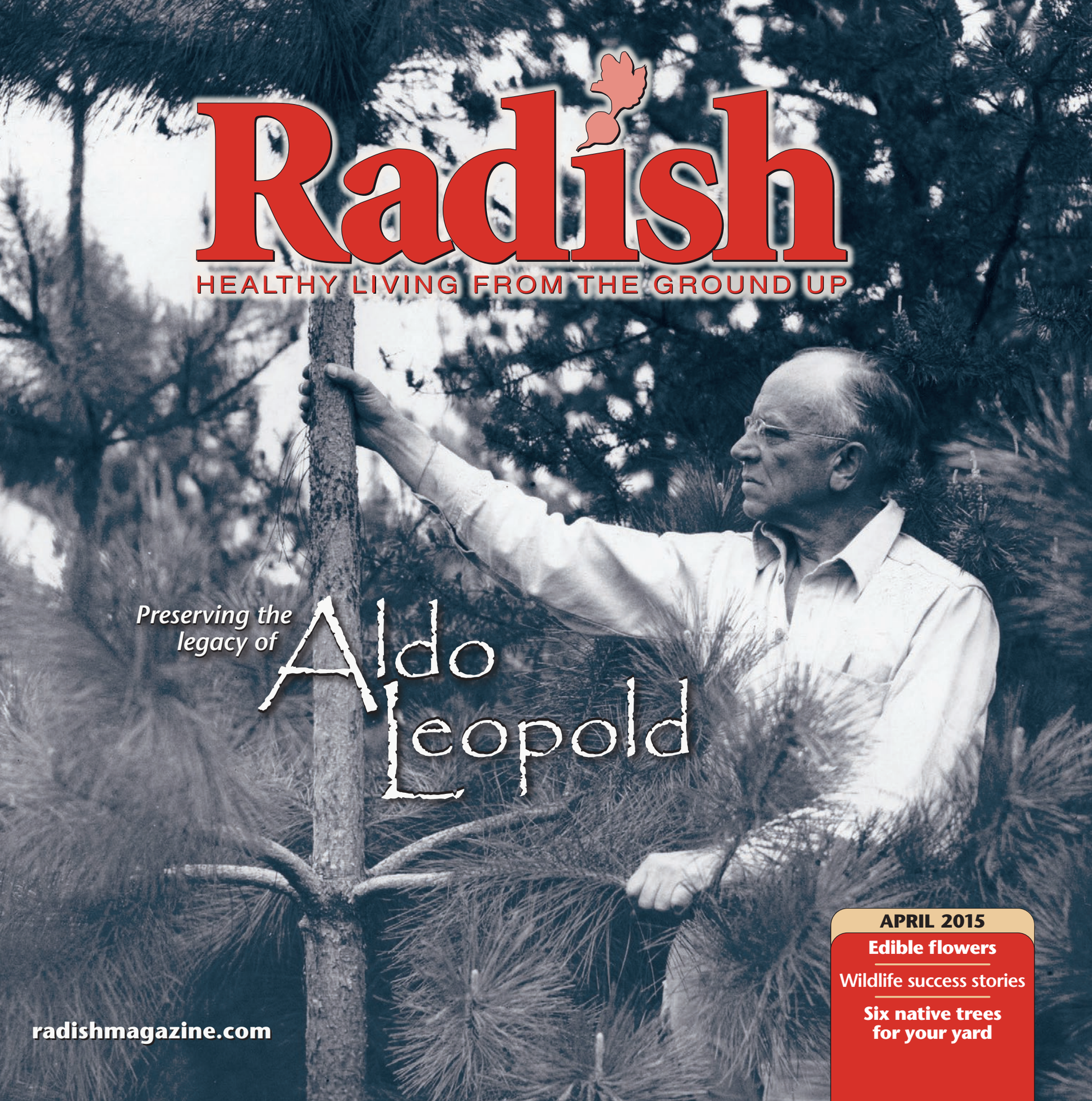
Radish

HEALTHY LIVING FROM THE GROUND UP



Preserving the legacy of Aldo Leopold

radishmagazine.com

APRIL 2015

Edible flowers

Wildlife success stories

Six native trees for your yard

from the editor

Contributor Julie Stamper and Radish editor Sarah J. Gardner. (Photo by John Greenwood / Radish)

When Radish contributor Julie Stamper and I began brainstorming what she might write about for her food for thought article for this issue of Radish, I mentioned a quote I have kept on my desktop for the last year. It's from a book review of "The Soil Will Save Us" by Kristin Ohlson, in which the reviewer, Stephanie Bernhard, observes "Climate writers are actually doing a decent job at terrifying the public and convincing them that life as we know it will change dramatically. But a lot of people in this country are … paralyzed by the problem's magnitude and complexity. … Maybe the missing link is a healthy dose of optimism, a reminder that plenty of solutions to the problem exist and that it is possible to deploy them."

This idea struck a chord with me, both as someone who reads a lot of environmental news and cares about these issues, and as an editor of a magazine that regularly explores these topics. Clearly, it hit home with Julie as well, as you can read in her thoughtful and impassioned article on page 32. I have returned to this quote many times while planning issues of Radish. It serves as a useful reminder that if we only deliver dire warnings about our environmental challenges, we aren't actually helping much to change the status quo. Equally important is presenting what can be done and how each of us can make a difference.

All of which got me to thinking about this issue of Radish as a whole. What if, in honor of Earth Day, we gave an entire issue over to good news? We could include articles about environmental success stories, like conservation efforts that have re-established species of animals in Iowa and Illinois (page 8). We could talk also about the enduring legacy of Aldo Leopold, a native of Burlington, Iowa, whose vision for environmental stewardship was ahead of his time (page 6). And in articles that address environmental challenges we're still facing, like the pressing need to diversify the trees growing in our yards and neighborhoods, we could present a list of specific native species anyone could plant to help (page 16).

When I was in high school, my math teacher had a poster on his wall with a quote attributed to Abraham Lincoln, "I have noticed that most people in this world are about as happy as they have made up their minds to be." I'm reminded that being paralyzed by environmental news, though easy to do, is also a choice — and we can just as easily choose to focus on the positive, roll up our sleeves, and get to work.

— Sarah J. Gardner
editor@radishmagazine.com
Facebook.com/EditorSarahJGardner

Radish
HEALTHY LIVING FROM THE GROUND UP
Number 4, Volume 11
April 2015

Gerald J. Taylor
PUBLISHER

Sarah J. Gardner
EDITOR
(309) 757-4905
editor@radishmagazine.com

Val Yazbec
CHIEF REVENUE OFFICER

Terry Wilson
NICHE PUBLICATIONS DIRECTOR
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

George Rashid
ADVERTISING EXECUTIVE
(309) 757-4926

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for $19.95 for one year ($29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines, visit www.radishmagazine.com.

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

the grapevine

From our readers

Plan for Adventure (March 2015): "This seems so welcoming that even I, the worst recliner potato ever, would be very tempted to come and get some exercise. I also like the social aspect for people like me who live alone and family live out of state. Way to go, Nate!"

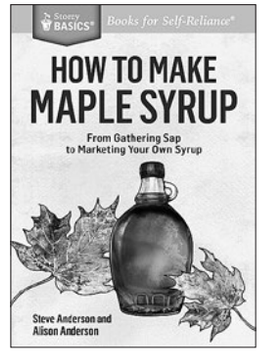
— Deborah Tackett, Salina

On the Road with Radish

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at **The OurCity Ideas Festival**, 2 p.m. Sunday, April 13, at the Figge Art Museum, 225 W. 2nd St., Davenport. Hosted by the OurCity Movement, a grass-roots initiative started by students at Davenport Central High School, this free event is open to the public and will allow for open dialogue between residents, business leaders and the city government in a discussion of Davenport's future.

To discover more upcoming events of interest, see the events calendar on the Radish website.

Radish reads: From sap to tap and beyond, a reliable maple syrup how-to



Submitted

Mini review: "How to Make Maple Syrup: From Gathering Sap to Marketing Your Own Syrup," by Alison and Steven Anderson (2014, Storey Publishing, 128 pages, $9.95)

"How To Make Maple Syrup" provides a fairly complete guide to identifying the right trees, gathering, cooking, filtering and bottling maple syrup. This in-depth how-to by Alison and Steven Anderson gives anyone the needed tools and knowledge to get started. The Andersons operate a Wisconsin-based maple sugaring business involving nearly 5,000 maple trees, and their expertise is evident in the details they provide about every aspect of the business.

Four varieties of maple trees (sugar, black, red and silver) can be tapped in the short late-winter, early-spring period when sap runs. At its simplest, all that's needed to make pure maple syrup is a drill, bit, spout, hammer, bucket or collection vessel, and a way to cook sap. From installing tubing systems, to setting up a sugar house and caring for trees and equipment at the end of the season, this 117 page primer does an excellent job of giving detailed instructions and provides a list of places to buy equipment and tools.

