

Radish

HEALTHY LIVING ROUND UP

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raising chickens help foster families bond

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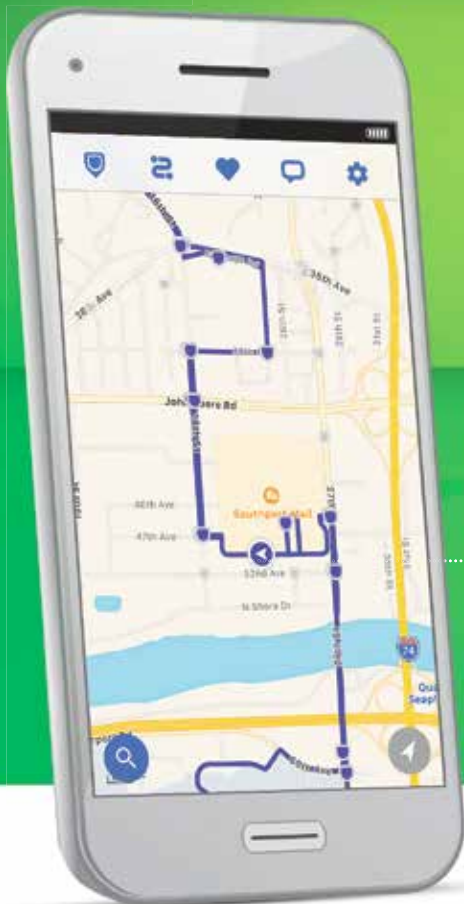
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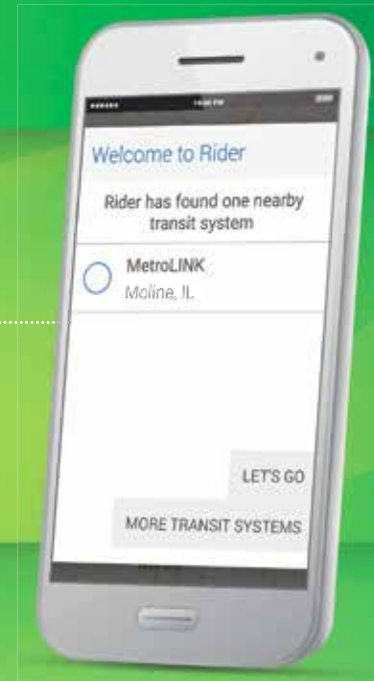
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from the editor

Sometimes, things just fall into place. It doesn't happen often, so I remind myself to reflect and be grateful when they do.

Like the cover of this month's magazine. It was a chilly, extremely windy day, and our veteran photographer, Gary Krambeck, took off toward Sherrard to get some shots of the Werner family and their backyard chickens.

Jacob Werner, 11, was holding Zebra the hen, Gary says, and the longer the group held still for the shot, the more Zebra wanted to be put down. But that's not what you see in the photo. For just a second, the wind slowed down a bit, Zebra held still, and Gary got the perfect shot.

Even though it was chilly, the rest of the shots turned out great, too. The kids were happy, the chickens were clucking about, and everyone had a great time. (Read more about the family on page 8)

We've all had moments just like this — a project finished just in time, car keys found at the last second you had before you had to leave, or, like on page 22, a dish that came together simply and quickly that was tasty to eat (and colorful to photograph).

It's a great feeling — one of gratitude and appreciation. And when it happens, I try to carry it with me.

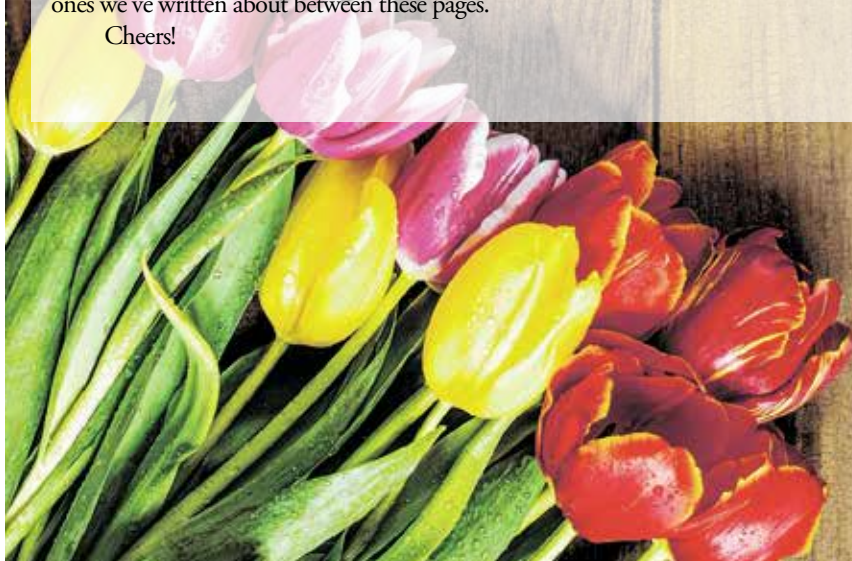
Sometimes, it isn't so much an event that happens that makes you feel that way, but people. On page 18, you'll find a story on Dorothy Beach, also known as Dot, and her business, Dot's Pots. She and her husband, Dan Lawrence, are two of the sweetest people I've ever had the pleasure of talking to.

Dot's bubbly personality could brighten any day, and Dan's laughter is contagious. It has been a while since I popped into their Moline shop, but I called over recently to set up a photo to publish with the story. I got to check a to-do off my list that afternoon, but it was the giggling with them that stuck with me for the rest of the day.

