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Dr. Barclay grew up in Cedar Rapids, Iowa. She received her Bachelors degree in Biology & Exercise Science at the University of Iowa, while also competing in track and cross country for the Hawkeyes. Dr. Barclay graduated from the University of Iowa College of Medicine in 2002. She completed her Obstetrics and Gynecology residency at the Medical College of Wisconsin in Milwaukee. Dr. Barclay joined "The Group" in 2006.

In her free time she enjoys traveling, spending time with her husband and son, running, the outdoors, and Hawkeye sports.

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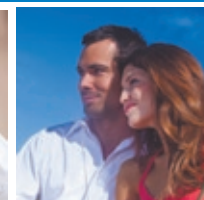
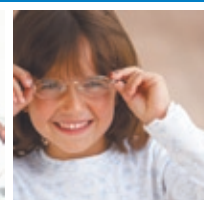
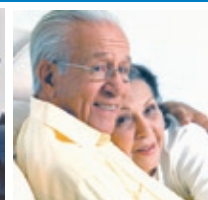
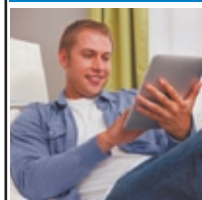
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# from the editor



Photo by Todd Mizener / Radish



As we began putting the April issue of Radish together, I found myself thinking quite a bit about monarch butterflies. When I was very young, a playmate and I used to tape long strips of tissue paper to our sleeves and flutter around the room, pretending to be the colorful butterflies that were then so common in our yards and gardens. Decades later that same friend and I traveled to one of the groves where the monarchs congregated on their migration to Mexico. The towering, gray-barked trees made the space where we were standing feel stately and hushed. High overhead, what seemed to be thin columns of leaves hung downward, like weeping willow branches. Imagine how I gasped when a breeze ruffled those “leaves” and they unfurled and dispersed in sheets of orange — hundreds upon hundreds of

monarchs, their wings catching the light as they opened. It was like standing in a living cathedral, one in which the stained glass windows were constantly shifting position. I couldn’t possibly have held my breath the whole time we were in the mariposa grove, but in my recollections it always feels like I did. I was filled with so much wonder.

Of course, I am hardly the first person to have felt a touch of something sublime in the presence of these butterflies. The Aztecs saw in monarchs the souls of their departed ancestors and celebrated their return each November as a visit from those who had passed. This is the origin of the annual Day of the Dead holiday in Mexico, which coincides with the arrival of the butterflies at the end of their long migration. No wonder the celebration is so festive!

And yet, we know from the sharp decline in the monarch population that these butterflies are far from eternal. If you’ve ever held a monarch in your hand and found a dusting of scales on your fingers afterward, you know exactly how delicate they are. As I read the article on page 12, which talks about just how much trouble the butterflies are in, I couldn’t help but wonder if the days of the monarch migrations are numbered. Now is certainly the time to act. The monarchs may not be our souls, but their fate and ours are undoubtedly tied — and taking steps now to ensure the butterflies’ survival may be one of the great gifts we, as the ancestors we’ll one day be, can give to future generations.

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

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# the grapevine

## From our readers

"I want to tell you how much I appreciate Radish Magazine. Sometimes I feel like I'm constantly swimming upstream and going against a current of craziness in our culture. Then I open Radish and have an 'Ahh' moment; I'm reminded that I am not alone in wanting to return to the former things, which are common sense and wholesome ways of being. Thank you for refreshing and reminding me month after month. Keep up the good work!"

— Sue Swanson, Le Claire, Iowa

**Into the circle (March 2014):** "Thank you so much for the wonderful piece you created on Celtic spirituality and for sharing it with your readers! I truly appreciate how clearly and accessibly you described the spiritual gifts of the ancient Celts.

Continued success as you bring such interesting, informative and inspiring information through Radish!"

— Pat Shea, East Moline

**Cleaning up (Feb. 2014):** "Michael and I have never had an automatic dishwasher. When we were first married and I did the wifely washing of dishes, he acted like I didn't get something clean enough. I said, 'Do you want to do the washing?' He said, 'Yeah, if you don't mind.' Me: 'Why would I mind? Would you mind if I read out loud to you while you're washing?' Him: 'No, I don't mind.' So we've been doing that for the past almost 40 years.

"I suppose our three kids got off easy when it came to housework, dishes being one of the primary duties for kids, normally. Dishwashing was kind of Michael's and my refuge. We told the kids early on it was our 'Sacred Time' and they weren't to disturb us unless it was an emergency. They were, of course, happy to oblige. We shared stories — usually magazine articles we wouldn't have had time to read otherwise — sometimes guidebooks about trips we were going to go on — and we talked and discussed and argued about them to our heart's content till the dishes were done. Then it was back to the real world of being parents in demand.

"Our kids have moved away, but we still call it Sacred Time, and we have always promoted it as something that has kept our marriage strong. At least for a while every day we are solely in each other's company and we are sharing time, ideas, and making a chore less onerous. Of course, I think Michael actually **LIKES** doing dishes — it's not onerous to him at all."

— Hedy Hustedde, Davenport



We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the **QC Earth Week Fair**, 3-7 p.m. Thursday, April 24, QCCA Expo Center, 2621 4th Ave., Rock Island. This event is free and open to the public on this date. For more information

about the fair, visit [qcearthweek.org](http://qcearthweek.org). To discover more upcoming events of interest, see the events calendar on the Radish website.

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# healthy living from the ground up

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A pair of monarch butterflies sip nectar from the flowers of a butterfly bush. (Photo by Stephanie Veto / Radish)

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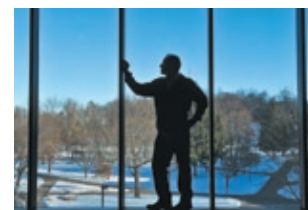
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## radishmagazine.com

A research project meant to gather more comprehensive data about bird-window collisions that began in the Quad-Cities has gone multinational, with more than 20 sites across North America now collecting data. Read more about the project on [radishmagazine.com](http://radishmagazine.com).

healthy living

# Peace of Earth

## Rural Illinois eco-lodge connects guests with nature

By Jane Carlson

In 2007, Tim and Pat Sullivan were at a crossroads. Budget cuts and an increasingly iffy economy were encroaching on Pat's livelihood as an environmental educator, and when the Rushville, Ill., couple started thinking about next steps, they turned to something quite familiar — the rural Schuyler County property they'd owned and lived on since 1978.

"For years and years people had been coming here and saying it's a great place to visit," Pat says. "So we talked about the possibility of doing a bed-and-breakfast."

Thus was born Peace of Earth, a one-of-a-kind eco-friendly lodge that serves organic food, and an environmental learning center that features guided tours and nature walks. The 30-acre property includes hardwood forest teeming with wildlife, gardens, a creek, a prairie restoration spot, and three miles of hiking trails.

The venture has been rewarding for the couple, who felt there was a need for a lodging alternative in their area. "We hear from guests all the time that they are so excited to find something like Peace of Earth here in western Illinois," Pat says.

To turn their personal property into a public one, the couple relied on Tim's skills as a carpenter and woodworker, remodeling existing structures and building new ones. All the while they kept the highest priority on not disturbing the natural habitat and incorporating many energy-saving and sustainable components into the buildings. "We're very conscious of being good stewards," Pat says.

Accommodations now include multiple guest-rooms in the lodge, plus two cabins and an ever-popular treehouse with a 360-degree green-space view, all available for guests to rent. More recent additions include a bathhouse that guests reach by following a wood-chipped path, a nod to the true immersion in nature that Peace of Earth provides.

"We think it's worth that little walk," Pat says. "You just might run into a deer or the beautiful



The lodge at Peace of Earth outside Rushville, Ill., above, and owners Tim and Pat Sullivan, right. (Submitted)

sound of birds. You can hear the frog chorus when you're walking in the evenings."

There's also a stairway that leads from the cabins — which are built into the side of a hill to make you feel like you're in the treetops — to the bottom of the creek valley and an observation deck.

"It's just a beautiful place to relax and get into the habitat," Pat says.

Sharing a passion for the environment is what fuels the Sullivans. They love hearing the stories of what guests have spotted on the property.

In the summer, visitors take advantage of the trails for hiking. In the winter, they come for cross-country skiing. Year-round, the bird-watching is amazing, with bald eagles sometimes soaring over the valley, hawks hanging out by the birdfeeders, and nestfuls of woodpeckers in the sycamore trees.