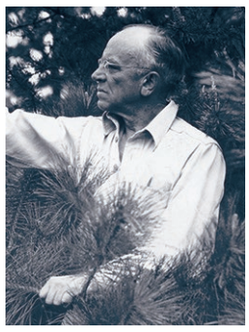
— Theresa Bries, Davenport

healthy living from the ground up

features

in every issue

on the cover



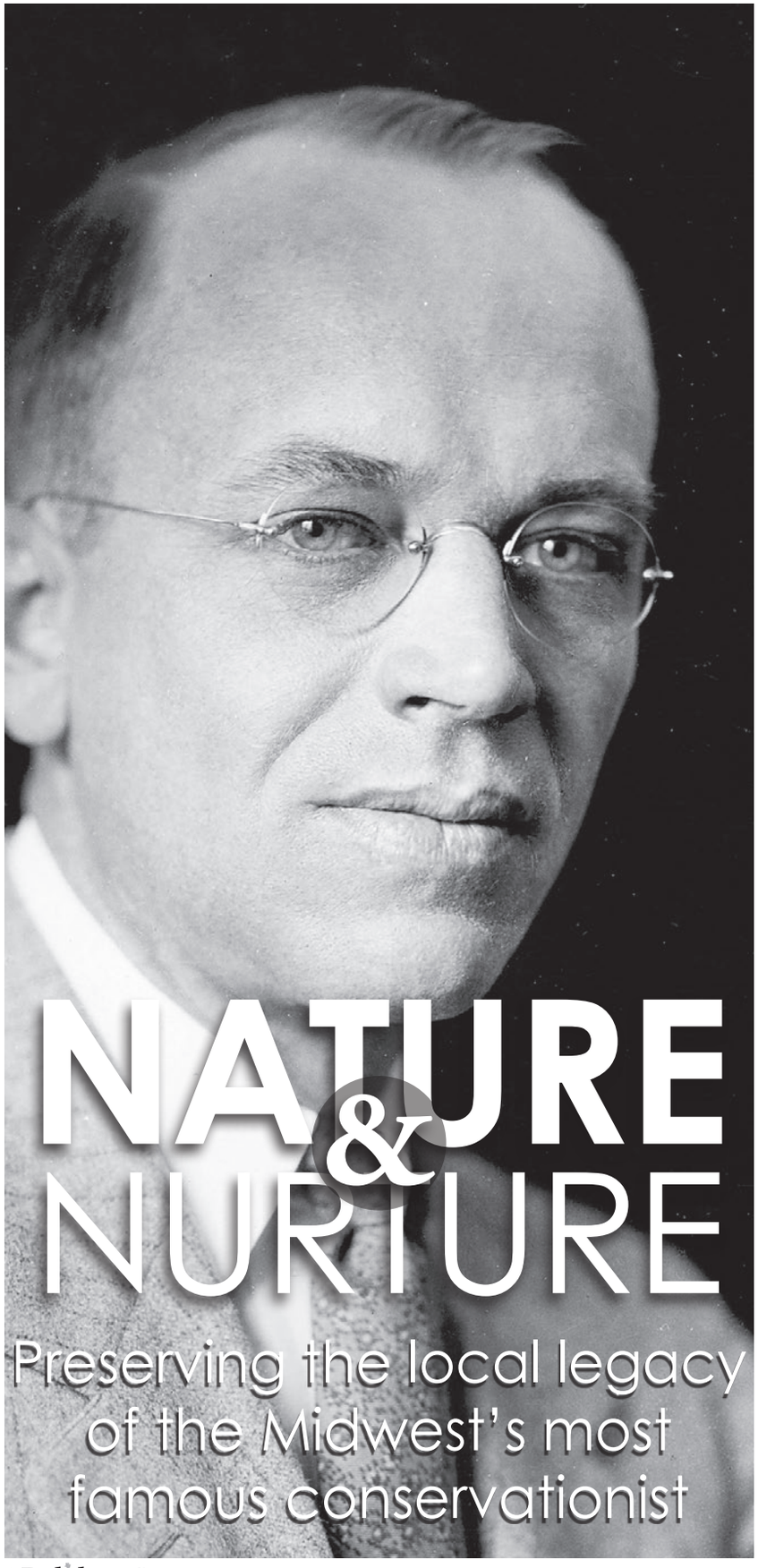
Conservationist Aldo Leopold inspecting a red pine. (Photo courtesy of the Aldo Leopold Foundation, www.aldoleopold.org.)

departments

radishmagazine.com

In honor of Butterfly Education and Awareness Day, the Scott County Soil and Water Conservation District will be hosting a butterfly release at 11 a.m. on Saturday, June 6, at Genesis Medical Center on West Central Park in Davenport.

The fundraising event will feature displays showing the life cycle of the golden-winged insect, including a butterfly laying eggs on milkweed and a caterpillar and butterfly feeding station. Learn more about this event, and how a donation made to SCSWCD by April 15 lets you sponsor one or more of the butterflies being released, at radishmagazine.com.



NATURE & NURTURE

Preserving the local legacy of the Midwest's most famous conservationist

"Our tools are better than we are, and grow better faster than we do. They suffice to crack the atom, to command the tides, but they do not suffice for the oldest task in human history, to live on a piece of land without spoiling it." — Aldo Leopold

By Jane Carlson

Before he was a noted conservationist, he was a boy. Born in 1897 in Burlington, Iowa, Aldo Leopold grew up exploring the bluffs and ravines of his hometown with the passion of a young scientist.

Inside a pair of family homes on Clay Street, he nurtured dual loves of language and nature under the tutelage of his extraordinary family. All around the property, he traversed the woods, monitored wren nests, reflected on the wild landscape around him, and wrote journal entries that served as his first ruminations on the importance of nature to humanity.

As a young man, he left Iowa for Yale University, and later for careers in forestry in the southwest and academia in central Wisconsin. Hugely influential in the field of environmental ethics and considered to be the father of wildlife management, Leopold is best known as the author of "A Sand County Almanac." Published a year after his death in 1948, the book combines seasonal observations of the natural world with conservation principles that are still widely cited today.

Burlington residents founded the Leopold Heritage Group in 2004 to focus on the legacy of Aldo and his brother Frederic's work and raise awareness of wildlife management and the family's roots in Burlington. Their work includes educational efforts, preservation of legacy trees, and tours of relevant local sites.

Since the fall of 2014, a new Burlington group has emerged. The Leopold Landscape Alliance is working to acquire the Leopold properties — both private residences — and turn the grounds into a historic site that would be open to the public and researchers as well as serve as a collection point for conservationists.

"I've been thinking about it for a long time, but it was just kind of a far-off pipe dream," says Steve Brower, a Burlington landscape architect and local authority on Leopold's life and career. Brower is one of three men, along with Jerry Rigdon and Dave Riley, spearheading the effort to buy the properties through the formation of the Leopold Landscape Alliance.

While some childhood homes are a stretch in terms of relevance to notable individuals' lives and work, Leopold's early years in Burlington truly were formative to his remarkable career, Brower says. Many of his youthful reflections and early discoveries in Burlington resurfaced in his later writings.

Of his childhood experiences, Leopold later wrote, "My earliest impressions of wildlife and its pursuit retain a vivid sharpness of form, color, and atmosphere that half a century of professional wildlife experience has failed to obliterate or improve upon."

The Leopolds lived with Aldo's maternal grandparents in a sprawling

Opposite page, Aldo Leopold (Photo courtesy of the Aldo Leopold Foundation, www.aldoleopold.org). Above, exterior and interior views of Leopold's boyhood home in Burlington, Iowa. (Photos courtesy of the Leopold Landscape Alliance)

Italianate home with a small acreage in Aldo's earliest years, before building another home next door. The second home's oak woodwork, wide window seats for plants, center fireplace, a cozy porch off the attic, and century-old front-yard wildflower garden all are cues to the family's sensibilities, always a combination of the practical and the poetic.

Brower says the Leopold Landscape Alliance seeks to support Leopold's "land ethic" by drawing attention to historic sites and natural sites in Iowa and Illinois that were so integral to his philosophy and writing.

"Our idea is for people to really experience the depth and significance of his experiences here," Brower says. "There's more here than just a childhood home."

The project is predicated on encouraging a wide variety of cooperation in line with Leopold's philosophies, providing educational opportunities as well as increasing wildlife habitats in the Mississippi Valley and fostering healthier landscapes.

Such overlapping goals seem only fitting as a tribute to Leopold, who argued we must think broadly about how we define community to include the landscape in which we live. Historical events could be better understood, we wrote his essay "The Land Ethic," if we recognize "the characteristics of the land determined the facts quite as potently as the characteristics of the men who lived on it."

Owners of the two homes are cooperating with the project, Brower says. The second home already is being purchased on contract and fundraising efforts are underway to cover the acquisitions.

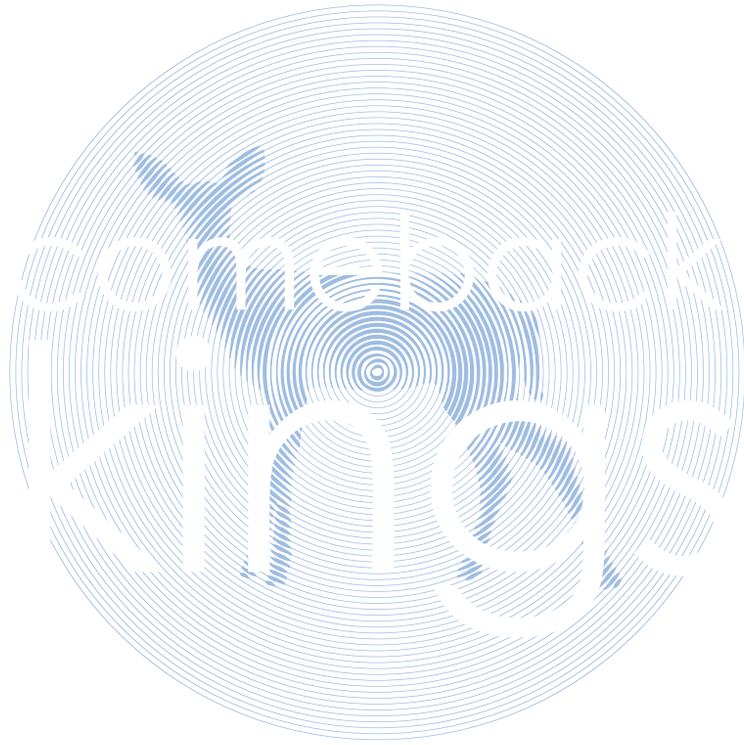
While the Leopold Landscape Alliance has ideas for the property, the organization's primary goal as of now is to raise the funds to buy the property. They hope to leverage interest from the Aldo Leopold Foundation in Baraboo, Wisconsin, the Leopold Center for Sustainable Agriculture at Iowa State University in Ames, and other state and federal organizations for long-term management and development of the property.

The group plans to establish a board of directors that would include scholars, conservation biologists, and large-scale landscape planners. The two adjacent properties would serve as a hub and the surrounding land would be a living canvas for conveying Leopold's land ethic and his philosophies of sustainability and natural ecosystem recovery.

Brower says the Burlington community has been supportive of the effort so far and fundraising efforts are ongoing. The project has the potential for significant economic development and tourism benefits, according to the Alliance.