As we begin a new month, I hope that things fall into place for you, and that you run into people as kind as the ones we've written about between these pages.

Cheers!

— *Laura Anderson Shaw*
editor@radishmagazine.com



Radish
HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

"I read this all the time. I love the articles!" — *Cathy Ingram, Iowa*

"I love the Radish magazine. Love the recipes and articles." — *Mary A. Wilder, Andalusia*

"I look forward to getting a new Radish every month! I like how it is always local. Maybe an article about walking dogs in the heat and dragging the dogs?" — *Mary Staerk, Davenport*

"I pick up my Radish copy at CASI (Center for Active Seniors), and have learned about fermented sauerkraut." — *Dawn Marti*

"Fun to read; ideas for the kids." — *Sharon Ramirez, Davenport*

"Radish is a mag I enjoy. Keeps me informed on things going on. Thank you." — *Barbara Wood, Moline*



Save the date for this year's Healthy Living Fair! It will be June 17 next to the Freight House — 421 W. River Drive, Davenport — again this year. Stay tuned to upcoming issues of Radish and Radishmagazine.com for more information.

Radish Reads: A recent book on healthy living, as reviewed by a Radish reader

Mini review: "Soil Sisters: A Toolkit for Women Farmers," by Lisa Kivirist (2016, New Society Publishers)



To quote the book, "Soil Sisters is the first book dedicated to farm training and startup through the lens of women committed to organic sustainable agriculture." The book is an exceptional resource for someone planning to go into farming, new farmers, or farmers evaluating their farm in terms of adapting new ideas or a new focus for their farm.

The strength of the book is all the information and the many, varied resource lists. The author provides information and shows how others have succeeded but encourages individuals to do what works for them and fits their priorities, even if it is "outside the box."

I love how later chapters in the book deal with balance in all aspects of life — balance between work and leisure, self and family, family and community, and using the land and preserving the land.

One thing I didn't like was how the chapters were organized. There are How She Does It (stories from seasoned and successful women), Tool Shed (practical tips and resource lists), Idea Seeds (inspirational quotes), and Tip Jar (bits of advice) segments spaced throughout the chapters. I found this a little distracting and would have liked them at the end of the relevant chapter. Strictly my preference, though.

Well worth taking the time to read. — *Tova McNabb, Bluegrass*



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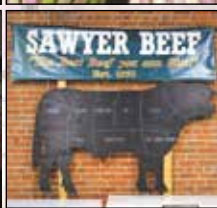
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healthy living from the ground up



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Fostering with fowl.
(Photo by Gary Krambeck / Radish)

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Tonia George's love of tea began with her mother, who said tea would brighten your eyes and make your nose shine. And though her belief in that logic may have changed since childhood, George's enthusiasm for tea continues to grow.

"I love the ritual of using my favorite teapot and mugs to brew a pot of tea," says George, in an email, co-author of "The Ginger & White Cookbook," and author of "Tea Cookbook."

Read more of this story from CTW Features at radishmagazine.com.





healthy living

Fostering with fowl

Backyard chickens help forge bonds in foster families

By Natalie Dal Pra

Sometimes comfort can come from the most unlikely places.

The foster kids who walk through the doors of Andy and Tawnya Werner's Sherrard home are greeted not only by the couple and their four children, but by a lovable bunch of creatures with names including Caramel, Egyptian and Mr. Puff Puff.

Their fears often are soothed merely by the presence of the Werner's seven backyard chickens.

"When kids come into our home, they are always nervous and scared. They don't know us. When they arrive, we greet them, show them around and usually their welcome gravitates to showing them the chickens. Most kids have not been around chickens," says Tawnya Werner.

"The chickens get the kids' minds off of their current situation — or whatever has happened to make them land in our home — and their fear of their new life living with strangers."

Werner says the chickens are friendly creatures, and the kids often cuddle them as they

would a stuffed animal.

Not only do the chickens bring comfort to the kids, but caring for the animals teaches them a sense of responsibility that they may have never experienced in their previous home lives.

"The kids have a lot of fun collecting the eggs daily. They usually collect them as one of their after-school chores. The water and food system that we have lasts several weeks, so the kids just let us know when they are running low," Werner says.

"With my husband's guidance, they help clean out the coop and place new straw down. When the weather is nice, the kids let the chickens out to 'free-range' during the day, and once the chickens come back to the coop in the evening, they shut the door to keep them safe."

The Werners have found that it can be easier for the kids to relate to the chickens rather than the adults while they are still learning to trust their foster parents.

"As time goes on, the kids learn how to care for something and how to be responsible for something, which is a life lesson that we all need to know. Sometimes the kids will open up to the chickens and

Gary Krambeck / Radish
Alyssa Werner, 10, looks for any eggs that have been laid in the family chicken coop.



Gary Krambeck / Radish

The Werner family children Jacob, 11, left, Alyssa, 10, and Luke, 8, feed the six chickens and one rooster in the chicken coop at their rural Sherrard home.

tell them their troubles, which might take quite a while for the kids to open up to another human being," Werner says.

"As we help the children take care of the chickens, it builds trust. That opens the door for the children to know we are there for them and they can trust us in other areas of their lives, too."

The family plans to incubate eggs in the spring, as they have done in the past. Werner says that the experience of watching chicks hatch and grow has been a tool for discussing life values with the foster children.