Guests also might get to witness the behaviors and natural habitats of rabbits, raccoons, chipmunks, red fox and deer, and can opt to dine on wholesome organic meals created in food grown mostly on the property.

The property's beautiful hardwood forest



includes oak, hickory, maple and walnut trees. In addition to being hoteliers and educators, the Sullivans also have to be conservationists in keeping invasive species in the woods at bay and doing an annual burn of the prairie restoration spot.

## Turning a passion into a diverse business

Though starting a bed-and-breakfast in a rural area during a recession might seem a risky venture, the Sullivans have hosted guests from near and far who come for a few days or entire weeks. Some come from as close as four miles away, using the property for “staycations.” Others have traveled from as far away as New York, California, Germany and Cuba, with steady traffic from regional visitors as well.

The property also has been used for family reunions, corporate team-building retreats, small weddings and anniversaries, and includes meeting rooms for such events.

With one foot in the hospitality industry and another in the natural world, the Sullivans have come to realize through their interactions with bed-and-breakfast associations as well as environmental education organizations just how rare Peace of Earth is. “It’s more like a mini-resort,” Pat says.

No matter where visitors come from or why they decide to stay at Peace of Earth, the experience is the same. “They are going to be immersed in nature,” Pat says. “Being out here gets them to slow down and take the time to notice what’s here, to step back into a slower pace.”

In addition to overnight guests, local and regional groups utilize the property for educational purposes. Elementary schools, day cares, summer camps and senior programs, all come for field trips and classes to study sustainability.

For some of the youth that visit, it may be their first time having a real connection with nature, and it’s the kind of experience that might stay with them forever, whether it’s collecting dragonfly wings in the creek or analyzing the differences in tree bark. “They look at things differently when they leave, too,” Pat says.

Giving those groups and overnight guests access to the wonders of wildlife fulfills the Sullivans’ lifelong mission to bring a bit of peace to the world, and also creates an awareness and an appreciation of the environment, which is an essential step toward protecting it.

“It’s humbling to know you’re a part of so many people’s good experiences, of getting them to slow down and get excited about something they’ve seen in the natural world,” Pat says.

Back in 1978, when the Sullivans made the Rushville property their home, they started calling it their “little peace of earth.” The name, and the play on words, stuck — and so it naturally became the name of their venture.

“It just felt natural to keep it,” Pat says. “It is inviting here. Pleasant. A piece of heaven. People appreciate the feeling they have when they are here. They tell us all the time they experience a calming effect when they step on the property.”

*Jane Carlson is a frequent Radish contributor. For more information on Peace of Earth, visit [peaceofearth.net](http://peaceofearth.net).*



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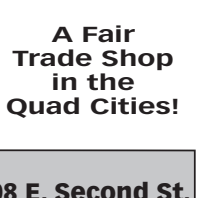
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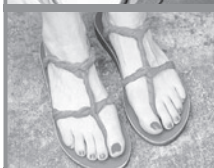


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# One-dish gardens

When deciding what to plant, why not make it a meal?

By Sarah J. Gardner

Whether you are new to gardening or an old hand with the trowel and hoe, the question this time of year is the same: What are you going to put in your garden? One fun way to draw up your list of seeds to plant is to think about what you hope to cook up when it comes time to harvest. One-dish gardens are vegetable plots planted with a particular meal in mind. They can be a small garden all of their own, or part of a larger garden scheme, and are a great way to get organized.

### Salsa Garden

**What to plant:** tomatoes, onion, bell peppers, jalapeno peppers, cilantro

**What to make:** Salsa Fresca

Nothing beats fresh salsa on a hot afternoon. The taste smacks of summer. Growing a salsa garden is a great way to introduce kids to gardening, as the plants are all easy to care for and salsa is a fun and simple food to make together — plus, it tastes fantastic in its fresh form. Not a fan of spicy foods? This recipe has steps to make your salsa mild or hot, depending on the tastes of your hard-working gardeners.

1 jalapeno pepper  
1 small green or red bell pepper  
1 small onion, diced  
1 garlic clove, minced  
½ lime

1½ cups tomatoes, seeded and diced  
½ cup loosely packed cilantro, chopped  
Salt and pepper

For a less-hot salsa, begin by cutting the jalapeno length-wise. Carefully cut out and discard the seeds and white ribs, then dice the remaining flesh. (For hot and spicy salsa, leave seeds and ribs in the pepper and simply dice). Remove the seeds and ribs from the bell pepper, then dice finely. Combine the diced

jalapeno and bell peppers in a medium-sized mixing bowl, along with diced onion and minced garlic clove, and give it all a gentle stir.

To see tomatoes, simply slice in half and, holding each half over the sink or compost bowl, gently squeeze. Seeds and their jelly will squirt out; wipe them away with your finger and then dice the remaining tomato flesh. Toss in the mixing bowl with the pepper and onion mixture

Squeeze juice from ½ lime over the vegetables. Add cilantro and gently toss mixture, adding salt and pepper to taste. Serve with chips or use salsa as a relish on top of grilled chicken or steak.



Photos by Gary Krambeck / Radish



### Ratatouille Garden

**What to plant:** tomatoes, zucchini, onion

**What to make:** Easy Skillet Ratatouille

Thanks to the 2007 animated film, ratatouille — the classic French dish made from eggplant, tomatoes and zucchini — became a recognizable food to kids and their parents alike. What is less well known is that ratatouille is easy to make and almost as fun to eat as it is to say. No doubt this dish came into being thanks to the fact that the three main ingredients tend to ripen in the garden

at about the same time, which makes the meal a celebration of summer's bounty. This stove-top variation of the classic dish (which is traditionally baked as a casserole) is not only simple to make, it also spares you the trouble of heating up the oven during the high heat of summer.

2-3 small eggplants  
Salt  
¼ cup olive oil  
1 medium onion  
2 cloves garlic  
2 cups chopped fresh tomatoes

1-2 zucchini, shredded  
Dash of balsamic or red wine vinegar (optional)  
Salt and pepper

(instructions to right)



## Three Sisters Garden

**What to plant:** pole beans, winter squash, sweet corn

**What to make:** Simple Abundance Soup

This garden method, passed on to the early American settlers by the Native Americans who first practiced it, utilizes the unique strengths of the "three sisters" — corn, beans and squash — by planting them together to produce an abundance of food. The stalks of corn support the vines of the beans as they climb and grow, and the roots of the beans provide valuable nutrients to feed the corn and squash. The squash vines, meanwhile, shade the ground, helping retain moisture for its "sisters" and suppressing weeds. It's a sustainable food system in miniature, with a little American history mixed in, and provides ample rewards for the kitchen in late summer.



2 tablespoons olive oil  
1 large onion  
2 cloves garlic  
Pinch of red pepper flakes  
1 carrot, chopped  
1 rib of celery, chopped  
2 cups chopped fresh tomatoes  
6 cups chicken or vegetable stock

1 bay leaf  
1 butternut or other winter squash, peeled, seeded and chopped  
2 cups shelled pole beans (or dried beans, soaked overnight)  
2 ears sweet corn, kernels cut from the cob  
Salt and pepper to taste

Heat oil in a large stock pot or Dutch oven over medium heat. Add onion and cook until it begins to soften, then add garlic and red pepper flakes and cook 3 minutes more, gently stirring. Add carrots and celery and cook another 3 minutes, then add tomatoes and cook 10 minutes, stirring occasionally, until tomatoes begin to soften and break down. Pour in stock and add bay leaf. Bring to a boil over high heat, then add squash, reduce heat, and let simmer 15 minutes. Add the beans and corn. (Optionally, hold the corn cob over the stock pot after you've cut away the kernels and run the back of a knife down the cob to "milk" it. This will result in a thicker and creamier soup.) Cook 10-15 minutes more; soup is ready when squash is soft and beans are heated through. Add salt and pepper to taste.

### *(Ratatouille, cont.)*

To prepare the dish, begin by peeling eggplants and cutting them into ½-inch cubes. Salt liberally and place in a colander to drain for 1-2 hours, as your time allows. When ready to plant, quickly rinse and drain the eggplant. Heat oil over medium heat in a large, deep skillet. Add onion and cook until it begins to soften, then add garlic and cook for 2 minutes more, stirring gently. Add the eggplant and continue stirring frequently as the eggplant cooks and becomes tender, about 20 minutes. Add the tomatoes and continue to cook 10 minutes more, stirring to help break up the tomatoes, then add zucchini and cook a final 5 minutes. Remove from heat and stir in vinegar, if using. Add salt and pepper to taste. Serve with crusty bread torn into chunks to sop up all the delicious sauce.