Tax-deductible contributions for the Leopold house project can be made through the Leopold Landscape Alliance website, leopoldalliance.org, where more information is also available. Or you can contact Brower at 319-759-5062.

***Jane Carlson** is a frequent Radish contributor.*



Not all wildlife pushed to the brink is a lost cause

By Annie L. Scholl

In the 1960s, when Jim Pease was in the seventh grade, he and his older brother bought a used wooden canoe and spent weekends exploring the rivers near their home in southeastern Iowa. They knew where every woodpecker, heron and red-tailed hawk nest was on the Skunk, Des Moines, Cedar, Iowa, and Mississippi rivers.

"There were no wild turkeys, no otters, very few beaver at all," recalls Pease, professor emeritus in the Natural Resource Ecology and Management Department at Iowa State University, who has a monthly wildlife program on Iowa Public Radio.

Deer were so uncommon that if you harvested one, you got your name and picture in the local newspaper, he remembers.

In the late 1960s and early 1970s, Pease and his brother would watch the bald eagles fish in the open waters of the Mississippi River. Invariably, all they saw were adult eagles because the large raptors weren't nesting in Iowa. "We have come a long way since those years," he says.

Continued on page 26

TIRED AND SLUGGISH FROM WINTER?

We Have a Wide Variety of Detox Kits Suitable for Every Individual!

Garden of Life

WILD ROSE

Herbal D-TOX

Now on Sale:

was $36.69

Now Only

$23.85!

EVERYDAY LOW PRICES!

Ezekiel Bread $3.99

Synergy $3.00

Garden of Life RAW

SALE!

RAW Probiotics

25% Off!

RAW ONE for Men & Women and Raw Calcium 120 ct.

35% Off!

FRESH

Barley &Rye

Baked Goods!

HERITAGE NATURAL FOODS

"We Want to Make Your Health Shine"

Grocery - Produce - Bulk Foods
Vitamins & Supplements - Health & Beauty - Household Supplies

1317 6th Ave., Moline
309-764-1912
Monday-Friday 10am-6pm
Saturday 9am-5pm

3875 Elmore, Davenport
563-344-2100
Monday-Friday 10am-7pm
Saturday 9am-5pm

healthy living

Menu makeover

Dietary obstacles can be opportunities in the kitchen

Sintayehu Klipsch. (Photo by Todd Welvaert / Radish)

By Leslie Klipsch

One of the best ways to add a little imagination to your standard culinary routine is to be faced with a dietary restriction. Such was the case when my husband and I made an important discovery years ago that has re-shaped the way our family eats: Our youngest child is lactose intolerant.

On the grand scale of food restrictions, managing lactose intolerance is not all that cumbersome. In fact, it's much easier to cope with than many dietary constraints and is not nearly as frightening or dangerous as an actual food allergy. However, it is remarkably uncomfortable for the afflicted. And for a mother who believes that a glass of cold milk is a salve for just about anything and a thick hunk of cheese is an ideal snack, the discovery of a loved one unable to imbibe dairy products tends to prompt a major revision in the mealtime lineup.

Because my husband and I both come from a long line of stalwart German stomachs, lactose intolerance was new to us and required an understanding beyond what other family members could offer. (In other words, the idea of cooking without generous amounts of butter was unfathomable to most of the relatives we asked.)

However, because millions across the globe are afflicted with the inability to digest the milk sugar (lactose) in dairy products, there are all sorts of resources for those seeking information. After gathering facts, we purchased a few new cookbooks, uncovered a range of worthy milk substitutions, and even discovered an armful of terrific new recipes not reliant on milk, butter or cream.

Plant-based milk (soy, rice, almond and coconut, to name a few) is inherently lactose free and it turns out that we actually prefer smoothies (where clever parents have been known to hide high-nutrient foods like kale and spinach) made with almond milk. Almond milk, in fact, has become a kitchen staple — it gives baked items an extra layer of flavor and even adds depth to breakfast fare from oatmeal to granola to Cheerios.

"The discovery of a loved one unable to imbibe in dairy products tends to prompt a major revision in the mealtime lineup."

Hummus is an easy replacement for cream-based dip, and pizza piled high with things like pepperonis, peppers, olives and spice lacks little without cheese.

(We have made adjustments keeping in mind that some long-aged cheeses actually have very little lactose.) Though not a fan of "fake" cheese made with soy products, I have found some worthy substitutes for those with a dietary intolerance in mind. Earth Balance, for instance, makes a nondairy buttery spread as well as lactose-free baking sticks for moments when other substitutes simply do not suffice.

In addition to driving a bit of creativity, a lactose intolerant member of the household also prompted me to evaluate our usual dairy intake. Sure, dairy is high in calcium, protein and vitamin D, but were the ways and amounts in which we were consuming dairy actually healthy? Americans eat a lot of cheese slathered on nachos or piled on pizza. At the end of the day, for some of us, the consumption of dairy can add up to excess fat, calories and sodium. Just because many of us can consume lactose doesn't necessarily mean we should do so without moderation.

And making changes is not without rewards. When my oldest son was 5, his favorite snack was a mini Babybel cheese wheel. Gouda, mozzarella, sharp cheddar, it didn't matter. He'd unwrap the packaging and peel back the wax with care and anticipation. Once, on a family trip, his fondness for cheese shone brightly as he and I walked into a small cheese shop. I treasure the memory of sharing that moment with him — but I also look forward to the discoveries his sister will share with us.

My daughter will never experience the delight of triple crème cheese or slow churned double fudge ice cream, for that matter. Or if she does, she'll have to limit her portion and perhaps take a supplement containing the enzyme needed for her body to break down the lactose consumed. But, she still can indulge in the things that I may not have thought to offer my children before she entered our lives — dietary restrictions and all. She'll likely savor a host of dishes and tastes, like the nutty tang of almond-butter-and-jelly French toast, the piquant smack of tomato-basil-cashew pasta, and the homey comfort of dairy-free banana bread. And because of her, the rest of us will, too.

***Leslie Klipsch** is a frequent Radish contributor. Find more of her thoughts on food, family and healthy living at leslieklipsch.com.*

Spaghetti with Tomato Basil "Cream" Sauce

2 cups (1-2 large) chopped ripe tomatoes
½ cup raw cashews
1 tablespoon tomato paste
¼ cup water
2 tablespoons olive oil
2-4 cloves garlic, minced
6-8 ounces uncooked spaghetti
1 teaspoon salt
2-3 tablespoons wine or water (optional)
1 to 2 teaspoons freshly cracked, coarse black pepper
1 large handful fresh basil leaves, chopped

Put a large pot of salted water on to boil. Add the cored, chopped tomatoes to your blender (or food processor), seeds, skin and all. Add cashews, tomato paste and water. Blend until very smooth.

Add olive oil to a large sauté pan over medium-high heat. Add garlic and sauté until golden, being careful not to burn.

Once water is boiling, add pasta. Pour sauce from the blender into the sauté pan and bring to a simmer. Add salt and let cook for 4-5 minutes, stirring occasionally.

If desired, add wine/water to thin out the sauce. Taste and season more if necessary. Let simmer until pasta is finished cooking. Once pasta is cooked, drain. Add pasta to the sauté pan with black pepper and freshly chopped basil leaves. Toss to coat. Serve immediately, garnishing with more pepper and basil. Makes two servings.

Recipe Source: Lauren Ulm, "Vegan Yum Yum"

Naked cake

The simple joy of cake awaits when you ditch the icing

By Sarah J. Gardner

I have a theory that goes something like this: The icing on a cake can serve as a cover for some pretty lackluster baking — not always, but more often than you might suppose. And that's a pity, really, because the world is full of wonderful, vibrant, full-flavor cakes. Cakes that are richly studded with fruit and nuts (or both). Cakes that are whimsical and airy and only faintly sweet. Cakes that are soaked in coffee or rum and laced with the flavors of far-off places.

But stop by the bakery counter of a typical supermarket and you might take away the impression that cakes come in a mere handful of flavors: chocolate, white, yellow. (Isn't it telling that two of those "flavors" are really colors?) In fact, it's almost a guarantee that in most places you'll find big binders of pictures showing all the many ways a cake can be iced and just a short list of cakes to hunker beneath all that icing.

I first started noticing this a few years ago when the amount of icing on a slice of cake just got to be too much. Biting into it I'd be struck by the raw taste of sugar, which in big amounts can be sickly sweet. So I started cutting the icing away from any slice of cake I was served. This would reduce my total sugar intake and let the taste of the cake come through, I reasoned. Except the forkfuls of unadorned cake left behind were, honestly, not that great — often dry and rather flavorless. It left me scratching my head. When did icing become the most important part of cake? And why couldn't we do better?

By better I don't necessarily mean "Shouldn't we just eat fruit instead?" Don't get me wrong. Nine times out of 10, yes, clearly, a good piece of fruit is the perfect dessert. It's simple, it's easy, it has actual nutritional value — which is why I'm happy to end most meals that way. But cake has its place, too, as an occasional treat, and if you're only going to eat cake every once in a while, shouldn't that cake count? Shouldn't it stand proudly on your cake stand, full of beguiling flavor, and not need a slab of icing to cover its shortcomings?

It's just a personal theory, of course, but for the like-minded, the good news is that there are plenty of cakes out there that are fun to make and really deliver in terms of taste. Better yet, these cakes stand on their own without icing (though if you want to be fancy, I find a light dusting of powdered sugar often does the trick). I'm looking at you, lemon cake. Carrot cake. Walnut honey spice cake.

For this time of year, though, its daffodil sponge cake that has my heart. A light confection that, thanks to the number of eggs involved, manages even to be a low-glycemic food, this cake has the yellow and white colors of its namesake and just a hint of citrus flavor. It's like eating a slice of spring. After all, when better to eat an un-iced slice of cake than when bidding adieu to the frost-covered months of winter?