"Depending on the age of the child, a conversation might sound like: 'Look how the chicken is eating! The chicken is eating healthy food so that it grows up big and strong. What kinds of foods will help you to grow up big and strong?'" Werner says.

Robert Stone, a foster care licensing representative for Lutheran Social Services, the agency that the Werners foster through, says foster parents are required to continue training, and keeping backyard chickens or a garden has been a fun way for families to bond, as well as learn.

"Foster children suffer from trauma, and a garden and a project with home poultry can help these children heal and cope. These kind of projects are nurturing and teach children responsibility," Stone says. "Hands-on projects help ground children and give children and foster parents a safe way to build healthy home relationships."

The Werners have owned chickens for the last four years. The family lives on two acres in Sherrard, where chickens are permitted. The Quad-Cities area only recently has begun to allow backyard chickens in certain cities. Moline passed an ordinance allowing them last year, and Davenport recently followed suit. Silvis and Rock Island also allow backyard chickens, and an ordinance for East Moline recently has passed as well, but there are stipulations each city must abide by.

Stone spoke to the city council in support of the Davenport ordinance. He says that details are still being sorted, but Davenport residents who are interested in owning chickens must first attend a class and submit an application, as well as a yearly permit fee.

For those who are interested in owning backyard chickens, the Werner family says the experience has been more than worth it.

"Taking care of chickens could sound like an unpleasant chore, but most of the kids really love having something to take care of," Werner says. "It's a great teaching opportunity to help the kids learn to be responsible for something and to teach them how to love and care. There's always lots of smiles and laughter when they're with the chickens."

Natalie Dal Pra is a regular Radish contributor.

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Orange is the new fit

Fitness center uses color to help monitor workouts

By Chris Cashion

If orange really is the new black, as the Netflix show suggests, then the workouts offered by Orangetheory Fitness in Davenport might be a new classic for fitness enthusiasts.

Orangetheory Fitness, or OTF as its participants refer to it, has been popular in Florida and on the coasts for a while now, but it quickly has been sliding its way into the middle of the country. A Davenport location — owned by Nikki Bean, of LeClaire, and Pam Carter, of Blue Grass — is slated to open this month.

Bean says the decision to bring OTF to the Quad-Cities began after experiencing it in Florida.

“Living in Florida and owning a traditional 20,000-square-foot gym, my husband and I found ourselves ‘sneaking out’ to the OTF up the street for our workouts three to four times per week,” Bean says.

“I was born and raised in the Davenport area, and when my husband and I decided to move back to the Quad-Cities, we knew OTF was something the Quad-City area needed. We knew that we wanted to do something in the Quad-Cities to promote a healthy community, but we wanted to make sure it was something this area had never experienced.”

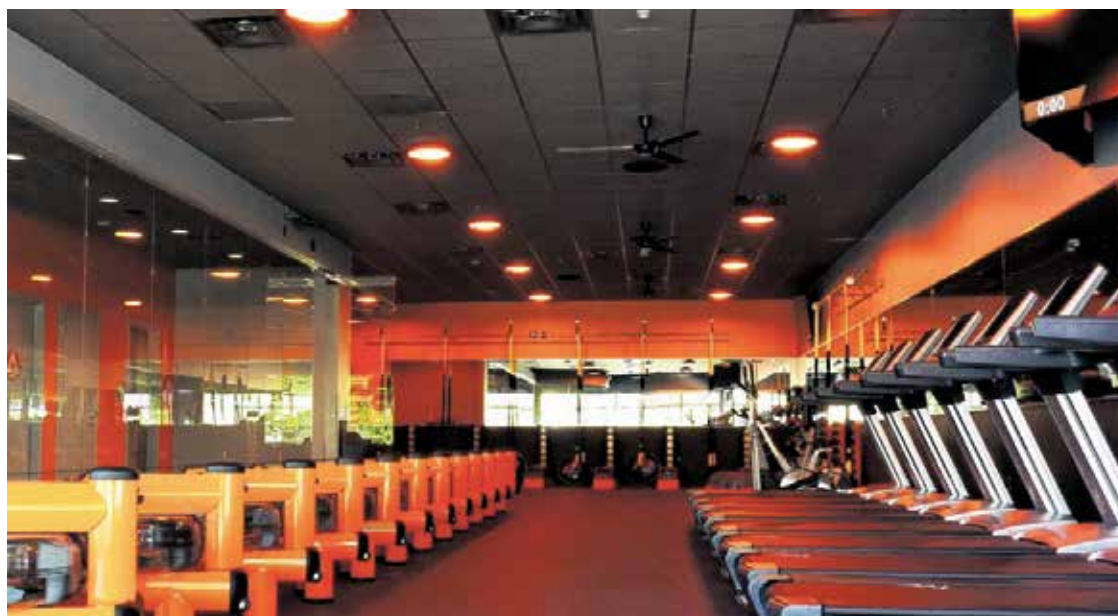
Studio manager Erin Vargas, of LeClaire, describes the Orangetheory workout as “the best one-hour workout, which combines strength and endurance, plus group and personal training.”

Vargas says OTF is the brainchild of Ellen Latham, of Florida. With a background in fitness, Latham developed her idea of the ultimate workout, which became the basis for Orangetheory Fitness.

The first OTF studio opened in 2010 in Fort Lauderdale, Fla. Now, more than 1,000 OTF franchise licenses have been purchased, and more than 500 studios are operating worldwide.

The key to the workout is the science behind excess post-exercise oxygen consumption (EPOC), or your body’s ability to burn calories after you’ve finished your workout.

