even modest cheese trays can be elegant when attention is paid to the presentation. Try serving cheeses on a wooden board, marble slab or flat wicker basket. Do not overcrowd the serving tray, as your guests will need room to slice the cheeses. In addition, serve bread and/or plain crackers on a separate plate, or in a wicker basket.
- **Pick perfect partners.** Apples, pears, grapes, strawberries and melon add variety to a cheese board, especially if cheese is being served with cocktails. Additional accompaniments can include toasted hazelnuts, walnuts and pecans, which go well with sweet or creamy cheeses, and almonds, which help bring out the subtleties of a cheese's flavor and aroma.

RAISE NEW FLAVORS

(Story on page 30)

Sweet Mace Pesto

¼ cup sweet mace leaves, chopped finely	¼ cup stock or water
2 cloves minced garlic	2 tablespoons extra-virgin olive oil
1 tablespoon grated Parmesan	½ teaspoon salt
2 tablespoons chopped pecans	¼ teaspoon pepper

Combine all ingredients, either by hand or in a food processor. Serve on anything that you might top with basil pesto — and consider using sweet mace's orange flowers as an edible garnish.

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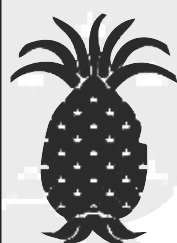
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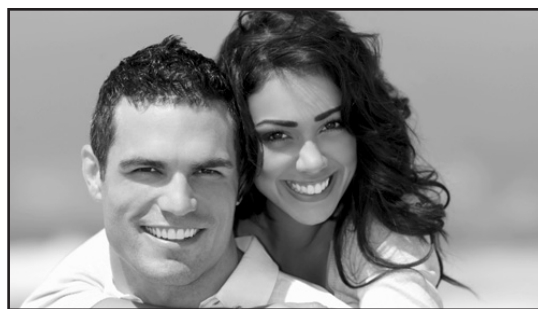


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food for thought

'Get well soon, Earth'

Opportunities to be involved with Earth Day have grown

By Kimberly Dickey

As a child celebrant in the late 1970s and early 1980s, Earth Day was exciting. It meant an opportunity to earn an additional recess outside in solidarity with all of my elementary school friends.

We would participate in games and scheduled activities. One such activity I recall vividly was the time our teachers instructed us to write our names and addresses and a brief message on note cards, which were tied to a string attached to the base of a balloon. We then paraded — classroom by classroom, with our balloons — outside to the big hill on the south side of our school playground. Our principal gave the word and all at once we released our balloons.

In theory, each child, if lucky, would gain a new pen pal, the idea being that on planet Earth, we are all connected.

As an adult pondering this activity, I have to wonder: What on Earth were they thinking? Airborne scraps of latex whose environmental fate was most likely tangled up in tree branches and telephone wires?

Since then on Earth Day I've planted trees, made posters, donned T-shirts, spear-headed recycling efforts, led rallies and adopted my share of highways. In 2007, I participated in a week-long event called the Organic Endurathon, whose mission was to promote organic food. The week-long event brought attention because I and two other cyclists were supporting a runner who ran a marathon every day that week with strategic destinations — organic farms and natural food stores in Iowa.

Getting people pumped up about Earth Day has not always been easy. At my workplace for several years I was charged with generating corporate Earth Day

"buzz." One year, while sitting down with management, lobbying for buy-in, it became clear that events corresponding to the day could not take people off-task because management did not want to pay additional wages for going green. We did, however, encourage employees to carpool to work, wear the color green and join in an all-organic lunch (during a regularly scheduled 30-minute lunch break in the already organic-everyday cafeteria). Not that these weren't worthy Earth Day efforts, but as a progressive company it seemed we should have been raising the bar.

Now here we are, another year, another Earth Day, and I am renewed to pump up others about what they can do to improve our environment — this time in my role as president of Iowa Renewable Energy Association's board of directors.

At I-Renew we are preparing for the 2011 Bright Green Business Symposium and Exposition at the

University of Iowa April 28 to May 1. In addition to working on the sustainability of the event itself, we've retooled the expo with a focus on green business. The goal is to offer businesses and organizations the education and tools needed to expand their sustainability and related skill-sets, or to make that important first step.

My involvement with Earth Day certainly has progressed from launching ill-fated balloons with my classmates 30 years ago. Fortunately, schools' observations of the day have progressed as well.

Last year, for example, my daughter brought home a crayon-colored caricature of the planet Earth with a thermometer protruding from the corners of its expressively ill face — clearly a classroom activity about climate change.

"When will Earth feel better?" my daughter asked me.

So upset was she about her friend, Earth, I encouraged her to do what she could do every day to make Earth a better place.

That night she wrote a card with the words, "Get well soon, Earth."



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