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

Daffodil Sponge Cake

10 egg whites | **1¼** cup sugar | **½** teaspoon salt | **1** teaspoon cream of tartar | **1⅛** cup cake flour | **6** egg yolks, beaten | **1** orange rind, grated | **1** teaspoon vanilla

Preheat oven to 350 degrees. Whip egg whites until frothy, then sift in sugar, salt and cream of tartar, and continue to whip until egg whites hold a peak. Divide the mixture between two bowls. To one of the bowls, alternate adding a little at a time 3/4 cup sifted flour, egg yolks and orange rind. Fold each addition into the egg whites before adding more. Into the other bowl of egg whites, fold in the remaining flour and vanilla. A cupful at a time, add the white and orange batters into an ungreased tube pan, alternating colors. Place in oven and bake 45 minutes or until done. Allow to cool in pan before removing. Slice with a serrated knife to serve.

Recipe source: Irma S. Rombauer and Marion Rombauer Becker, "The Joy of Cooking"

Todd Welvaert / Radish

Minus the suds

Gentle cleansers offer healthy alternative to shampoo

By Laura Anderson Shaw

There's nothing quite like a toasty shower and a richly lathering shampoo to help you warm up, relax and recharge. That little pinch of "me time" spent massaging suds into your scalp can be quite possibly the best few minutes of your day. But what if the concoction we lather on our heads is causing more harm — to ourselves and to the environment — than good?

Stylist Donna Elliott, owner of Leafgirl Studio + Organics in Davenport, says conventional shampoos contain detergent. "It doesn't matter if they are sulphate-free, paraben-free or what they cost, detergent can damage hair by stripping it of natural oils; creating frizz, dryness and depleting color," she says.

Detergents also can overstimulate oil glands and even make hair "greasy," Elliott says, which in turn, requires it to be washed more frequently.

The side effects of the detergent then create a chain reaction. Once your hair is washed and it's frizzy or dry, chances are you're reaching for conditioners; repair treatments and masques "to fix the damage that most shampoos can cause," Elliott says.

To help her clients at the studio, located at 1019 Mound St. #103, Elliott says she "wanted to offer a more simplistic approach for those struggling with color durability and issues with dry hair."

On the bright side, there are plenty of alternatives to the bottles you'll find on most shelves and in most of our showers.

"We found that one of the best benefits of using a non-lathering (and detergent-free) cleanser is saving time in the shower," which can help save on water consumption, "and not needing any conditioner," Elliott says. She also has found that "less products are needed in general because hair is more manageable."

In turn, Elliott says there is "less exposure to toxins associated with synthetic emulsifiers, and less exposure of these chemicals to the environment."

In the studio, Elliott says she uses the Purely Perfect line, which includes a cleansing creme, a "growing trend," Elliott says; and Pureluxe Conditioner, by Intelligent Nutrients.

When in search of your own suds-free shampoos, Elliott cautions to "watch for non-lathering shampoos that contain silicones, as this will sit on the scalp and can cause buildup on the hair."

The non-lathering products she uses also "have many different uses," Elliot says, adding that both could be used as a body and face wash, as well as a shaving lotion. That means fewer plastic bottles to dispose of in the end.

"What better way to simplify and cut down on all of the products you use every day?" she says.

Elliott, who has worked in the salon industry for about 30 years, has noticed a difference in her clients' hair, and in herself, since she and her clients began using the detergent-free products.

Laura Anderson Shaw has a non-lathering cleanser worked through her hair to see how it compares to shampoo. (Photo by Gary Krambeck / Radish)

"The major improvement I have seen on my own hands since washing hair at the salon with creme cleansers is proof that it is a much milder choice to expose myself to," Elliott says. "Even some organic shampoos can contain harsh lathering agents that can cause eczema and other irritating skin reactions."

With the creme cleansers, "my hands remain hydrated and are not itchy, clients' hair (is) much easier to comb through because there are no tangles … and (it) is especially great for children in my chair."

Making the switch from a conventional shampoo to a detergent-free shampoo requires a bit of a transition, though, says Elliott.

"Those of us who embrace change better will obviously enjoy a new experience in the shower," she says. "Instead of the old mindset of 'lather, rinse and repeat,' just massage (the creme) into (the) scalp and ends, distribute evenly with a detangling comb," which has a bit of space between its teeth. Let it sit for several minutes, and then rinse well.

While it can be a little bit of an adjustment, Elliott says, "most of the time, when someone experiences the difference, they are hooked."

***Laura Anderson Shaw** is a writer on staff at Radish. **Leafgirl Studio + Organics** can be found online at leafgirlorganicstudio.com.*

Swamp White Oak
(Quercus bicolor)

A medium-sized tree that does well in moist to wet soils, this tree features bark that resembles white oak and leaves that are broad and lobed. The acorns are an important food supply for turkeys, deer, raccoons, wood ducks and squirrels. As a family, oak trees support more than 500 species of caterpillars of native butterflies and moths as well as many other insects and birds. "Restoring oaks in urban areas would go a long way toward improving our nation's biodiversity," Dustin Hinrichs of Trees Forever says.

Black Cherry
(Prunus serotina)

Mature trees have distinctive scaly black bark, resembling burnt potato chips, with long slender, shiny leaves and showy white flowers in the spring. Young trees have smooth, thin, striped bark and release an almond-like odor when the twigs are scratched. Black cherry is a moderately long-lived tree (about 250 years) that loves sunlight. The berries provide food for birds and small mammals in late summer. Cherry trees support a wide variety of native butterflies and moths.

Hackberry
(Celtis occidentalis)

This fast-growing, medium-sized tree does well in all soil types and full sunlight. It has distinctive "warty" bark and unequal leaf bases. Yellow-green flowers appear in May, soon after the leaves. In the fall, the asymmetrical leaves turn yellow in color. The orange-red to purple fruit persists into winter months, providing valuable food sources for songbirds. Hackberries support many species of native butterflies and moths, including the Hackberry Emperor.

River Birch
(Betula nigra)

River birch are known for their exfoliating dark gray-brown to reddish-brown papery bark. River birch does well in both wet and rocky areas. The nooks and crannies of the peeling bark provide great hiding places for insects during winter months. In turn, those insects provide food sources for woodpeckers and other birds. They also support several hundred species of native butterflies and moths. The seeds and flower buds of river birch are important food sources for songbirds, turkeys and small mammals.

Six trees, many perks

Great reasons to plant one of these natives at home

By Cindy Hadish

Just as the shady canopies of American elm trees gave way to Dutch elm disease in the last century, the ubiquitous ash tree, a staple throughout the Midwest, is succumbing to emerald ash borer, an invasive beetle that kills all varieties of ash. The lesson from both is one that Trees Forever, a nonprofit based in Marion, Iowa, often shares.

Tulip Tree
(Liriodendron tulipifera)

A close relative of the magnolia, tulip trees are the tallest hardwood in North America. This large shade tree has a distinctive tulip-shaped leaf that turns yellow in the fall. In the spring, the tulip tree produces yellow-green flowers with an orange flare at the base that give off a faint cucumber scent. Tulip trees grow rapidly in moist soils. They support caterpillars of many native species of butterflies and moths, including the Eastern Tiger Swallowtail.

American Elm
(Ulmus Americana)

A fast growing, hardy shade tree with dark gray, deeply furrowed bark, the American elm has small green flowers in spring loved by pollinators. The flat, oval and paper-like seeds provide a beneficial food source for birds and small mammals. American elm are tolerant of drought and urban conditions, making it a great tree for the street or yard. Currently five cultivars are tolerant or resistant to Dutch elm disease: Princeton Elm, American Liberty "multiclone," Independence, Valley Forge and New Harmony.

Photos courtesy of Trees Forever

"Diversity is vital to a healthy forest, whether it be a rural forest or a community or urban forest," says Debbie Fluegel, Trees Forever Field Coordinator for Illinois. "We never know when the next disease or pest will come through."

Fluegel says recommendations call for not more than 20 percent of one genus in a community and not more than 10 percent of one species, but some communities, for example, have more than 50 percent maple trees.

To help diversify your neighborhood trees, Fluegel and Dustin Hinrichs, Trees Forever Field Coordinator for Southeast and Eastern Iowa, suggest planting one of these six native species often overlooked by homeowners.

***Cindy Hadish** writes about gardening, farmers markets and the environment at homegrowniowan.com. Find more information on the Trees Forever website, treesforever.org.*

Better blood flow

Three things you can do now to improve circulation

By Annie L. Scholl

If you're experiencing tingling, numbness, throbbing or stinging pain in your arms or legs, or muscle cramps, you may be dealing with poor circulation. The first thing to do: Talk to your health care provider. Once you get at what is causing these symptoms, and treat any potential underlying health issues, there are several things you can do to aid in improving your circulation, both at home and with a little expert help.

Annie L. Scholl is a frequent Radish contributor.

1 Massage: Jennifer Modjeska, a licensed massage therapist in Davenport says massage can help improve blood and lymphatic circulation. She specifically suggests deep-tissue massage and myofascial release, a soft-tissue therapy that involves applying gentle sustained pressure to the myofascial tissue, the connective tissue that wraps around and connects and supports our muscles.

Modjeska has seen the benefit of massage for her clients with circulation issues — and for herself. "I approach massage as a healthy addition to my life," she says.

Denise Ewert Bandel, a massage therapist in Cedar Rapids, Iowa, recommends Swedish massage for poor circulation. She also suggests getting massage regularly — at least once every three months.

2 Yoga: Doing yoga also can help improve circulation, says Ewert Bandel, who also teaches yoga. She explains yoga incorporates deep breathing, which gets blood moving. Since we spend most of our day either sitting or standing, inversion poses — such as headstands, handstands and shoulder stands — can help move blood from the lower parts of the body back toward the heart.

She also recommends doing warrior and triangle poses to increase the heart rate and thus improve circulation. "Any pose that provides a stretch, helps keep the blood vessels elastic so the blood can flow through smoothly" is effective, she says.

"Everyone, and I do mean everyone, can do some form of yoga, even if it is just the breathing and stretching aspect."

iStockphoto

3 Nutrition: A poor diet can lead to chronic inflammation in the blood vessels, damaging the endothelium and allowing LDL (the bad) cholesterol to lodge in the artery walls, explains herbalist Stephany Hoffelt of Iowa City.

To improve circulation, she suggests eating a low-glycemic diet. "Eating the rainbow" — a large array of colorful vegetables — can help minimize oxidative stress in the body. She also recommends oatmeal and Chinese red yeast rice to help naturally lower LDL cholesterol levels.