*Sarah J. Gardner is the editor of Radish.*

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healthy living

# Caring for critters

Rehabilitators share time, talents with injured wildlife



Wildlife rehabber Brenda Moffit, above (photo by John Greenwood / Radish), and husband Duane Moffit, opposite page, along with some of the animals that have come into their care over the years. (Submitted)

By Ann Ring

Wildlife rehabilitator Ann Sullivan, of Rock Island, wants to dispel a myth about those baby birds and rabbits in your yard: if you accidentally mow over a rabbit's nest, or find a baby bird has fallen, simply place the babies back in their nest, keep the dog away, and the mother will return. "Human scent does not bother the mother," says Sullivan. "The mother will return to the baby as long as the baby is alive or there is no blood."

**Radish** 10

Wildlife rehabilitators are a special breed of people. Most operate out of their own home and invest their own finances, time, knowledge and emotions into animals that they will never see again. Working solely on a volunteer basis, rehabilitators don't attempt to turn wild animals into pets — they care for orphaned, sick and injured animals only until they're able to live independently in their own natural habitat. Turning the animal over to a licensed/permitted wildlife rehabilitator as soon as possible is the best way to provide these animals with the best chance of survival.

Although wildlife rehabilitation is an elaborate and time-consuming process from spring until fall — and occasionally year-round — you could say it's a vocation. Both Sullivan, who's been rehabilitating animals for nearly 30 years, and Brenda Moffit, of rural Milan, who started five years ago, didn't receive formal training in wildlife care. Instead, they have spent years working with other wildlife experts and veterinarians to learn how to nurse animals back to health or know when it's best to humanely euthanize.

Rehabilitators must keep an ample supply of food, medicines, bottles, cages, cleaning supplies and other provisions on hand. Moffit keeps a supply of all of this, including puppy and kitten formula. "When I started this, I thought it was going to be simple," says Moffit, "but it's not. They're not like cats and dogs. Sometimes you have to feed the babies every three to four hours, which means you're up in the middle of the night. And you have to stimulate the organs so they can urinate, or they can die (from a ruptured bladder)."

She adds that while opossums can be the easiest to care for and released once they reach 3 or 4 pounds, raccoons are more difficult. "You have to bottle feed them a long time before they start eating food. And even then you have to wean them from the bottle, which they really like." Raccoons normally aren't released until they reach 8 to 12 pounds, and Moffit says they do become aggressive. "Oh yes," she laughs. "I've been bitten more than once."

To work with mammals, reptiles and amphibians, wildlife rehabilitators must be issued special



permits from their state wildlife agencies. Both Sullivan and Moffit have a state permit for the types of wildlife they care for, which must be renewed annually. "The Illinois DNR (Department of Natural Resources) does conduct on-site inspections now," says Sullivan. Moffit said they can only hold animals for 180 days, unless an exception is made. Most animals, she said, are gone by September.

Developing a solid relationship with local veterinarians is helpful as well. They can provide a required letter of recommendation to the DNR and their expertise when need be.

Although the field of wildlife rehabilitators is growing, there still aren't enough available, which means Moffit and Sullivan receive their share of phone calls. Last year, along with her own dogs, cats and horses, Moffit cared for 41 wildlife animals — 24 raccoons, 14 foxes, two squirrels and one opossum. "I know that's a lot, but I can't see the animal getting put down, and I won't do that (unless it's beyond rehabilitation)."



**"Oh yes," she laughs. "I've been bitten more than once."**

Meanwhile, Sullivan cared for about 25 to 30 animals last year. Like Moffit's animals, most were orphans. "We do take in adult wildlife, but we see mostly orphans. People find them or maybe a live trap is set and babies are found later." Sullivan stressed that even well-trained rehabilitators are not equivalent replacements for biological parents. It's always best to keep mothers and their babies together if at all possible "so we don't have to raise them," she laughs, "and besides, Mom knows what she is doing! She's really the best one to care for her babies."

When it comes to handling wildlife, Moffit offers advice: "If you see a fawn, leave it alone for at least 12 hours. The mother does leave and the baby understands it's to stay put. If the mother doesn't return within 12 hours, then it's time to call someone."

That someone can be Moffit, Sullivan an animal control officer or perhaps the police.

Spring and summer are busy seasons for rehabilitators. If you would like to help, Moffit says items such as bleach, cleaning supplies, paper products and financial contributions are always welcome. She can be reached by phone at 309-236-5438 or email at animalhouse\_15@yahoo.com.

*Ann Ring is a frequent Radish contributor.*





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# Monarch Waystations

A little garden goes a long way to help these butterflies

By Nicole Lauer

Starting a Monarch Waystation might just be one of the simplest ways to do a good deed while making the world — and your own yard — a more beautiful place.

It's no secret monarch populations are in trouble. In a January report released by the World Wildlife Fund, the lowest number of monarchs completed the winter migration to Mexico since scientists began monitoring the population in 1993. The monarchs that made the journey occupied a mere 1.7 acres, down from a peak of 45 acres in 1996. But the trouble has its roots in the Midwest, where the monarchs hatch, and where their habitats have been in precipitous decline.

Monarch Watch, a monarch conservation effort administered by the University of Kansas, places the blame for the loss of monarch habitats partially on land development for housing, factories and retail. It also attributes the loss of more than 80 million acres of potential monarch habitats to the widespread adoption of genetically modified crops. It says milkweed plants can survive traditional tilling of fields but not repeated use of the chemicals GMOs enable growers to spray on these fields. The use of herbicides and frequent mowing along roadsides has further damaged monarch habitats.

To help combat the loss of habitat, Monarch Watch is encouraging homeowners to plant Monarch Waystations, easy-to-grow monarch habitats that include milkweed and other plants friendly to the monarch butterfly. The waystations provide the essential nutrients and resources monarchs need during their spring and summer breeding time.

Waystations can be established in your own yard, in public green spaces, schools, and even along roadsides. Once planted, your waystation can be registered with Monarch Watch online. As Rock Island resident Leslie Francque can attest, you can get started with as little as two milkweed plants plucked from the side of the road. "Now I have like 20 (milkweed plants). They grow wherever they want to grow," Francque says with a laugh.

In the seven years she's been on the Monarch Watch registry of waystations, Francque says she has marveled at the amazing way a caterpillar can turn into a chrysalis and then emerge as a butterfly. She says she loves watching the monarchs during their stay from June through October.

Francque says she's had one year when a whopping 268 caterpillars were attracted to her plot of ornamental milkweed, with its little clusters of orange flowers, and butterfly bushes. This past year, that number plummeted to a measly three caterpillars, indicative of the trouble monarchs are facing.

Francque hopes others will get on board with trying to help the monarchs. "The reality is — it's a really beautiful butterfly. It would be terrible to have them disappear, if people don't care, if they're not going to try to help ..."

Davenport resident Sara Anderson is also the owner of a registered waystation



A monarch caterpillar nestled in milkweed blooms. (iStockphoto)

through Monarch Watch. She says she got involved with her children several years ago. Anderson says it's not costly to get started and there's very little maintenance required.

"I actually had milkweed that had blown in and started growing in the yard," she says. "You can buy the milkweed too. I have several. I like the flowers, anyway, so I already had most of it."

Angie Babbit, communications coordinator for Monarch Watch, says the word about declining monarchs is spreading. As a remedy to the number of habitats being lost, Monarch Watch sells waystation seed kits online at [shop.monarchwatch.org](http://shop.monarchwatch.org). For \$16, recipients get nine varieties of nectar and monarch host plants and a detailed guide on creating a Monarch Waystation. Kits can also be obtained by calling 800-780-9986.

In addition to the waystation kits, Babbit says a grant from the National Resources Defense Council has allowed Monarch Watch to sell milkweed plants across the country. A flat of 32 milkweed plants sells for \$60.80 (\$1.90 per plant) and includes shipping. Plants will be shipped out in late April and early May and are available for purchase at [monarchwatch.org/milkweed/market](http://monarchwatch.org/milkweed/market).