“You may be done training for the day, but



Submitted
Orangetheory routines utilize treadmills, rowing machines, weights and body-weight exercises for heart-rate based interval training sessions. Orangetheory Fitness is slated to open at 4520 E. 53rd St., Davenport, in April.

Orangetheory Fitness

Find Orangetheory at 4520 E. 53rd St., Davenport.

For more information, visit orangetheoryfitness.com, or search for Orangetheory Fitness Davenport on Facebook.

you’re burning those calories for the next 24 (to) 36 hours,” Vargas says.

That calorie burn is in addition to the estimated 500 to 1,000 calories burned during a one-hour OTF workout, she says.

Vargas says the workout itself changes every day, but it’s uniform across all of the OTF studios.

“If you’re doing a workout on a Tuesday in Davenport, your sister in Arizona is doing the same workout on that Tuesday, and the two of you can talk about it later,” she says.

Orangetheory routines utilize treadmills, rowing

machines, weights and body-weight exercises for the heart-rate based interval training sessions.

“It’s a lot of variety. You’ll be on the treadmill for eight minutes, then down to the floor, then on the rower. You’ll never get bored,” she says.

The workouts have required a lot of planning, Vargas says.

“A team of people come up with the exercises, who then pass them on to doctors to make sure they are safe. It’s all based on science,” she says.

Participants wear heart rate monitors so they may gauge their work, and so their coach may keep tabs on it, too. The goal is to work out in the target heart rate range. Heart rate levels appear by color, and when it is in the orange zone, the participant and their coach know they are working out at the correct intensity.

“Being in that target zone means you are stimulating metabolism and increasing energy,” Vargas says.

Another aspect Vargas says sets OTF apart from other fitness classes is that the coaches do not work



Submitted

Orangetheory Fitness is slated to open at 4520 E. 53rd St., Davenport, in April.

out during the class. Instead, they are focused on their students.

"All of our coaches are certified personal trainers who are also certified by Orangetheory. They take what they do very seriously," she says. Throughout the workouts, "they are checking your form and making sure you are working out at the correct heart rate."

Vargas says coaches will show students how moves should be performed, and that proper form also is demonstrated on television screens for students to see.

Vargas says class sizes are small — up to 24 students — and workouts are adapted for individual fitness levels.

She says that modifications, variety and knowledgeable coaches make the classes a perfect fit for people of all fitness levels.

"If you're a couch potato, you get the base workout for you because of the heart rate monitor. The trainers make modifications for you, and because it combines strength and endurance, it's the perfect supplement for whatever form of fitness you already do," she says. "Everyone can benefit because we tailor it to fit you."

Vargas says everyone at OTF "is very supportive, And the pace and the music keep you going."

Bean says she enjoys OTF because she gets bored doing the same workout every day. It's "why I fell in love with these workouts," she says.

"I have never done the same workout

twice, and the hour goes by so fast. I love that every time I work out, I am wearing a heart rate monitor, so I know exactly where my sweet spot for burning calories is."

The key to a good fitness program is to keep it sustainable, and for Bean, that's no problem.

"I am always ready to come back for more," she says.

OTF offers a variety of membership packages, and all participants must purchase a heart rate monitor from Orangetheory. Find Orangetheory at 4520 E. 53rd St., Davenport. For more information, visit orangetheoryfitness.com, or search for Orangetheory Fitness Davenport on Facebook.

Chris Cashion is a writer on staff with Radish.

"It's the perfect supplement for whatever form of fitness you already do. Everyone can benefit because we tailor it to fit you"

— Erin Vargas
Studio manager

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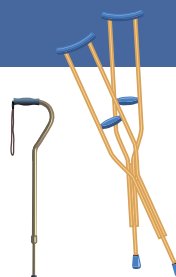


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Earth Day 22 ways

Your guide to making the most of it

By Brandy Welvaert

Earth Day is on a Saturday this year — April 22 to be exact — so we put together a list of 22 great, healthy ways to celebrate. Let's dig right in!

1 RECYCLE RIGHT: Learn the rules of your local recycling program because recycling right makes a difference. Best place to start? Your city's website.

2 REMEMBER MEATLESS MONDAY? It's still a thing! Green up your eco-footprint by skipping the animal-based protein once a week. Digitally thumb through past issues of Radish to find excellent veg-friendly recipes at radishmagazine.com.

3 DON'T TOSS IT — DIY IT! Have an old piece of furniture? Give it new life with a coat of spray paint in a fun color. (Bonus points if you pick up your paint from the freebie Product Reuse area at the Scott Area Recycling Center in Davenport!) For details, visit wastecom.com.

4 VISIT THE FARMERS MARKET: If you're like most folks, you probably don't go as often as you'd like. For Earth Day, load up the family, grab your canvas bags and head out. The Freight House Farmers' Market in Davenport is open indoors on Saturdays, year-round.

5 SPEAKING OF REUSABLE BAGS — HOW'S THAT GOING FOR YOU? If you've fallen off the wagon, don't fret. Now's the time to recommit to purging your life of plastic bags (recycle them at grocery stores!) and going reusable. Tip: Keep the bags in your car.

6 COOK MORE, AND COOK BETTER: Sign up for a cooking class at the Quad Cities Food Hub. Learn about soups and stews there on April 19, or family-style cooking on April 26. Classes are from 6 to 8 p.m., and cost \$13 per person. Register online at qcfoodhub.com.