Herbs, she adds, can contribute nutrients and other beneficial phytochemicals to our daily diets. Herbs that contain high amounts of antioxidants include rosemary, sage, thyme, oregano, ginger, turmeric and cayenne, she explains.

"Herbs are classified as circulatory tonic for various reasons," she says. Some, Hoffelt explains, promote circulation to the extremities, others dilate blood vessels, while still others "tonify" and strengthen the veins and arteries. "There are also herbs that help to reduce excess cholesterol in the blood and may improve circulation," she says.

Which herbs are best? "You can ask 10 different herbalists this and you will likely get 10 different answers," Hoffelt acknowledges. Her top choices:

- **Ginkgo biloba,** which is especially good at promoting circulation to the brain, and is often paired with gotu kola, which has a strengthening effect on blood vessels.
- **Hawthorn berries** are another popular circulatory tonic.
- **Linden flowers,** which promote circulation to the periphery and tonify blood vessels.
- **Cayenne, yarrow and rosemary,** especially for those who experience numbness or cold in the hands and feet. Cayenne also has been shown to lower LDL cholesterol levels.
- **Guggul,** which is effective in lowering triglycerides and LDL cholesterol.
- **Garlic and turmeric,** also effective in lowering triglycerides and LDL cholesterol.

"Circulating blood carries elements, such as nutrients and oxygen, which are vital to rebuilding tissue and promoting effective cellular function," says Hoffelt. "The blood also carries the components necessary for building new cells and tissue throughout the body. Strengthening the body tissues helps your body more effectively fight off pathogens. Healthy circulation also reduces strain on the heart muscle."

For these reasons and more, improving blood flow is a good idea even if you're not experiencing symptoms of poor circulation.

Sweet success

For this vendor, market stall was a business incubator

By Sarah J. Gardner

Around this time each year, you can feel the excitement start to build for the beginning of the outdoor farmers' market season. In another month, it will be here. We eagerly anticipate greeting favorite vendors the way we would old friends, asking how the winter treated them and what they have planned for the season ahead.

But what if a vendor isn't there?

It happens, of course. Sometimes a vendor retires. Sometimes a vendor changes markets. And sometimes — no doubt best of all, from the perspective of loyal customers — a vendor builds on his or her farmers' market success to open a brick and mortar store. When that happens, the disappearance from the farmers' market is cause for celebration.

Such was the case for Tiphanie Cannon, owner of Oh So Sweet by Tiphanie at 314 Main St. in Davenport, which opened in May last year. Her bakery began as a booth at the Freight House Farmers' Market, where through the summer months she kept customers in cookies and built her business plan. Eventually, she says, her stall at the market got to be so busy she had a clear choice: either stop baking or start looking for a permanent location.

"The farmers' market was my chance to test the waters," says Cannon. "I learned what people will buy and won't buy. I learned about marketing and sales. I worked out the number of people you get through in a day."

The biggest lesson she took away from the experience, she says, is that "how you present yourself and how you present your booth is equally important to how your food tastes." This will come as no surprise to farmers' market fans who recall the cupboards of baked goods she set up at her stall and the brimming glass jars of cookies.

It's a style of presentation you can see reflected in her present location, where sweet treats fill the glass display case and her signature macarons, baked in every hue, are arranged proudly by the register.

Of course, hand in hand with trading a Saturday morning stall for a full-time store comes a lot of work. There are pie crusts to bake and fill with quiches, and butter-cream frosting to whip into peaks. There is coffee to brew and bread dough to bake for sandwiches.

"Everything we make is homemade," explains Cannon. "Nothing is out of a bucket or pre-made."

The menu of baked goods reflects the changing of the seasons, with winter's citrus and spice giving way to summer's berries. New items are added about once a month, and Cannon is always on the lookout for new recipes to try.

Gary Krambeck / Radish

Invariably, it's those new items that become her favorites, she says. "New cookies, new muffins — I feel like I'm growing as a professional and also able to offer new things."

To accomplish all this baking, Cannon now employs several staff members, including Debi Baraks, the head morning baker. She graduated from the culinary arts program at Scott Community College in 2009. Together, Cannon and Baraks tackle each morning's to-do list, which begins with getting the cinnamon rolls into the oven. They start at 5 a.m., when most of the day's customers are still snug in bed.

From there, the rhythm of the kitchen takes on its own momentum, as trays are shuffled in and out of the oven, and mixers clatter on and off. "The morning goes by fast. We are constantly busy," says Baraks.

"To be good at this job, you have to be good at multitasking," Cannon concurs. "This is not a job where you're looking at the clock. You don't stop moving."

But to have her own bakery, to have taken a concept for a business and made it a reality, is immensely fulfilling, says Cannon — and it's full of rewards. She enjoys they way owning a bakery allows her to make things she wouldn't necessarily bake at home, and she's proud of her entrepreneurial accomplishments.

"That I can pay the rent and pay my employees, that the concept is working, it's very rewarding," she says.

__Sarah J. Gardner__ is the editor of Radish. More information on __Oh So Sweet__ can be found online at ohsosweetbytiphanie.com.

handmade

Body and sole

Wisdom gleaned from a lifetime of shoe repair in Q-C shop

By Ann Ring

Leo's Shoe Repair is a shop that reminds you of days gone by. For one thing, if you call the Rock Island store, Jim "Leo" Faramelli, 69, will be the one picking up the phone. Come through the shop door, the only person greeting you will be Leo. The person writing out the ticket, ringing up the cash register, and going over your repairs in detail will be Leo. Wearing his red apron and impish smile, greeting his customers, and carrying on his father's and his grandfather's shoe-repair business, is Leo.

As soon as you walk in the store, located at 315 20th St., you get the sense you're in the presence of someone who knows what he's doing. Instantly you smell leather. The wall behind you reveals numerous news articles about Leo's business that his dad started in 1927. The customer area is filled almost to the ceiling with shoe boxes — genuine sheep slippers for sale, and boots. Three's a crowd, and you can count on at least two other customers coming in during the time you're there.

Products are available for sale — leather dye, shoe oil, color sprays, shoe grease, mink oil, liquid shoe dressing — and a chair for anyone who wants to sit and chat. Behind the desk are rawhide laces for work boots, leather belts, baseball gloves, purses, jackets, leather wallets, a mesmerizing pile of shoes, and an old German Adler sewing machine that he still uses.

"Whatcha got there?" Leo asks one customer as he eyes the black shoes being handed over to him.

"I'm going to Texas next week and I got to have these polished up," says the customer.

"I see," says Leo. He looks up. "When you leaving?"

"I'm leaving Tuesday morning."

"Oh, I see," says Leo. "Well I guess I better have these for you late today then. Either that or Monday morning."

"People are bringing in shoes over 20 years old," says Leo, "and I'm making them wearable again." His pride in what he does is obvious.

"Older shoes are made a lot better," he explains. "There's much more real leather. Today, most of the shoe is vinyl to an extent — they substitute wherever they can."

Leo says that shoe materials are supposed to be labeled. "They use a cheaper grade leather and then they coat it with vinyl. Makes the shoe look good," he says. "Looks beautiful. They still label it leather, which is true, but it's covered up in plastic which causes problems for people, like bunions and corns. Leather, on the other hand, will mold to your feet where plastic won't. Leather is soft, and supple — it's easy on the feet, versus hard plastic."

"My dad taught me everything," he says modestly. Leo graduated from Augustana College, and after a term in the Navy, he came back to the store. Even though Leo hung around his father's store since he was a tyke, in a sense the business started with Leo's grandfather in Florence, Italy. "Grandpa made shoes by hand," says Leo in between customers. "There was no machinery back then — it was all handwork."

Jim 'Leo' Faramelli in his Rock Island shop. (Photo by Todd Mizener / Radish)

Leo says that his grandfather would travel around Florence with his kit and make or repair shoes for a client's whole family. Then he'd go on to the next town and do the same. "That's what they did back then to make a living," says Leo. "Sometimes he'd travel to France, too — there was more money there."

As he carried on the family tradition in Rock Island, Leo may not have traveled to his customers as his grandfather did, but his services have proven as valuable. Leo talks about customers who have come in with a shortened leg, mostly due to a car or motorcycle accident. "Doctors try to help (the leg) but they (the victim) lose some of the length in the leg," he explains. So he has evened his customer's gait by adding inches to the soles.

Leo does it all — repairs heels and soles, just about anything leather. As another customer arrives to pick up his shoes, Leo leans into the pair and explains his repair work in detail. "If they give you any trouble, just let me know," he says.

__Ann Ring__ is a frequent Radish contributor. __Leo's Shoe Repair__ can be reached by calling 309-786-4676.

Make a Patriotic Living Flower Container Garden!

Create a container of summer blooming bulbs that will offer weeks of visual enjoyment and can be saved for next year! Your red, white and blue patriotic-themed container will feature an assortment of blooming bulbs.

Classes: Wed April 15 at 10AM in Geneseo; Wed April 15 at 3PM in Milan or Thursday, April 16 at 10AM in Aledo. $40 includes all supplies.

Backyard Food Connections Tour - April 23, 4 - 6 pm
Visit the Mad Farmer's, Coal Valley, IL FREE

Tour a small-scale, soil conscious, responsible, 4-season grower. Find out about naturally derived sustainable approaches to gardening! Must RSVP.

University of Illinois Extension, 321 W 2nd Ave., Milan, IL
Preregister: web.extension.illinois.edu/hmrs (309) 756-9978

THE HEALING ALTERNATIVE

MYOFASCIAL *Release*

It can offer an opportunity for deep healing.

Painful Scars • Scoliosis • Carpal Tunnel
Jaw Problems • Restricted Motion

SERENITY MASSAGE CENTER | *Myofascial Specialist*
Bettendorf, Iowa • 563-332-5373

QUAD CITIES U.BREW

Create a hand-crafted brew to share with family and friends!

U.Brew is the Quad Cities' full service home brewing supply and equipment store. Offering hands-on monthly classes and private instruction in beer, mead, and wine making techniques for beginning to advanced home brewers.