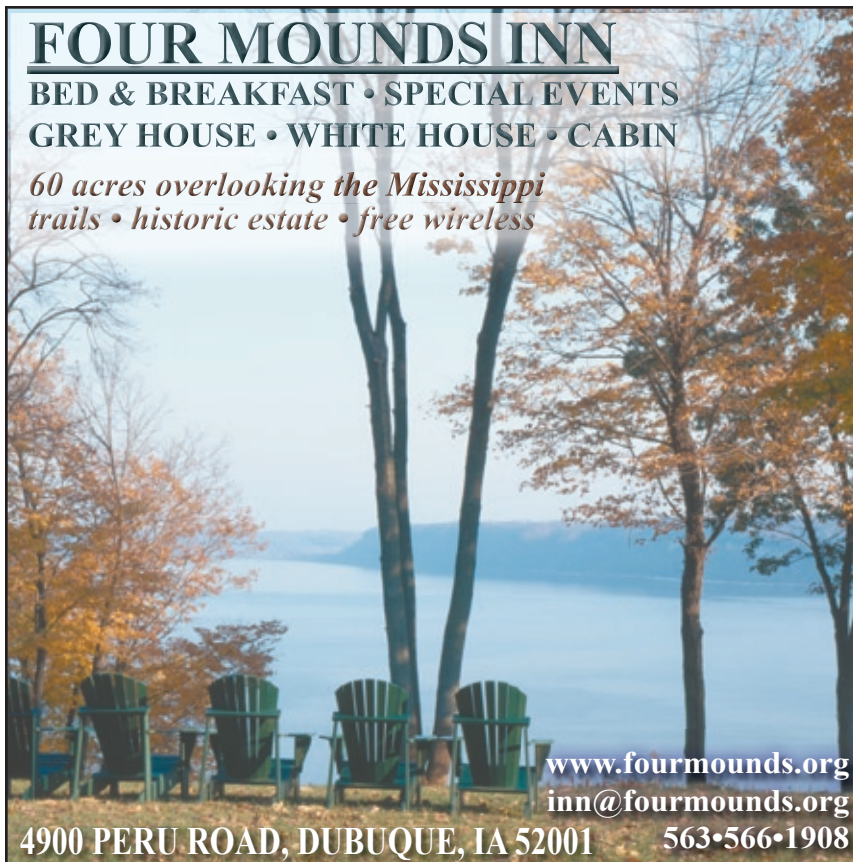
*Nicole Lauer is a regular contributor to Radish.*



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health & fitness

# Pilates pays off

## Practice increases core strength, comfort, balance

By Chris Greene

**H**umbling. That is the one-word description that Simply Pilates studio owner Lisa Thomsen used to describe her first experience with Pilates. Thomsen was no newcomer to fitness when she gave Pilates a whirl, but what she found was that it works muscles that we tend otherwise to neglect.

After a one-hour personal Pilates session with Thomsen, I would have to agree. Although I exercise regularly, the day following our session, I was reminded of Pilates every time I stood up from my chair and with each step I took up the stairs, feeling tension in muscles that must have been sleeping previously.

Humbling though it may be, Pilates is a fun way to work out and provides enough of a challenge to interest even the most seasoned fitness veterans. “I taught water exercise and spinning and did personal training, both in and after college. In about 2003, I started in Pilates and fell in love with it,” says Thomsen. “I was very active, and Pilates showed me I was maybe not as fit as I thought.”

Thomsen says Pilates, developed by German-born physical-culturist Joseph Pilates in the early 1900s, is a discipline that aids us in increasing our core strength, improves our balance and allows our bodies to move more efficiently. At her Pilates studio, located at 2435 Kimberly Road in Bettendorf, Thomsen accomplishes this through her mat classes and personal training sessions. Mat classes are group sessions with each class member on a mat. The personalized training utilizes the various pieces of equipment that are unique to Pilates.

When I arrived at Thomsen’s studio, I wasn’t entirely certain what to expect. She was just finishing up a mat class, and I hovered nearby, observing her class in action. I had half expected to see a group of 20-year-olds who were all built like ballerinas, but I was pleasantly surprised to find a group of women of mixed ages and body types (albeit with stronger abs than a lot of us!) joking among themselves. Still, they were obviously focused on the task at hand as Thomsen led them through a series of movements.

Following the class, my session began. Thomsen explained the pieces of equipment, which honestly looked to me like they could double as medieval torture devices. Thomsen assured me they were functional and not at all frightening.

The first piece of equipment Thomsen showed me is called the reformer. It’s made of a carriage, which is basically a flat platform, attached on one end to springs. The carriage is able to be pushed or pulled, causing your muscles to work against the resistance.

The Pilates chair, or wunda chair, was the next piece. It seemed to me to be a rather unassuming little box. Thomsen jokes that small though it may be, it has a bit of a Napoleon complex — it may be little, but its impact can be great. One side of the box features a flat arm attached to a spring that is used for resistance. Thomsen guided me through stepping onto it and then up onto the top of the box — a move that challenged not only my leg strength, but my balance as well.



Instructor Lisa Thomsen guides Chris Greene through an exercise on a piece of Pilates equipment called a reformer. (Photo by Todd Welvaert / Radish)

The third piece of equipment was the cadillac, or trapeze table, as it’s also called. It bears a striking resemblance to a hospital bed, which Thomsen said it was originally designed from. And although some of the exercises do involve lying down on the cadillac, it’s definitely not to take a nap. Hooking my feet into a pair of straps, I worked muscles in my legs that I definitely don’t utilize on my daily runs.

One of the great things about Pilates is that it really is a discipline that is perfect for all ages. Thomsen says her clientele ranges from those in their 30s to those in their 80s. “You don’t have to be at any particular age or fitness level to start. Pilates can benefit everyone,” Thomsen says.

The type of fitness Pilates encourages is a very functional type of fitness. Thomsen says that since it focuses on working often-neglected muscle groups, it keeps fit those muscles that often atrophy first as we age. She says those who practice Pilates also tend to sleep better and have a more positive mental state.

*Chris Greene is a writer on staff with Radish. For more information on Simply Pilates, visit [simplypilatesqc.com](http://simplypilatesqc.com) or call 563-349-8153.*



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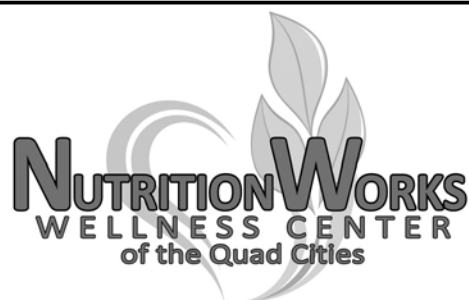
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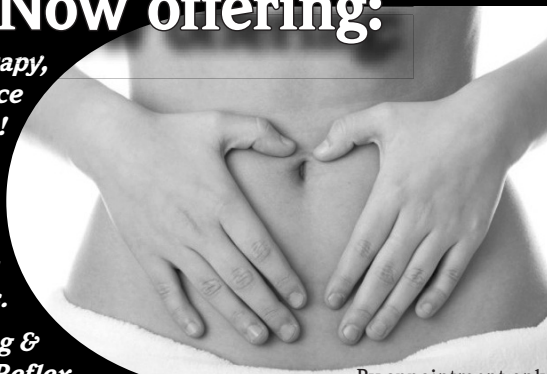
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# Spring cleaning

## How to make a difference where you live

By Brandy Welvaert

As the spring thaw. Listen to the trickling downspouts! See the unlikely green of grass, rebelliously alive and fighting for freedom from its icy mantle. Stand amazed as the biggest drifts melt away, revealing — Wait, what is that? Trash?

Right. It's a well-recognized fact that when snow melts, it usually reveals accumulated litter. The stuff of nightmares for Paul Hansen, the new executive director of Keep Rock Island Beautiful, a Keep America Beautiful (KAB) affiliate.

"When someone sees a piece of litter, they think it must be OK to litter more. When you pick that litter up, even if it's not your job, it will help prevent future litter," Hansen says.

Hansen and other KAB affiliates in the region work hard each spring to make just this kind of cleaning up happen. Keep Rock Island Beautiful, Keep Moline Beautiful Commission, and iLivehere — a KAB affiliate in Scott County — help energize thousands of volunteers in safety vests, who hit the streets with trash bags and litter tongs.

These cleanup volunteers, says Hansen, make his world go 'round — and more help is always needed.

In Rock Island, volunteers can sign up for spring cleanup events or plan one of their own. "There are lots of opportunities to help. Whether you join an organized cleanup or plan your own and get the supplies from us, everyone can make a difference. Even a small cleanup effort in one neighborhood makes an impact," says Paula

Webinger, program coordinator for iLivehere, formerly Keep Scott County Beautiful.