7 DAYTRIP TO DECORAH, IOWA:

Visit the Heritage Farm at Seed Savers Exchange to shop for heirloom seeds and transplants. That's right: Seed Savers now sells baby plants you can plunk into the soil ASAP, which is good news for folks who think starting seeds is daunting.

8 TRY YOGA: It's hard to believe there's a single Radish reader out there who has yet to try yoga, but we know there are a few of you! This Earth Day, honor yourself by enrolling in a class. Don't know where to start? Flip through the pages of Radish to find a local studio listed in the advertisements.

9 SCHEDULE YOUR VACATION DAYS FOR 2017: Did you know there's a health movement dedicated to getting you to take vacation time, work less and live healthier as a byproduct? According to Project Time Off, people who plan are "more likely to use all of their time off, take more vacation days at once and report greater levels of happiness in every category measured."

10 DO KOMBUCHA: It's not new, but kombucha really is worth a try if you've been holding out. The fizzy, fermented drink is free of corn syrup and packed with gut flora-enhancing goodies. You always can make your own, but the Hy-Vee HealthMarket and other area health stores carry a variety for around \$3 a bottle.

11 DITCH YOUR CAR FOR THE DAY — OR THE WHOLE WEEKEND — AND WALK OR BIKE, INSTEAD: Save money on gas, reduce emissions and traffic congestion, and enjoy the benefits of being outside while traveling at speed that allows you to take in your surroundings. Bonus: You'll be ready for National Bike to Work Week next month (which is May 15-19).



Metro Creative Graphics

12 GET IN TOUCH WITH YOUR WILD SIDE: Visit Niabi Zoo in Coal Valley for Earth Day activities from 10 a.m. to 2 p.m. See more than 900 animals living on 40 acres. (And feeding the giraffes always is a highlight!) For more information, visit niabizoo.com.

13 LISTEN UP: The weekly installment of RiverWay Stories airs on WVIK — Quad Cities NPR (90.3 FM) at 8:34 a.m. every Saturday, including Earth Day. RiverWay Stories covers local, river-related topics, including environment, conservation, history and recreation.

14 TEAM UP TO CLEAN UP: Join the Figge Art Museum or Nahant Marsh in Davenport, to pick up litter and remove harmful invasive species on Earth Day. For details and registration, visit figge.org or nahantmarsh.org.

15 GO FOR A WALK: The Quad-Cities and surrounding communities are rich with picturesque trails. Check out the Mississippi Connections Hiking Guide from RiverAction at riveraction.org/trails to learn more.

16 GET POLITICAL: If speaking out is just your speed, then stand up! You can join the Earth Day Network and the March for Science for a rally and teach-in on the National Mall in Washington, D.C. on April 22. Or, you can take advantage of Earth Day Network's online toolkits at home: earthday.org.

17 RELAX AND REPLENISH: Sometimes the best way to honor the earth is to honor its inhabitants, starting with yourself. So book a massage, disconnect from social media for the day and focus your attention inward. Your body will thank you.

18 PLANT A TREE: A wise man once said, the best time to plant a tree is 20 years ago — and the second-best time is now. Learn more about planting and request 10 free trees from the Arbor Day Foundation at arborday.org.

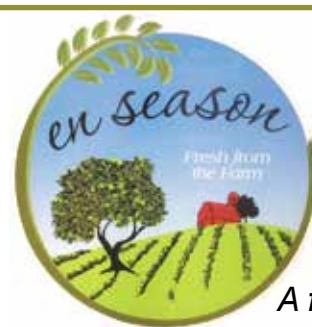
19 READ: Find a comfy spot in the sun or shade and dig into a great environmental read, such as Rachel Carson's movement-spurring "Silent Spring," or Henry David Thoreau's classic "Walden."

20 GAZE UPON OUR "PALE BLUE DOT," as Carl Sagan famously referred to Earth, from the vantagepoint of outer space. It's both calming and humbling. Check out NASA's High Definition Earth Viewing stream at eol.jsc.nasa.gov/ESRS/HDEV.

21 CONNECT WITH A CSA: Eat more local food, sans shopping, with a farm subscription known as a CSA. Find one near you at localharvest.org, and click "Find a local CSA."

22 STEP OUTSIDE: Even if you're too busy to indulge in much else this Earth Day, getting outside for a few minutes can improve your mood. So get out, look up and give thanks for this awesome place we call home.

Brandy Welvaert is a former editor of Radish and currently is communication coordinator for Waste Commission of Scott County and iLivehere.



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Honest Wellness Center

Healing with functional and integrative medicine

By Annie L. Scholl

Dr. Sherry Brewer was living her “dream life” — happy marriage, surrounded by family and friends in her hometown of Lexington, Ky., beautiful home, great job, supportive church.

Then everything changed for the mother of six.

“My beloved mother-in-law passed away and my husband had a classic mid-life crisis,” recalls Brewer, 54. “He moved us to the Quad-Cities, where I knew no one, and then he left me and my children. I lost my marriage, family, friends, church and home all in a few months. It was a lot of losses all at once.”

When she hit “rock bottom,” Brewer’s friends and colleagues encouraged her to take medication for depression. Feeling desperate, she obliged. But instead of getting better, she ended up feeling worse.

“I felt like my brain was in a vice,” she said. She tried another medication, which left her feeling “like a zombie,” so she went off medication and began searching for other ways to feel better.

When a friend invited her to try yoga, she was skeptical. But after her first session, she was “totally in love.”