On site experts will help you craft the perfect brew!

525 3rd Ave. A, Moline, IL
309-524-5219
Ubrewqc.com

DINE LOCAL

Meats & Eggs
Vegetables & Fruits
from our own Farm (in season)

- Breakfast
- Brunch
- Dinner
- Vegetarian
- Baked Goods
- Frozen Entrees to Go!

OFFERING:

Rentals & Catering!

- Weddings
- Holidays
- Special Events

(563) 424-4561 • 421 West River Dr.
Freight House Building
Downtown Davenport

The Healing Heart Center

- Play and Adolescent Therapy
- Individual and Family Therapy
- Group Therapy
- Reflexology
- Reiki
- Hypnotherapy
- Nutrition
- Cranio-Sacral Therapy
- Qigong
- Spiritual Direction
- Massage Therapy
- Sound Healing
- Shamanic Healing
- Life Coaching
- Workplace Stress
- PTSD
- Adoption Home Studies
- Fitness
- Commitment and Wedding Celebrant
- Classes: Nutrition, Meditation, Qigong, Yoga, Relationships

Now located on the historic Annie Wittenmyer Campus:
2800 Eastern Ave., Davenport, IA (Wittenmyer Lane to Cottage G.)

Call today and feel the healing power **563.370.7995**

Center Director, Candice Kundert, LISW
Counselor, Therapist, Officiate • 25 yrs. experience serving our community

20th Annual CARL SANDBURG FESTIVAL

Honoring Galesburg-born Pulitzer Prize Poet and Lincoln Biographer Carl Sandburg

April 21-25

Special Guests

Pulitzer Prize Winner & 19th U.S. Poet Laureate
Natasha Trethewey

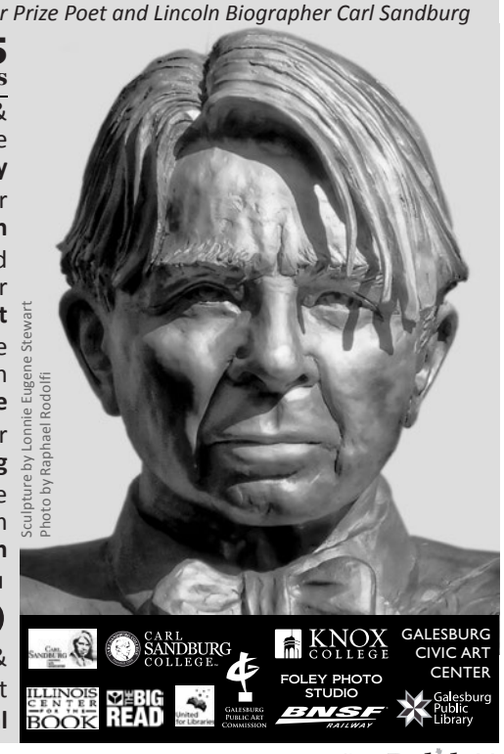
Best Selling Author
Jennifer Niven

Internationally Acclaimed Painter & Sculptor
Lonnie Eugene Stewart

Illinois Secretary of State and State Librarian
Jesse White

Illinois State Library Director
Anne Craig

Founder/Creator of the International Poetry Slam
Marc K. Smith



Sculpture by Lonnie Eugene Stewart
Photo by Raphael Rodolfi

2015

See Full Festival & Big Read Schedule Details at
www.sandburg.edu/festival

Carl Sandburg College · Knox College · Galesburg Civic Art Center · Foley Photo Studio · Illinois Center for the Book · The Big Read · Galesburg Public Art Commission · BNSF Railway · Galesburg Public Library

Edible delights

Surprise! A number of flowers can be eaten and enjoyed

By Lillian Zier Martell

Lunch probably isn't the first thing that comes to mind when you see your roses, impatiens, lilacs and daylilies expand into full color during the spring and summer months. But, in fact, flowers are an ancient ingredient that can be used in a variety of foods to entertain and delight your family and friends.

"Edible flowers have been around forever and ever," says Peg Christensen, founder of the Quad Cities Herb Group.

Ask about her favorite use of flowers in foods, and Christensen wistfully runs through a list of dainty-sounding dishes — chicken salad served in a tulip, daylilies with ranch dip or guacamole, nasturtiums scattered across lettuce, candied borage as cake decorations.

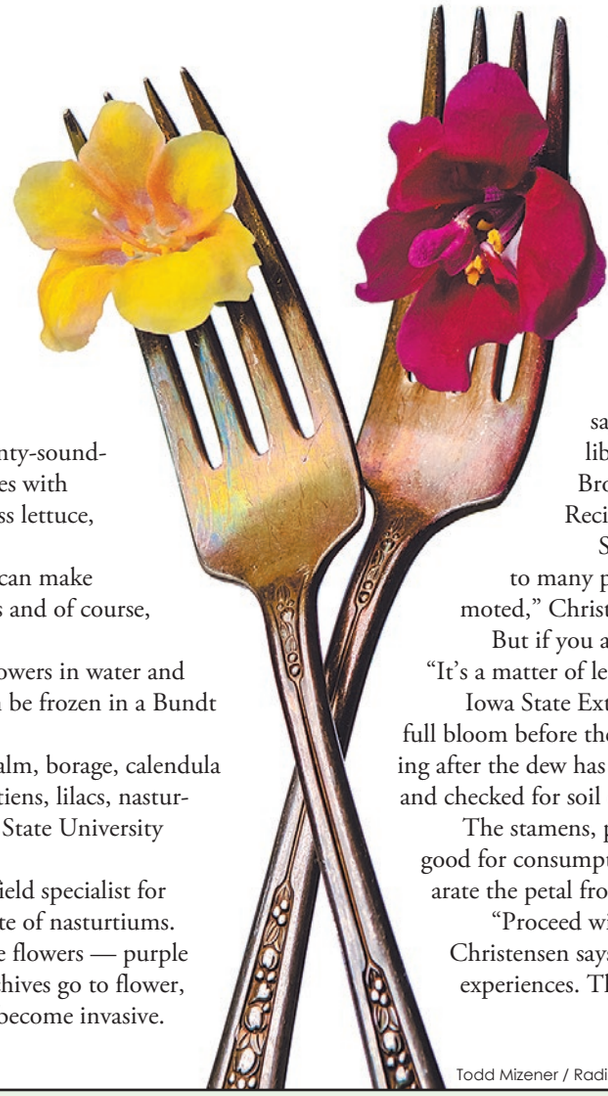
Edible flowers are surprisingly versatile. "You can make your own sugars, jellies, butter, salads, vinegars, oils and of course, tea — and you can freeze them," she says.

One option Christensen suggests is freezing flowers in water and dropping them into your drinks. Larger flowers can be frozen in a Bundt cake pan for use as an ice ring in a punch bowl.

Some of the common edible flowers are bee balm, borage, calendula (pot marigolds), chamomile, chives, daylilies, impatiens, lilacs, nasturtiums, pansies, roses and violets, according to Iowa State University Extension and Outreach materials.

Patrick O'Malley, a commercial horticulture field specialist for Iowa State Extension, likes the tangy, hot, spicy taste of nasturtiums.

He also encourages gardeners to eat their chive flowers — purple on round leaf chives and white on garlic chives. If chives go to flower, they need to be cut back, or they may set seed and become invasive.



Todd Mizener / Radish

Why not eat the flowers while you are at it?

Iowa State Extension and Outreach materials caution that those with allergies or asthma should be careful using edible flowers, as they could trigger a reaction, and flowers that have been exposed to pesticides should be avoided by all eaters. This includes flowers that have grown along the roadside and store-bought blooms from the floral department, which often are treated chemically.

Christensen advises growing your own flowers so that you know exactly what you're getting.

"Be careful and check with a really good book," she says, adding that many reputable titles are available at local libraries, such as "The Edible Flower Garden" by Kathy Brown and "Flowers in the Kitchen: A Bouquet of Tasty Recipes" by Susan Belsinger.

She acknowledges that edible flowers are a bit mysterious to many people. "Frankly, there's not money in it, so it's not promoted," Christensen says.

But if you already grow flowers, they are inexpensive and easy to use. "It's a matter of learning to use what's already in your garden," she says.

Iowa State Extension and Outreach advises that flowers be harvested in full bloom before they start to wilt. The best time to pick them is in the morning after the dew has dried. The petals should be washed gently just before use and checked for soil or insects.

The stamens, pistils and sepals should be removed. Only the petals are good for consumption in most flower species, and it's also a good idea to separate the petal from the white base, which has a bitter taste in some species.

"Proceed with caution — try a little bit and see if you like it," Christensen says. "I always encourage people to try things. Be open to new experiences. Then invite me for lunch!"

Flowers and flavors

According to information from the University of Illinois Extension and Iowa State Extension and Outreach, you can expect these tastes from flowers:

- Nasturtiums have a spicy, peppery taste
- Chive blossoms add an onion flavor
- The flowers from herbs such as sage, basil and thyme resemble the taste of their leaves
- Violets, daylilies, impatiens and petunias are sweet
- English daisies and chrysanthemums may be bitter
- Hollyhocks, pansies, calendula and squash flowers have mild flavors
- Bee balm has a citrus or minty flavor
- Borage resembles the taste of cucumber
- Lilacs have a perfumed, floral taste that works well with vanilla yogurt or candied for use as cake decorations
- Roses have a perfumed taste, and the white base should be removed
- Tulips are crisp and slightly sweet

Contributor Lillian Zier Martell is the Garden Growers coordinator for Iowa State University Scott County Extension and Outreach.

Workshops on a variety of topics. Register & learn more at wqpt.org/rtl

Held at Western Illinois University-Quad Cities 3300 River Drive, Moline

Early childhood professionals in homes, churches, centers and schools are invited to attend the…

Ready To Learn

Early Childhood Conference

Presented by:

- WQPT–Quad Cities PBS
- Child Abuse Council
- Child Care Resource & Referral
- Mississippi Bend Area Education Agency
- Quad Cities Association for the Education of Young Children
- Rock Island County Regional Office of Education
- Western Illinois University–QC

wqpt.org/rtl

WQPT QUAD CITIES PBS

Monarch Butterflies are in decline - want to help?