This spring, iLivehere encourages Scott County residents to organize their own cleanups and request supplies (provided at no charge) at [ilivehereqc.org](http://ilivehereqc.org).

In Moline, the spring cleanup will be a large, organized event, as it is each year. All of the city's common areas, including interstate and railroad rights-of-way, parks and busy streets receive care, says Doug House, municipal services manager for the city of Moline.

House took a leading role in founding Keep Moline Beautiful Commission and continues to encourage volunteers, says Kristen Bergren, an active volunteer leader. "Living in a place where volunteer efforts are valued and supported is very motivating. Being involved can help improve and enhance the quality of life in the places we call home."

*Brandy Welvaert is communication coordinator for Waste Commission of Scott County, which houses iLivehere.*

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along U.S.  
roadways

**\$11.5** billion  
spent on litter  
cleanup in the  
U.S.

**Any 1**  
person can  
make a  
difference

Source: Litter in America: National Findings and Recommendations, a 2009 study and report by Keep America Beautiful



Whether at a formal event or a cleanup you organize yourself, Q-C residents have a number of opportunities to lend a hand removing litter.

### Keep Moline Beautiful Commission

[keepmolinebeautiful.org](http://keepmolinebeautiful.org)

**You:** Sign up for the Earth Day Cleanup, which is followed by a cookout.

**They:** Also provide year-round environmental stewardship opportunities, such as street, park and garden adoption.

**Contact:** Rodd Schick, city liaison: 309-524-2410 or [rschick@moline.il.us](mailto:rschick@moline.il.us).

### Keep Rock Island Beautiful

[keepribeautiful.org](http://keepribeautiful.org)

**You:** Sign up for the Earth Day Cleanup April 22 or the Downtown Cleanup May 3. Other upcoming opportunities (dates TBA) include invasive plant removal, native plantings, and a bike-path cleanup. Or organize your own.

**They:** Provide free garbage bags and gloves, and loan litter tongs and brooms with long-handled dust pans.

**Contact:** Paul Hansen, executive director: 309-786-1334 or [keepribeautiful@att.net](mailto:keepribeautiful@att.net).

### iLivehere

[ilivehereqc.org](http://ilivehereqc.org)

**You:** Start organizing a cleanup where you live.

**They:** Provide free garbage bags and gloves, and loan litter tongs and safety vests as needed. iLivehere also fosters an adoption program, Make It Yours.

**Contact:** Go to [ilivehere.org](http://ilivehere.org) to request cleanup supplies and report results online, or call 563-386-9575.





Jules Irish, a member of St. Paul Lutheran Church in Davenport and a frequent volunteer at the litter cleanups the church organizes through iLivehere. (Photo by Todd Mizener / Radish)

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environment

# For the future

## Conservation easements preserve private lands

By Sarah Ford

Imagine yourself with a beautiful tract of land, abundant in native plants and wildlife, and graced with natural features you'd see in a geography textbook. Perhaps it's been in your family for generations, or perhaps it was your own special find. Either way, there is a vibrant ecosystem under your care. How do you prevent the possibility of yet another subdivision or development corridor taking its place after you're gone?

For private landowners, the conservation easement is a valuable tool to preserve land for future generations. The Land Trust Alliance defines it as "a legal agreement between a landowner and a land trust or government agency that permanently limits uses of the land in order to protect its conservation values. It allows landowners to continue to own and use their land, and they can also sell it or pass it on to heirs."

A local land trust is an organization tasked with stewardship of easements, making sure the landowners' wishes are honored. The two go hand-in-hand. Nationwide, conservation easements are protecting millions of acres while allowing present-day landowners to have a say in the future of their land.

The Illinois Nature Preserves Commission (INPC), established by the Illinois General Assembly in 1963, serves as a national model as a land protection program. Representatives of the organization work with Illinois landowners and land trusts to ensure the protection and perpetuity of natural treasures in the state. In Iowa, interested land owners can contact the Iowa Natural Heritage Foundation, who offer consulting services and resources to help make the right decision for conservation practices.

If you own any parcel of land, you can be eligible for a conservation easement, but it depends on an agency's willingness to invest their time and resources in your property.

"There is no minimum size," notes Angella Moorehouse, a natural-areas preservation specialist with INPC. "It's based on worthiness of the land," such as a population of a state-endangered plant, or habitat supporting a state-endangered animal. She notes many county and state parks and public wildlife areas in both Illinois and Iowa were once under private ownership before being gifted for preservation.

For the landowner, the process begins by identifying a local land trust to work with. Landowners also need to discuss their intent with their tax adviser or

estate planner. Once an easement is in place, future development rights are forfeited, and the land is set aside for conservation forever.

"Educate yourself about the various options, and develop a relationship with a land trust or agency that accepts easements. Shop around if more than one option exists," advises Moorehouse. "Getting to know the land trust or agency and how the process works and how the land will be treated in the future is important."

If a community doesn't have access to a local land trust, it may be up to an individual or grassroots group to initiate the effort, which will ultimately benefit the entire region. As an example, Moorehouse points to Dolores Hinds, who owned a 15-acre tract of woodland on the southwest edge of Macomb, but couldn't find a local organization willing to preserve her land. Before she passed away in 2006, she willed her land into conservation easements, which began the process of starting a local land trust.

Today, the resulting Prairie Land Conservancy now covers 10 counties of west-central Illinois, has four easements, and ownership of a 196-acre nature preserve and another 19-acre natural area. The woodland Hinds worked hard to protect is now permanently protected in an easement named in her honor, and the trust continues to grow.

Until recently, landowners in the Quad-Cities area have had limited access to a land trust or agency willing and able to accept conservation easements. Now the River Bend Wildland Trust and the Quad Cities Conservation Alliance (QCCA) are both poised to work with individuals wishing to preserve their land.

*Sarah Ford is a regular Radish contributor. Illinois residents interested in conservation easements can visit [dnr.state.il.us/inpc](http://dnr.state.il.us/inpc). In Iowa, visit [inhf.org/conservation-easement-basics.cfm](http://inhf.org/conservation-easement-basics.cfm).*



Prairie Land Conservancy volunteers install bird houses on a conservation easement they help steward. (Submitted)



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eating well

# Small but mighty

Want to add a nutritional boost to meals? Think seeds!

By Laura Anderson Shaw

**T**hey say great things come in small packages. Seeds such as chia, flax, hemp and pumpkin may be small, but they pack quite the nutritional punch, loaded with vitamins, antioxidants and more. No wonder they've been getting so much attention lately. But what, exactly, do you do with them? If you find yourself scratching your head in a health food market or section of your grocery store, read on.



**Chia**  
SEEDS

These teeny-tiny seeds are touted to help lower blood pressure, blood sugar and cholesterol, and they are good for overall cardiovascular health, says Chrissy Watters, a Rock Island Hy-Vee registered dietitian.

The seeds can be eaten whole or ground, and they have "no flavor, so you can mix it anywhere," says Watters. Many people like to sprinkle chia onto yogurt, apple-sauce, trail mix or oatmeal, she says, or mix them into water or juice, where the seeds "kind of form a gel."

Chia seeds also can be baked into foods, says Watters. To do so, simply add some seeds to muffin mix or pancake batter, or use chia flour. Three tablespoons of water and one tablespoon of chia also may be used as an egg substitute.



**Flax**  
SEEDS

Watters says nutrition-wise, flax seeds are very similar to chia seeds, as they, too, are filled with protein, fiber, omega-3 fats, antioxidants, vitamins and minerals. She advises it's best to eat these seeds after they have been milled or ground because your body will more easily access those nutrients. Flax seeds can be found already ground or milled, but you also may purchase them whole and grind them in a coffee grinder or food processor. Once ground, the seeds can be stored in the refrigerator for up to three months.

Flax seeds are easily added to foods such as yogurt, salads and baked goods, Watters says. The seeds will make the food "a little gummier," Watters says, and they will impart a mild nutty flavor.



**Hemp**  
SEEDS

Hemp seeds are known to have some anti-inflammatory properties, says Watters. Similar benefits are touted for these seeds as chia and flax, she says, including heart health and "all that good stuff."

And, they "are not the same thing as marijuana," she says. Though the seeds may hail from the same genus, they are different species. "You will not get high from eating hemp" seeds, says Watters.