“It was the only hour of the day that I could shut my mind off from all that was happening in my life,” she says. “Yoga is like a moving meditation. Over time, my body got stronger and my sadness faded.”

Since medical school, Brewer had believed that such alternative therapies were “quackery.”

“I was taught that there was no scientific evidence for things like chiropractic care,” she says. “I’m a scientist, and those things just didn’t appear to be very science-based to me.”

Brewer knew since junior high school that she was going to be a doctor. She completed her pre-medical coursework at The Ohio State University, where she earned a bachelor’s degree in chemical engineering. She earned her Doctorate of Medicine from the University of Kentucky and completed an accelerated residency in internal medicine. She became board certified in 1998.

In 2012, she picked up a book that would change the way she did medicine — and life: “The Blood Sugar Solution,” by Mark Hyman, MD. Hyman was successfully reversing disease in his patients with functional medicine, a field Brewer knew nothing about. She looked at the Institute for Functional Medicine’s website



Submitted / Jennie Peakin Photography
Dr. Sherry Brewer practices functional and integrative medicine at the Honest Wellness Center in Bettendorf. There, she puts her functional medicine training to work, looking at the “whole person.”

and immediately knew she wanted to become a certified practitioner.

“I’m a scientist at heart, and their philosophy is based on biochemistry and research,” Brewer says.

Through the Institute for Functional Medicine, Brewer became a certified practitioner. She also completed a two-year integrative medicine fellowship at the University of Arizona, where she trained under well-known doctors Andrew Weil and Tieraona Low Dog.

Through her Honest Wellness Center in Bettendorf, Brewer puts her functional medicine training to work, looking at the “whole person.”

“It’s not enough to spend five minutes with a patient,” she says. “My education taught me to look for the root cause of symptoms and to personalize treatment for each individual. It’s no longer one-size medicine for all patients. I can see 10 migraine patients and all 10 of them may have a different cause for the

migraine. I’m going to look for the cause instead of giving a pill for the headache.”

Since Brewer doesn’t take insurance — “I didn’t want my care dictated by a third party” — patients pay out of pocket for their care.

“The patients I’m seeing are sick and desperate,” she says. “They’ve been to multiple doctors and haven’t gotten answers. Many are just happy to have someone spend time with them to listen to their stories.”

She’s also happier as a functional medicine practitioner, she says.

“I see great results and that makes this practice very rewarding,” she says, adding that she’s had “great success” with patients who have autoimmune diseases, such as Hashimoto’s, rheumatoid arthritis, multiple sclerosis and alopecia.

Her advice for those with health issues: “Don’t settle for being sick. You can do amazing things for your health with diet changes and even by just changing your thoughts.”

She also offers these recommendations to improve health:

- 1: Eat a Paleo diet. Remove grain and sugar.
- 2: Get seven to nine hours of quality sleep each night.
- 3: Regularly engage in some type of stress reduction activity, such as taking a walk in nature, meditating, breath work and being present.

Annie L. Scholl is a frequent Radish contributor. For more information about the Honest Wellness Center, visit honestwellnesscenter.com.

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A dairy delight

Couple finds success with Iowa creamery



Submitted

Cinder the cow is one of more than 150 cows and 100 calves and heifers on Dan and Debbie Takes dairy farm outside of Ely, Iowa. The two own Dan & Debbie's Creamery in Ely.

By Cindy Hadish

A longtime dream to open a family business has evolved into a community asset that quickly has gained a loyal following.

Dan and Debbie Takes started dairy farming in 1998 on their farm outside of Ely, Iowa, a town of just less than 2,000 people between Cedar Rapids and Iowa City.

Debbie spent her childhood on a family farm near Swisher, and Dan, originally from Cedar Rapids, grew to love farming as he helped Debbie's father with chores while he was dating Debbie. The two went into dairy farming after the youngest of their six children was out of diapers, but as the years passed, they wanted to do more with the milk from their herd of Holstein cows.

Milk prices weren't always stable, so they examined how to add value by processing their own milk and developing their own products to make the farm a more sustainable operation, says Josie Rozum, one of the couple's daughters.

Three of Rozum's brothers also are involved in the business.

In 2013, the family took the plunge and purchased the former Vavra Lumber

building on Ely's Main Street, with the goal of opening their own creamery. It took three years to renovate, but finally, Dan & Debbie's Creamery opened July 20, 2016.

Rozum, 27, who serves as the creamery's operations and marketing manager, remembers the day well.

"At 8 a.m., we started making cheese," she says. "We posted a message on Facebook, and within five minutes, we had customers walking through the door."

The building, at 1600 Main St., accommodates not only the pasteurizer, bottling machine and other equipment, but a viewing station, retail store and seating area.

A Vavra Lumber apron, vintage milk bottles and other memorabilia line the walls. In the store, pasta sauce, Bloody Mary mix, goat's milk lotion, lamb, pork, elk and beef products — all locally produced — and more have joined the creamery's cheese curds, farm-fresh bottled milk and handcrafted ice cream.

Rozum says new products — such as loose-leaf tea from Bettendorf and creamed honey from Winterset — are added every week, which provides variety for customers and an outlet for small, local businesses.



Cindy Hadish / Radish

Josie Rozum is the operations and marketing manager for Dan & Debbie's Creamery in Ely, Iowa.

Ely has a convenience store and a bar and grill, but residents travel to Cedar Rapids or Iowa City for much of their shopping. The creamery, open most afternoons, offers another option.