You Can Attract & Foster the Monarch butterfly!

Simply Native Plant Nursery

is offering a complete Monarch Butterfly Garden package.

The Majestic Monarch Garden Tray

with 32-plants for your outdoor space!

We've picked the plants, created the design and developed instructions for their after care, so your butterfly garden will flourish!

Locally grown plants from our greenhouse outside of Alexis, IL so plants are fit for our climate!

Price $85/tray for pick up orders (sales tax extra)
Shipping available for $10 extra

Opening in April, check website for date and time, Upcoming Events & Nursery Hours link.

Recommended website:
www.monarchwatch.org
to learn more!

SIMPLY NATIVE NURSERY
Alexis, IL
309-371-9598
www.simplynativenursery.com

Reserve your Majestic Monarch Garden Tray today via email: contactsimplynativenursery@gmail.com or by phone

Don't delay, order today and roll out the Monarch Welcome Mat for summer. You will be rewarded by flying flowers in your garden, while creating a butterfly refuge.

Continued from page 8

A juvenile eagle, left, and an adult eagle, right, hunt for fish over the Mississippi River in early 2014. Before bans on DDT were in place, it was highly unusual to see young eagles in Iowa and Illinois. Conservation efforts helped reestablish nesting pairs of eagles in both states. (Photo by Gary Krambeck / Radish)

Success stories in plain sight

While so often we hear about what we humans are doing to mess up life for the creatures we share our planet with, Iowa's Pease and Illinois' Chris Young share some positive news: Many wildlife species are actually doing very well.

"Everywhere you look in Illinois, you see one conservation success story after another," says Young, communications director for the Illinois Department of Natural Resources.

Of course, as Pease's childhood memories of elusive animal sightings point out, it wasn't always that way.

When Lewis and Clark first came up the Missouri River in the early 1800s, Iowa was abundant with wildlife. In a matter of half a century, that changed, Pease relates. "By 1900, there were not only no bison and elk left in Iowa, but there were no deer left in Iowa," he shares.

Wildlife decline and loss happened in Illinois, too, Young says. Unregulated shooting was a major factor, he says, noting that prior to 1900, when most game laws came into being, there were no seasons or limits on shooting birds or hunting other wildlife.

Wildlife took a significant hit in the 20th century, too, thanks to chemicals like DDT, that were used during World War II and then found their way into agricultural and industrial use after the war was over.

"By the 1950s, our duck populations were plummeting. We had no Canada geese nesting in Iowa. The swans were gone. The turkeys were gone," Pease says.

Young explains "organochloride" pesticides like DDT "bio-accumulate" in animal tissues, which means the pesticide builds up faster than the body can break it down and get rid of it. That's why Pease saw so few young eagles on those walks with his brother back in the late '60s and early '70s: DDT caused birds like bald eagles to lay eggs with thin shells that broke easily.

"We did the right thing" when we banned DDT in 1972, Pease says. "It was amazing how quickly species began to recover."

And those game laws that established hunting seasons and bag limits are also to credit for the restoration of deer, wild turkey, river otter and other wildlife species, Young says.

"The model of hunters and anglers purchasing licenses and stamps, and thereby funding conservation efforts, has been very successful for more than a century," he says.

Both Young and Pease are happy about the rebounds that wildlife has made in their respective states, but at the same time, they say we must remain diligent.

"These species are telling us that when we make the right decisions, they can be resilient," Pease says. "And when we make the wrong decisions, they're going the opposite directions."

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

Ongoing efforts

"We need to understand that conservation is a long-term process," says Jim Pease. "We need to think of conservation as an investment. We've gone increasingly to short-term thinking. We need to think not just for our own selves but for future generations — not just for people, but for the overall health of the land."

So how can we all help? Young offers these suggestions for private landowners:

- **Use native plants in landscaping.** Many species of insects, including pollinators like bees and butterflies, associate with native plant species. Also, these plants are adapted to harsh Midwestern winters and hot, dry summers, so they require less watering and care after they are established.
- **Plant nut-producing trees.** Oaks, hickories, walnuts are all great options that produce food for wildlife.
- **Cash in.** Research available conservation programs that provide rental payments in exchange for placing land in conservation practices for a period of years.

Reason's Meats & Catering

Buffalo Prairie, IL • 309-537-3424 or 1-800-772-4740

LOCAL MEATS

- Elk • Pork • Hickory Smoked Bacon
- Local Buffalo • Smoked Chops
- Summer Sausage & more

M.T.TH.F. 8am-4pm / WED 8am-6pm / SAT 8am-Noon / SUN Closed

Catering Available! Graduations Weddings Picnics Reunions

Reason's Prairie Creek

20807 183rd Ave. W., Buffalo Prairie, IL • 309-537-9122

MARKET & DELI

We have a variety of LOCAL Food Choices!

• Fresh made-to-order SUBS • SALADS • COOKIES • and MORE

Eat-in or Carry-out, Call-in Orders Welcome

Catering Available: we can deliver to large or small parties or have food prepared for pick-up.

Located on the West side of Town on the County Line in Buffalo Prairie, IL

M-F 10:30am-5:30pm / SAT & SUN 10:30am-4:30pm

Reason's College Ave. Deli

113 South College Ave., Aledo • 309-582-8226

DELI

Delicious Fresh Subs, Soups, Paninis, Salad Bar, Country Style Ice Cream, Salads, Pie & Reason's Meat Case

Open 7-days a week!

M-F 10am-6pm / SAT 10am-4pm / SUN CLOSED

MasterCard VISA

Big Brothers Big Sisters

25th Annual Plant Sale

May 2-10, Northwest Bank & Trust Tower

May 2-3, Ruhl & Ruhl, Bettendorf

May 2-3, UnityPoint Health—Trinity, Moline

Pre-order deadline: 4/20/15

Pre-order today!

www.bbbsmv.org (click on Plant Sale)

Presented by: IOWA AMERICAN WATER

Supported by: Ruhl & Ruhl REALTORS

For more information call Kayla at 563-323-8006 or email: kkiesey@bbbs-mv.org

---

April Tip from Gary Pond Appliance Repair:

How to Clean your Stainless Steel Appliances

What you will need:

- Vinegar in a spray bottle • Paper Towels • Very soft or microfiber cloth
- Mineral oil, or other oil of choice- I use olive oil

1. Determine the direction of the grain
2. Do a preliminary clean of your appliance with vinegar, wipe off with paper towel or soft cloth
3. Dip your soft cloth into a little bit of oil, not much and polish your appliance.

Now you will have a shiny appliance.

The Tradition Continues

MAYTAG **GARY POND 309.737.1664** Whirlpool

Appliance Repair • Coin Laundry Services • 40 Years Experience

We Service Front Load Machines

Making Friends

Welcome Service, Inc.

Since 1989

Area Businesses REACH New Customers

WELCOME

- Newcomers
- Newlyweds
- New Babies

www.makingfriendsqca.com

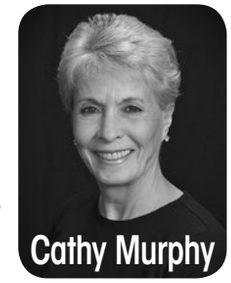
Call Bonnie 309-796-1145

HEAL-THY SELF FROM DIS-EASE

Cancer - Alzheimer's - Stomach Issues

Advanced Dis-eases of the body can be reversed by changing the feeding ground

Learn Proper Food Combining®... it is essential to good health



Cathy Murphy

We'll work with your medical doctor to enhance your care!

309.762.0577

www.CMurphyClinic.com

Certified Natural Health Consultant, Certified Nutrition Specialist, TKM® Provider, and Coach for Lifestyle Changes.


KWQC-TV6
NEWS
ON THE GO
KWQC TV6
SERVING ILLINOIS & IOWA
#1 STATION FOR NEWS
KWQC-TV6
WEATHER
ON THE GO
DOWNLOAD OUR APPS TODAY
Available on the App Store
ANDROID APP ON Google play
QC Weather from KWQC

Is global warming causing food to be less nutritious?

By Roddy Scheer and Doug Moss

It is difficult to say whether the climate change we are now experiencing is negatively impacting the nutritional quality of our food, but researchers warn that it may be only a matter of time. "Humanity is conducting a global experiment by rapidly altering the environmental conditions on the only habitable planet we know," reports Samuel Myers, a research scientist at the Harvard School of Public Health.

Last year, Myers and his colleagues released the results of a six-year study examining the nutritional content of crops exposed to levels of atmospheric carbon dioxide (CO_2) that are expected to exist by mid-century. They found that in wheat grains, zinc concentrations were down some 9.3 percent and iron concentrations were down by 5.1 percent across the seven different crop sites (in Australia, Japan and the U.S.) used in the study. The researchers also noted reduced protein levels in wheat and rice grains growing in the CO_2-rich test environment.

According to Myers, the findings — published in June 2014 in the journal Nature — are particularly troubling when one considers that some of the 2 to 3 billion people around the world who depend on wheat and rice for most of their iron and zinc already might not be getting enough of these essential nutrients.

Myers and company aren't the only ones worried about global warming and nutrient losses. Another recent study by mathematical biologist Irakli Loladze analyzed data from thousands of "free-air CO_2 enrichment experiments" on 130 different species of food plants and found that increased CO_2 reduced overall mineral (nutrient) content across the board.

Commenting on the findings on BigThink.com, David Berreby is bothered by another of Loladze's conclusions, that higher levels of CO_2 also spur increases in starches and sugars in the same plants that lose mineral content. "In other words, with increases in atmospheric carbon dioxide, the valuable nutrients in these food crops are scarcer, and carbohydrates are more abundant — in effect, the nutrients are 'diluted'," he explains.

While dramatically reducing our CO_2 emissions would be the best way to stave off nutrient losses in our crops, we do have some other options just in case we don't get our act together regarding fossil-fuel consumption. Myers suggests that new strains of crops could be developed to be less sensitive to atmospheric CO_2 levels and/or higher in mineral content to begin with. Regardless, upping the amount of fruits and vegetables in our diets — perhaps more easily said than done — may be more important than ever in our carbon-intensive world.