Hulled hemp seeds can be found under the name "hemp hearts," Watters says. At home, hemp seeds are commonly added to yogurts, salads and apple-sauce, as well as baked goods. In store-bought products they often are found combined with chia seeds in foods like oatmeal. Hemp milk is also available as a dairy substitute.



**Pumpkin**  
SEEDS

These little guys aren't just for snacks after carving pumpkins! They can be eaten raw, roasted or toasted anytime. They're just a "standard, good, healthy seed," Watters says, whole or out of their shells.

"Like all nuts and seeds, (they're) high in calories, but you get a lot of health benefits in those calories," Watters says. Pumpkin seeds offer fiber, protein and vitamin E, Watters says, which is said to have "disease-fighting properties."

Many people commonly roast or toast pumpkin seeds, adding Cajun seasoning, garlic powder or salt and pepper to taste. You also can toss them in granola and a handful of the seeds make for a "really healthy snack."

"Variety in our diets is a good thing," Watters says, so she suggests trying all these seeds.

John Greenwood / Radish



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# At peace, naturally

## Fueled by baby boomers, green burial options grow

By Cindy Hadish

Laura Buzzelli never saw her final resting place before she died in 2009, but her husband knows she would have approved. “She loved gardening. She recycled and composted, years before it was the norm,” Ken Buzzelli says. “It was part of our lifestyle; part of her fabric. I realized it was exactly right for her.”

His wife, who died from complications of lung cancer at age 50, was buried in a fabric shroud and cardboard box, which naturally decompose, in a nature preserve cemetery that blossoms with in-season prairie flowers. “Seek me in a blade of grass ... Laura 2009” reads the inscription on the simple stone marking her grave.

No one tracks how many natural burials like Laura’s happen annually in the United States, but the nonprofit Green Burial Council shows an increasing number of certified funeral providers and cemeteries that offer a minimal ecological impact.

Founder Joe Sehee said nearly 400 providers have been approved in 44 states and six Canadian provinces since the organization launched in 2005. According to the group, green burials are those that further environmental aims, such as protecting worker health, reducing carbon emissions, conserving natural resources and preserving habitat.

Sehee cites research that shows a growing number of Americans favor green burials, a figure set at more than 21 percent in an AARP study. “There’s pent-up demand,” he says, pointing to baby boomers who were behind Earth Day, recycling and other initiatives and are now looking for the same environmentally friendly options at the end of life.

Based on those studies, Sehee said more Americans would choose natural burials if options were available. In Illinois, six funeral homes are noted on the Green Burial Council’s approved provider list: three in the Chicago area; two in Decatur and one in Springfield. Only one funeral home is an approved provider in Iowa: Cedar Memorial in Cedar Rapids.

President and CEO John Linge said Cedar Memorial, founded in 1929 by his grandparents, Carl and Ruby Linge, has offered natural burial services for about six years. “Our history has always been one of innovation,” Linge says. “We try to anticipate what our families will need.” While just a small number so far have chosen natural burials for their loved ones, Linge said having a staff trained in green burial procedures makes the option available.

“It’s less traditional,” he says, “but really it’s a return to an old method of disposition.” For example, bodies are not embalmed with formaldehyde-based fluids, but can use natural materials. Without embalming, the body must be viewed within 48 hours of death.

The Green Burial Council notes that formaldehyde is a proven health risk, with funeral directors showing a much higher incidence of myeloid leukemia. Formaldehyde-free embalming fluids approved by the group include one made



A casket from Final Footprint woven from sustainably-harvested rattan. (Submitted)

entirely of nontoxic and biodegradable essential oils.

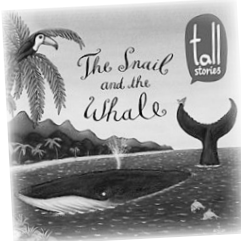
Caskets also must be made of nontoxic, biodegradable materials, which can range from simple pine boxes to woolen caskets made by companies like Natural Legacy ([naturallegacy.com](http://naturallegacy.com)) and even woven caskets made from natural fibers by companies like Final Footprint ([finalfootprint.com](http://finalfootprint.com)). Cremation, which uses fewer resources than standard burials, but does burn fossil fuels in the process, also can be used in green burials.

One noted difference between standard and natural burials involves the use of a concrete vault. Vaults stabilize the ground, but their manufacture and transportation use an enormous amount of energy.

Linge says to compensate for the higher maintenance required in natural burial sites — over time, the box will collapse, causing the ground to settle — a one-time maintenance fee is charged. Still, because a vault and costly casket are not used, natural burial plans at Cedar Memorial can be comparable or less than standard burials.

*Contributor Cindy Hadish writes about local foods, gardening and the environment at [homegrowniowan.com](http://homegrowniowan.com). For more information on green burials, visit [greenburialcouncil.org](http://greenburialcouncil.org).*





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food

# Semlor buns

## A Swedish Easter tradition makes for a sweet treat

By Sarah J. Gardner

In 1929, when Helene Leaf's mother-in-law, Ruby Leaf, was a young bride, she asked a farm wife in Minnesota for her recipe for semlor dough, a traditional Swedish sweet bread spiced with cardamom. The woman replied that she didn't have a recipe to give. She just knew how to make it. Not one to give up, Ruby asked permission to sit at the table and watch the dough being made. As she did so, Ruby carefully wrote down each of the ingredients and the necessary steps.

So began the recipe that would become part of the Leaf family legacy, used every Saturday night by Ruby to bake loaves of bread, rolls, and even rusks to feed her own growing family, and passed down in due time to her daughters and daughters-in-law — which is how Helene Leaf of Moline came to have it.

Over the years, the recipe has been altered to fit the individual needs and tastes of family members — reduced from 14 cups of flour needed to feed a farm family to 3½ cups to make smaller batches, and even adapted to bake in a bread machine. But this is just part of the legacy. Like many traditional recipes, “there are probably many, many different versions in Sweden, too,” says Helene.

So what exactly makes a bun a semlor bun? The cardamom, for one. An aromatic spice with a distinctive taste that has hints of both vanilla and pepper in it, cardamom is botanically related to ginger and credited with similar health benefits — it soothes the stomach and aids digestion. No wonder these cardamom buns found a place at a table set for big holiday meals!

They can be eaten plain like a dinner roll, but especially at Easter they are treated more like

a dessert. To do so, the top third of the bun is cut away, a pinch of the interior is removed, and almond paste and whipped cream are spooned in before the top is put back on. “It will squish out and be messy when you bite into it,” says Helene, but that's just part of the fun.

For those interested in nibbling on a semlor bun, the American Scandinavian Association at Augustana will host a Scandinavian Easter Workshop from 2-4 p.m. on April 6 at the Parish House at First Lutheran Church, 1600 20th St., Rock Island. Activities will include making Swedish Easter crafts. The event is free and open to the public, though advance registration is strongly encouraged. For more information on the event or to register, contact Helene Leaf at [hhleaf@att.net](mailto:hhleaf@att.net) or 309-757-7606.

*Sarah J. Gardner is the editor of Radish.*



Gary Krambeck / Radish

### Semlor Buns

1 cup milk  
4 tablespoons butter, melted  
1 package instant yeast  
¼ cup sugar

½ teaspoon salt  
2 eggs  
1 teaspoon ground cardamom  
3 cups flour

Begin by slowly heating the milk in a medium pan over medium-low heat, stirring continuously. Once small bubbles form along the edge of the pan and milk starts steaming, immediately remove from heat. Add melted butter and allow milk mixture to cool. In a bowl, combine yeast, 1 tablespoon sugar and lukewarm milk. Stir to dissolve yeast, then let stand for 5 minutes. Gradually stir in the salt, remaining sugar, one egg, cardamom and most of the flour.

Dust your work surface with flour and turn out the dough, kneading it until smooth and elastic, adding more flour as needed. Place the dough in a greased bowl, cover, and let rise 30-40 minutes. Once risen, cut dough into 12 equal pieces, roll them into balls, and place them on a greased cookie sheet. Cover and let rise another 30-40 minutes. Lightly beat the remaining egg and use it to brush the buns before placing them in a 400-degree oven. Bake 10-15 minutes until golden brown.

When ready to eat, serve with almond paste (available in the baking aisle of grocery stores near the pie fillings) and whipped cream.