"The tables are completely full on the weekends," Rozum says.

Education is another component of the enterprise. Rozum leads tours for students and visitors, who also may watch milk being bottled and cheese being made from the viewing station's line of windows.

Visitors often are surprised at the amount of work involved in the operation.

"Your food doesn't just show up in the grocery aisles. There's a lot that goes into it," Rozum says. "This helps (visitors) understand where food comes from."

Besides the storefront, Dan & Debbie's milk and cheese curds also are sold at most Hy-Vee stores in the Cedar Rapids and Iowa City area, and are used at a growing number of restaurants.

Customers rave about the whole milk with its creamy top, while the rich chocolate milk has attracted its own legion of fans. The handcrafted ice cream is offered in a number of flavors, including vanilla bean, salted caramel and strawberry cheesecake, as well as seasonal pumpkin spice and cherry chocolate chip. The creamery's cheese curds are available in a variety of flavors, too.

Rozum says the creamery's milk is different from "standard" milk because of its freshness, as well as the cows' diet. They are fed corn (grown from seeds that are nongenetically modified organisms) and grains grown on the family farm.

The family's 150 black-and-white Holsteins are more than just livestock. Debbie, who does the milking, gives each a name, including Jetta and Honda, which were inspired by cars.

The cows produce about 1,000 gallons of milk each day, and about 10 percent of that goes toward the creamery products. While standard milk might not reach the table until 10 days after a cow has been milked, Rozum says, "with our milk, most people are buying it within three to four days."

Customers have asked if Dan & Debbie's might offer butter, cream and yogurt in the future, and the family is thinking about it.

"We're really happy with where we're at right now," Rozum says.

Cindy Hadish writes about local foods, farmers markets and the environment at homegrowniowan.com. For more information about Dan & Debbie's Creamery, visit dananddebbies.com.



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handmade

Dot's Pots

Whimsical
creations
handmade
in Moline

By Ann Ring

Dorothy Beach has lived and sold her life's work at the same location for 20 years now. Don't recognize the name? Perhaps you're familiar with Dot's Pots, which offers functional and whimsical clay creations in a quaint bungalow in Moline.

"We're not just mugs and bowls," says co-owner and "the other half of Dot's Pots," Dan Lawrence.

He's right. From the moment you walk into their store, you see the talent in each piece. Every item of varied pottery — from water fountains to udu drums, animal figurines, platters, miniatures, plates, vases and more — has such intricate and interesting detail.

Beach, who contains an infectious bubbly personality, studied clay work in college, and when she returned to the Quad-Cities after spending two years in Italy, she



Dorothy Beach and her husband, Dan Lawrence, of Dot's Pots in Moline, stand amongst their creations in their pottery shop in Moline. Photos / Brian Achenbach / Radish

ran the Pottery Guild of the Davenport Art Gallery. She met Lawrence during the time he was enrolled in classes there.

She traveled and sold her pottery throughout the Midwest for a while — up to 25 fairs each year. When that went well, Beach rented a location in Moline to see if even more success was in store.



And there was. After two years, she knew it was time to put down permanent roots in the current location.

“The work we do is decorative and functional,” Lawrence says. “People think it’s pottery from the 1960s. No, we do a lot more.”

“I realize it’s different than everyone else’s,” Beach says. She is a master at her work; each piece is as detailed as the next.

Her pottery and the couple’s store are unique. For example, Beach, the outgoing one of the pair, doesn’t know a stranger. And why not? You’re walking into their home; the two live and work on-site.

As we chat, sure enough, visitors walk in. One brought a large sycamore leaf in which Beach will turn into clay, fascinating work once complete.

Beach, who used to make her own clay until it became too cumbersome, uses stoneware, porcelain blend and raku clay. All of her pieces are, of course, made by hand. “I love that you’re not using paper plates or Styrofoam,” says Beach. “Clay is part of the earth — including the glazes we use, which are silica and cobalt, and our colorants are oxides from the ground.”

One misunderstanding is that her clay projects can be made in a day or two. “This is a long process,” Lawrence says.

When she finishes her pieces, they’re left to dry, which can take weeks. They are fired for several hours in an electric kiln at 1,730 degrees, which removes the physical and chemical water so they can be glazed without returning to mud and breaking. The pieces are then left to cool, which can take days. Then, Beach mixes her own glazes and paints each piece by hand. They are fired again for hours in a gas kiln of 2,300 degrees or higher, then again left to cool completely.

Their life surrounding the earth’s ingredients coincide with living a simple life. Both Beach and Lawrence prefer to function without computers or smart-phones. Their business does not have a website; instead, it mainly is found by



Photos / Brian Achenbach / Radish
Miniatures made by Dorothy Beach and her husband, Dan Lawrence, sold at their pottery shop Dot's Pots in Moline.



Visit Dot's Pots

Dot's Pots, at 2822 16th St., Moline, is open from 9 a.m. to 5 p.m., Monday through Saturday, and by appointment.

For more information, call 309-736-7247.

word-of-mouth.

“We really want to create with clay,” Beach says. “If we stared at a monitor or on our phones, that would just suck our time away.”

In addition to her pottery, Beach also donates her talents each year to mark the annual International Women’s Day, a global day celebrating the social, economic, cultural and political achievements of women. On March 11, Dot’s Pots celebrated by handing out hand-

made crocheted flowers to women who visited the store.

“When I was in Italy, it was tradition for women to hand out and receive flowers on this day. So I thought, ‘Why not start it here?’”