Reprinted with permission from E — The Environmental Magazine (emagazine.com). Send questions to earthtalk@emagazine.com.

Front and center

Two ideas for organizing your fridge to waste less food

By Sarah J. Gardner

For years now I've come across articles online and in various other magazines with ideas for going green by getting your home organized. Filled with clever storage solutions or boldly proclaiming a dozen ways to cut clutter, they tend to have a lot of suggestions for getting organized without a lot to say about how, exactly, this is better for the planet.

Don't get me wrong, I love tidy closets and cupboards as much as anyone. Often, though, these articles are full of things to buy — these shelves, those bins, these racks — and consuming more stuff, not less, seems like a step in the wrong direction when going green, particularly when many of these products are made of plastic.

It wasn't until I got serious about cutting down on food waste that I saw the green light. An organized kitchen is an efficient kitchen, after all, and that means less food heading to the compost bin (or worse, the landfill, where it is a significant source of methane, a potent greenhouse gas). It also means less food you have to purchase, which ultimately can translate into less resources spent growing and transporting that food.

Todd Welvaert / Radish

Bye bye bins

It has happened to the best of us: Gorgeous produce purchased eagerly at the farmers' market or supermarket is brought home and put into the bins at the bottom of the fridge, only to be fished out a week or two later as a wan bag of goo.

The solution? Don't use the bins. Instead, clear a shelf in your fridge, preferably near eye level, and designate it for produce only. Granted, this can feel risky given those bins are designed to prolong the life of your fruits and veggies — but that's exactly where the trouble lies. When it's tucked away, it's easy to forget about that produce. Meanwhile, knowing it will keep for some length of time diminishes the incentive to use it soon.

The great thing about this idea is that it doesn't just cut down on spoiled produce. It also makes for healthier eating. It's far easier to remember to use up those carrots or Brussels sprouts when they are right in front of you each time you open the fridge, and studies have shown the less time produce has spent in our fridge, the higher its nutritional content.

Second shelf for second helpings

While you are reorganizing your fridge, designate the other eye-level shelf as a reserved space for leftovers. In our house, I found placing a removable label reading "Eat This Week" was a handy reminder that these foods should be given priority when looking through the fridge for something to eat. Set aside a day of the week — Sunday lunch works well in our house — to clear the shelf (hopefully by eating the remaining leftovers), making space for new dishes in the week ahead.

The same organizing principle is at work here. It's hard to remember to eat leftovers when they are scattered all over the fridge, crammed into whatever space is available, and eventually hidden behind other foods. But having a designated space for them keeps them front and center. Plus, when you get home from a busy day and aren't sure what to do for dinner, shopping the leftover shelf for a side dish to reheat can feel like getting an jump start on the next meal.

Ultimately, these ideas don't just reorganize your kitchen, they also reorganize the ways you use food. That means it may take some adjustment. I implemented these changes one at a time and, admittedly, we still have the occasional weeks when all the leftovers or a couple of carrots aren't eaten. But that's okay. Over time, these changes really have helped us make better use of the foods we buy — and that's as good for the household budget as it is for the planet.

Sarah J. Gardner is the editor of Radish.

The General Store

food for thought

Green guilt?

It helps to remember little actions do add up

By Julie Stamper

There are big things going on in the world. If you aren't aware of them, turn on your television or log on to the Internet and you'll soon get your fill. Greece's economy is collapsing, the Islamic State group is gaining ground in the Middle East, our fresh water needs to be conserved before it runs out, and the planet is heating up.

But on most days, the things I get stressed about are who ate the last granola bar, who threw the red dish-towel in the load of whites, and why doesn't anyone in my house take out the garbage? (Really. Why?)

As Earth Day approaches, too often it becomes another reason to feel guilty. I see the cartoon pictures of the Earth that appear every April, all lonely and dejected, with smog around it's big sad eyes, and I think, "Oh Earth, I've been so wrapped up with conserving these three children, needy husband and large standard poodle that I have neglected you. I'll do better."

I know protecting Mother Earth is important. I love open green spaces and breathing clean air. I do wonder what the planet will look like in 50 years, when my grandkids are coming of age. But today I'm the household firefighter, putting out the hottest fires and going to bed exhausted every night, thinking "I'm going to let the other 7 billion people do their part."

It's not that I'm proud of this position. It's more like I'm paralyzed. Much of the environmental news I see online calls for aggressive action. Beef is bad and responsible for greenhouse gasses, so I should eliminate it from our diet. Cars are bad, so I should stop driving them. Wasting water, bad. Cleaning products, bad. Makeup, showering, cheap light bulbs, BAD BAD BAD. And, by the way, why am I not out in the rain forest, chaining myself to trees?

The next thing I know, I'm crying and rocking in the corner, watching some reality program on a 120-inch TV and drinking a genetically modified smoothie full of corn syrup, steroid-laden fruits and shame.

If one researches the worst environmental offenders online (and by "research" I mean type "worst environmental offenders" into Google) a list of alarming articles comes up, including one by Joel Makower at GreenBiz. Makower reports that the worst environmental offenders are supported by institutional investors. He writes that if people are worried about the environment, then they have to pressure these investing groups, even more than the offending companies themselves, to get something done. He closes his article by saying that if people don't act now, then "enjoy destroying the world!"

Well, huh.

I suppose I'm already destroying my children by feeding them the wrong foods and allowing them too much online time. I'm destroying my dog by feeding him the cheap dog food and occasional table scrap. I'm destroying my skin by not washing it every night and destroying my body by not making time to work out. Why not throw the planet in there as well?

With so much pressure in our lives to volunteer and get involved and DO something, BE something, SAY something, people simply get overwhelmed. What I want to say to these online environmental doomsayers is simply this: How about if instead of throwing a 20-ton boulder for me to carry, give me some small stones to add to my already-rocky beach?

Meatless Monday. There is an idea I can handle.

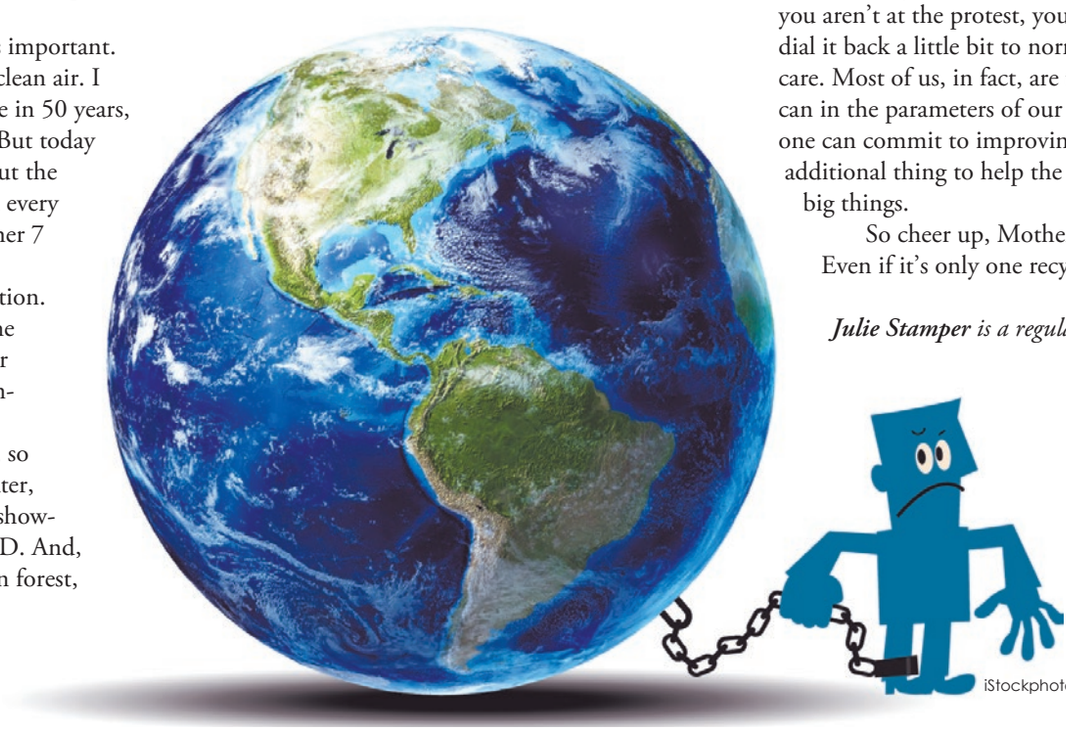
Change one light bulb at a time to energy-efficient bulbs. You aren't the devil if you still have a few old-school GE's laying around.

Cutting two minutes out of your shower will save four and a half gallons of water. I can do that.

We are living in a world increasingly ruled by extremes. If you don't do this, you must be this. If you aren't at the protest, you must not care. Can we dial it back a little bit to normal? I think most of us care. Most of us, in fact, are trying to do the best we can in the parameters of our daily routines. If everyone can commit to improving by doing one small additional thing to help the planet, it will add up to big things.

So cheer up, Mother Earth! We do care. Even if it's only one recycled can at a time.

__Julie Stamper__ is a regular Radish contributor.



iStockphoto

DOLLARS AND SENSE.

Businesses want to be near public transportation because it connects them with top talent. In fact, every dollar invested in public transit generates **four dollars** in economic activity.

$1 ▶ $4

TRANSIT MOVES THE QUAD CITIES **FORWARD.**

National Association of Realtors and the American Public Transportation Association. "The New Real Estate Mantra: Location Near Public Transportation." March 2013

We are your heart team.

Connecting to a trusted physician to deliver the care you need means connecting to the moments in life that matter most. Great River Cardiology offers a team of trusted and skilled professionals. We know that hearts beat stronger together.

That's how we connect with you.

That's Great River Cardiology.

Schedule an appointment at **319-768-1820.**

GREAT PEOPLE
GREAT CARE
CLOSE TO HOME

Great River Cardiology

A service of Great River Health Systems

TOP 100 WORKPLACES 2014 The Des Moines Register

Great River Cardiology, Eastman Plaza, Suite 109
1223 S. Gear Ave., West Burlington, Iowa • www.GreatRiverCardiology.org