— Recipe adapted from Helene Leaf



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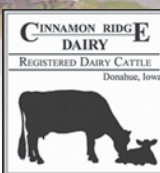
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environment

# That's how we roll

## The ins and outs of going paper-free in the kitchen

By Leslie Klipsch

**M**y name is Leslie and I use paper towels.

In certain circles, this is hard to admit. Just as words like “local,” “organic,” and “sustainably-harvested” have gained incredible cache over the last half dozen years, lately I’ve begun to hear buzz about keeping a “paper-free” kitchen. Suddenly, I find myself ashamed to offer you a paper towel.

For years, I have shopped our farmers’ market, made my own all-natural cleaners, and spurned single-use products in my kitchen (often writing about these efforts for this magazine and others). But I sometimes worry that for all our best intentions, such environmental efforts have slowly become a new method to measure self-worth.

It was this final swipe into professing my kitchen “paper-free” that got me thinking. I have successfully switched to cloth napkins, eliminated paper plates, and consistently use cloth rags for any sort of standard cleaning without breaking a sweat. But while trying to make my own roll of “un-paper” towels, I questioned whether the time, stress and effort required was really worth it for me and my family.

Not only was the process of creating the faux towels frustrating to me, but I began to wonder if the paper variety (used in moderation) actually had its place in my kitchen. Cleaning up eggs that had spilled on the counter? Absorbing bacon grease? Dabbing shattered glass from the floor? I confronted all of these while experimenting

**Perhaps the key, as with so many other things in life, is moderation.**

with un-paper towels and decided that in such instances something I could use and throw away is exactly what I needed. Perhaps the key, as with so many other things in life, is moderation. Often you can get by with cloth, but it’s nice to have paper in a pinch.

As we celebrate Earth Day on April 22, I’ll be paying attention to the things that my family and I can do in order to make our planet livable for generations to come. However, rather than being overwhelmed with the need to do everything 100 percent perfectly all the time, I’ll endeavor to simply do the best I can. I’m content to make my home a place where I’m committed to making thoughtful choices that work for me, all the while respecting how these choices might be different for others.



### Five Steps to a Paper-Free Kitchen (in order of intensity)

- 1 Use a fabric cloth to wipe counters. Keep a designated pile next to your countertop cleaner and use them for everyday cleaning. Use newspaper to wipe windows and an old T-shirt or bar towel to wash floors.
- 2 Replace paper napkins with cloth napkins. An economical and earth-friendly option for everyday use is to make your own cloth napkins by cutting a piece of fabric with a pleasing print into approximately 18-inch squares. (Use pinking sheers or fray the edges for a no-sew option.) Cloth napkins also are readily available at estate sales and thrift stores. A mix of napkins for everyday use and others for special occasions makes for a sustainable, paper-free option.
- 3 Keep a laundry receptacle in or close to your kitchen. The convenience will make steps one, two and five more manageable.
- 4 Scrap paper plates for big events and reach for regular tableware instead. Invest in enough place settings for a crowd. This adds a bit of elegance to any affair and you might enjoy the community building that comes with washing dishes after a meal.
- 5 Fashion your own roll of “un-paper” towels. To make a dozen 12-inch square multiuse towels, you’ll need a yard of decorative fabric, a large bath towel, a sewing machine, and fasteners (snaps, buttons and Velcro all work). Instructions can be found on DIY sites such as [myhealthygreenfamily.com](http://myhealthygreenfamily.com). Or, purchase un-paper towels from vendors such as Bent River Bobbins at the QC Food Hub or online through crafters on Etsy. Then, simply keep your environmentally-friendly, upcycled un-paper towels ready to use in a basket on your counter.

*Leslie Klipsch is a frequent Radish contributor. Find more of her thoughts on food, faith and healthy living at [leslieklipsch.com](http://leslieklipsch.com).*

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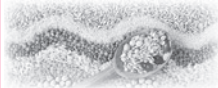
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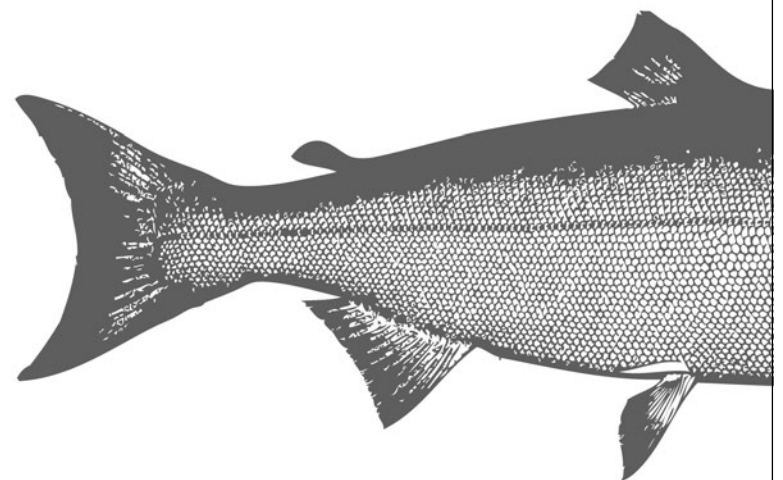
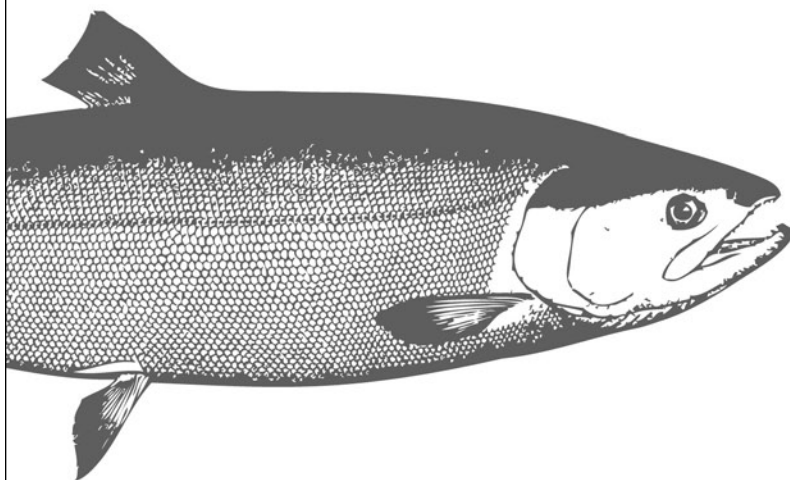
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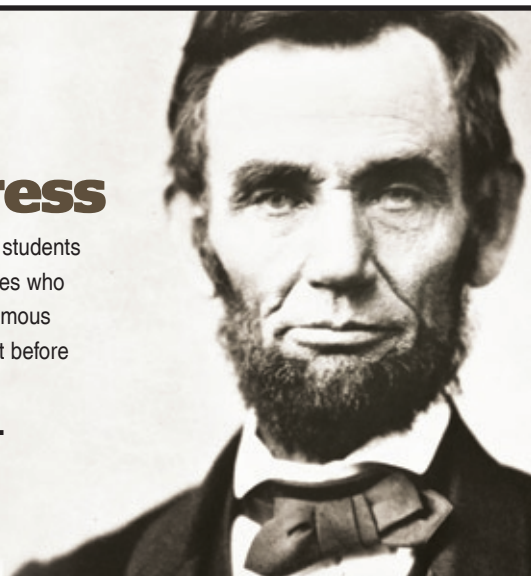
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## The Address

This Ken Burns film showcases students grappling with learning challenges who memorize President Lincoln's famous Gettysburg Address and recite it before an audience.

**Tuesday April, 29 at 7:00 p.m.**



## healthy pets

### Careful cleaning: Some green cleaning ingredients can still sicken pets

By Sue Manning, Associated Press

As the time nears for spring cleaning and companies offer more environmentally-friendly alternatives to toxic cleaners, veterinarians say pet owners should keep in mind that what's green to a human can be dangerous — even deadly — to animals.

Most household cleaners are safe if used as directed on labels, but pet owners who make their own cleansers using natural ingredients don't have the warnings or instructions that come with commercial products.

Cats, for example, can get stomachaches from essential oils added for orange, lemon or peppermint scents in cleaners, said Dr. Camille DeClementi, a senior toxicologist at the Animal Poison Control Center run by the American Society for the Prevention of Cruelty to Animals in Urbana, Ill.

Most commercial green products are safe for animals, DeClementi said, but owners should still exercise the same precautions as with chemical alternatives, such as keeping pets away from an area being cleaned, not using sprays directly on a pet, and making sure that dogs don't chew on the products.

If a product says "Keep out of reach of children," keep it away from pets too, DeClementi said.

The "green" label on products can be misleading because it still can be dangerous, said Dr. Karl Jandrey, who works in the emergency and critical care units at the Veterinary Medical Teaching Hospital at the University of California, Davis.

Labels can't always account for every reaction, Jandrey said. "Each intoxicating product has different concentrations and each dog or cat, each species, has a different sensitivity to that product. So what might be intoxicating to a dog is really, really intoxicating to a cat because cats might be more sensitive," he said.

Nancy Guberti, a New York City nutritionist and healthy lifestyle coach for the past 15 years, said some products will say they are green when they are not.

"'Natural' means nothing. The consumer has to be educated. It's all about awareness," she said.

Extra care also should be taken when cleaning around a pet's area, such as its toys or bedding, the experts say. Don't use fabric softener sheets that contain cationic detergents (a type of chemical soap that kills bacteria) because they will give your pet — especially cats — stomach distress, DeClementi said.

Such detergents and soaps, normally associated with helping to get clothes clean and fresh-smelling, can have chemicals that can sicken humans and pets alike.

Guberti switched to green cleaners out of necessity when her youngest son developed a liver disorder and many allergies. Guberti said the whole family became green — even their family's 6-year-old Shih Tzu, Flower, because her son can't hold Flower "if she is full of toxic chemicals or perfumes."



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2. Microwave on HIGH 45 seconds; stir. Microwave until eggs are almost set, 30-45 seconds longer. Top with cheese; season with pepper and salt as desired.

Nutrition information per serving: 215 calories, 15g fat, 6g saturated fat, 2g carbohydrates, 0g fiber, 17g protein, 244mg sodium, 389mg cholesterol.  
Source: www.incredibleegg.org

 <b>Beth Freehill, MS, RD, LD</b> 901 S. 4th St., Clinton 563.243.6162	 <b>Amanda Stecker, RD, LD</b> 901 S. 4th St., Clinton 563.243.6162
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## radish reads

### Recipes for getting more greens into your diet

Mini-review: “Green Smoothies & Protein Drinks: More Than 50 Recipes to Get Fit, Lose Weight, and Look Great,” by Jason Manheim (2013, Skyhorse Publishing, 192 pages, \$13.42 hardcover)

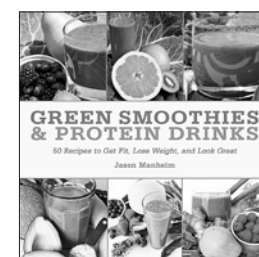


In this book, author Jason Manheim informs on topics such as the health benefits of smoothies, digestive issues, kids’ smoothies, and the values of farmers’ markets, all without sounding pretentious or making outrageous claims. One important thing I learned was the necessity of consuming a variety of greens; a large list of different greens is included. And I was particularly impressed that nearly all of the recipes are either savory or sweetened by fruit and therefore do not need added natural or artificial sweeteners.

I thought the ingredients for many of the recipes would taste odd together. However, the smoothies I tried, including “Honey Bunch,” “Col. Mustard Greens,” and “Old Fashioned,” were delicious and very filling!

The biggest drawback to this book is the lack of an index. If I have certain ingredients handy, I have to look through all 50 recipes to see what I can make. Also, the title is misleading; “protein drink” generally means simply tossing some protein powder into the smoothie. Otherwise, the book is excellent.

— KJ Rebarcak, DeWitt, Iowa



Submitted

### Cookbook is a colorful resource but not written for novices

Mini-review: “Rawmazing Desserts: Delicious and Easy Raw Food Recipes for Cookies, Cakes, Ice Cream, and Pie,” by Susan Powers (2013, Skyhorse Publishing, 144 pages, \$14.95)

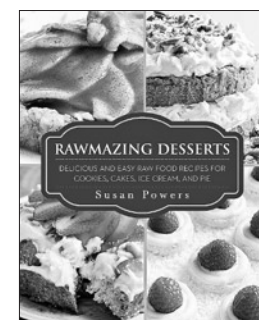


“Rawmazing Desserts” by Susan Powers is a beautiful book with gorgeous pictures of decadent-looking desserts made with raw ingredients. Always looking for healthier ways to tweak my diet, I was excited to think I had found a remedy for my sweet tooth. There are some delicious-sounding, simple-looking recipes, such as Raspberry Sorbet, Lemon Ginger Sorbet, Cacao Walnut Fudge, and Cinnamon Ginger Truffles.

I soon realized, however, that all of the breads, biscotti and cookies (and many other recipes) require a dehydrator. I kept wondering why a low temperature in the oven couldn’t substitute for a dehydrator, and I kept looking for information that would explain the superiority of eating raw in a way that would persuade me to invest in the supplies, time and costly ingredients.

The best thing I took away from this book was the author’s website, rawmazing.com. There I found answers to the questions I had, as well as recipes basic enough to tempt a cook such as myself.

— Machele Pelkey, Mount Vernon, Iowa



Submitted



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food for thought

# Back to the roots

## Finding space in a garden to remember and to heal

By Annie L. Scholl

In mid-February, I sat looking out my home office window, watching the snowfall and daydreaming about the raised vegetable gardens I planned to build and plant come spring.

It's been 18 years since I poked a seed into soil and waited for it to sprout. The last time I had a garden I was in my early 30s with two small children. We had just moved to a little bedroom community about 12 miles northwest of Cedar Rapids, Iowa. Though we could have stuck an arm out the window to reach the houses on either side of us, we actually had a little more than a half-acre of land — all of it out the back-door. The kids had plenty of room to run and play, and I had room for a garden.

What I remember about that garden was the rich, black Iowa soil. I remember having stick-like carrots because I planted them too close together. I remember feeling smug that the marigold border I had planted around the garden appeared actually to have deterred rabbits. I have no memory of harvesting any other vegetables besides those scrawny carrots. I also don't remember if I let my son and daughter help with any phase of the garden, but I sincerely hope I did.

When I was a kid, my family lived in the country outside of DeWitt in Clinton County, Iowa. One of my most vivid memories of that time was watching my mom, stooped over, picking strawberries in a large triangular patch as the evening sky turned pink with the setting sun. My mom always seemed overwhelmed and troubled, but when she was in the strawberry patch, she appeared peaceful and content. I loved to help her, to be in that sacred space with her, but to be invited I had to ask quietly. If my five siblings discovered that I got to help, they would want to help also, which meant none of us would get to.

In my memory, the exchange between my



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mother and me is a silent one. She hands me a little green plastic berry basket and I set to work filling it. I'm just 6 or so, but I know to pick the bright red fruit, not the pale pink ones. I know not to talk to my mom, otherwise I risk annoying her and being sent inside. I know not to eat any of the fruit, lest there not be enough for the strawberry shortcake she

plans to make for our family of eight.

When I was in the third grade, we moved from the country to Cedar Rapids. Our new home was in a typical neighborhood, but sat on nearly an acre-and-a-half of land. The house came with rose beds and peonies and a half-moon patch of lily of the valley that I especially loved. Even though there was plenty of room to add a vegetable garden and to replicate my mother's strawberry patch, that didn't happen. I have a fuzzy memory of soil being tilled up for a garden and then the space being taken over by weeds before a single seed or plant went into the ground.

By the time I was a young teen, my mom's melancholy drifted into alcoholism. She seemed content most days to be inside the house with the TV on. My dad or one of us kids mowed the yard and raked the leaves. Occasionally I would tire of seeing the rose beds overtaken by weeds and I'd clear them out. I loved the before and after, loved seeing them thrive when just hours before their red and pink blooms were hidden from sight. Yanking the weeds from the ground also gave me a place to focus my anger and sadness.

Now, at 50, it seems impossible to me that I haven't had a garden in nearly two decades. I thought about it over the years, but it seemed like there was never enough time even to cut the grass. But now there is time. Or, more accurately, I'm making time. I want to reconnect with the soil, to reconnect with the peace I have known there and that my mother found there all those years ago.

So I'm plotting and planning, asking green-thumbed friends for advice, browsing colorful seed catalogs and investigating how to make those raised beds. I'm certain of one thing: I will fill one with strawberry plants in honor of my late mom.

*Annie L. Scholl is a frequent Radish contributor.*



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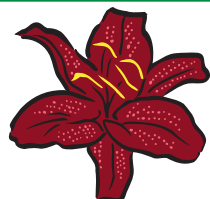
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