Beach and Lawrence also host two open houses each year where you can’t help but feel as though you’re part of the Dot’s Pots family — even if you don’t know anyone there. In July, their backyard is turned into a laid-back party with live music and baked goods.

The two appreciate their customers and recognize their importance.

“A lot of people have asked why we didn’t move to an arts-centered city like Iowa City, but this is where we’ve been for so many years; this is a simpler life,” Beach says. “It’s a different type of life, with lots of friends.”

Ann Ring is a frequent Radish contributor. Go to radishmagazine.com to see a video of Dorothy Beach talking about her style of pottery at Dot's Pots.



The Iowa Sustainable Business Forum

Offering resources and community for Iowa businesses

By Nicole Lauer

Adam Hammes is leading the charge for Iowa businesses to band together for sustainability efforts that prioritize people, profits and the planet.

Hammes, of Des Moines, was the sustainability manager for Kum & Go. Now, he has launched the Iowa Sustainable Business Forum, which offers webinars, roundtable discussions and other resources to Iowa businesses to share what is working and what could be done to further sustainability efforts.

The forum is in its third year, and 16 companies are members. Hammes, who is the executive director of the ISBF, says about 50 other companies regularly send employees to events throughout the state to learn more about the forum and what it offers. It's doing well for a "fledgling organization," Hammes says, but he has ambitions to make it larger. By the end of the year, he hopes to see an additional 20 member companies. Companies pay an annual fee ranging from \$250 to \$5,000 based on the number of employees.

The forum offers Iowa-centered information for participating companies on topics ranging from recycling, transportation, energy and water waste, to environmental health and safety and employee health and wellness. The ISBF connects companies that are interested in doing better with peer professionals in similar and sometimes different industries. Topics are member driven and dialed in to Iowa vendors, utility providers and other resources.

Hammes says the forum takes a broader look at sustainability, focusing on the nuts and bolts of business decision making, as well as employees and the people who interact with the company. The forum typically offers members two to three webinars that lead up to an in-person roundtable event, Hammes says, which offers more in-depth sharing among members. Forum members also can access three years' worth of past presentations and roundtable notes to share with their employees.

"Whatever members are dealing with," he says, "we bring experts in."

Hammes says he has seen similar sustainability initiatives in other states but none quite the same as this. Compared to other regions of the country, Hammes says Iowa has inexpensive energy and inexpensive water, which may not incentivize the same kind of sustainability changes that would make sense in drier states.



Adam Hammes, of Des Moines

Submitted

One of the founding members of the forum is Frontier Co-Op, based in Norway, Iowa. Seth Petchers, Frontier's sustainable supply chain manager who works out of North Liberty, says Frontier leaders signed up from the start. The group wanted to be part of a network of peers in the area, as well as the opportunity to share what the food, flavorings and body-care company has learned throughout its 40-year history of prioritizing sustainability.

Petchers says joining ISBF led to a connection with another forum founding member, West Liberty Foods, where Michele Boney turned him on to the Department of Natural Resources Iowa Waste Exchange, which provides no-cost advice to companies in the state on how to divert waste from landfills.

"I got a bunch of free consulting services from the Iowa Waste Exchange," Petchers says. "I took a half-day to go to that (ISBF) roundtable, and it saved me thousands of dollars," he says. "Plus, now I know Michele and I can pick up the phone anytime."

Petchers says not every result from the forum is so concrete. He says the forum lends the opportunity to gather with others who are focused on similar issues and challenges. Sometimes, that means sharing solutions, and other times, it helps people think in different directions.

Petchers says he does not believe there are drawbacks to businesses increasing their sustainability efforts, no matter the size of the business. He says it's a mix of doing the right thing and seeing the payoff.

"It's kind of abstract. Just in terms of business, weighing whether or not to invest time and money as an ISBF member," he says. "A lot of sustainability in business has a direct relationship with cost savings. Obviously, it's good to figure out how to reduce electrical usage and other resources; it's clearly reflected on the utility bill."

Hammes says he knows many businesses are trying to do the right thing; they are just trying to decide on the right direction. "I believe if businesses can implement sustainability (and) integrate that into a successful business model, that's how, I guess, we're going to survive," he says. "That's how we're all going to make it."

Nicole Lauer is an occasional Radish contributor. For more information about Adam Hammes and the Iowa Sustainable Business Forum, visit iowasbfb.org and eco-fluence.com.

"I believe if businesses can implement sustainability (and) integrate that into a successful business model, that's how, I guess, we're going to survive. That's how we're all going to make it."

— Adam Hammes

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food

Not-cho average nacho

Lighter take on a tasty indulgence

By Laura Anderson Shaw

One afternoon, not long ago, a co-worker and I were talking about nachos. That's kind of how it goes around our office — every afternoon, our conversations always lead to food. We talk about what we're having for dinner, what we're cooking, what we don't feel like cooking. We brag when we plan to snag take-out, and we gush we when decide to indulge.

Then we rein each other in, encourage each other to sometimes substitute certain ingredients with veggies, and so on. It's all about balance, right?

That's essentially what our conversation boiled down to that recent afternoon. I gloated that I was going to eat a hearty plate of cheesy nacho-y goodness at a friend's house after work, and he essentially suggested a handful of recipes I ought to try instead. Of course, all of them were vegetable based, without a chip in sight in any of the ingredient lists.

What a buzz kill.

I had the cheesy dip at my friend's house that night, but I also printed out the recipes my co-worker sent. They couldn't hurt to try, right?

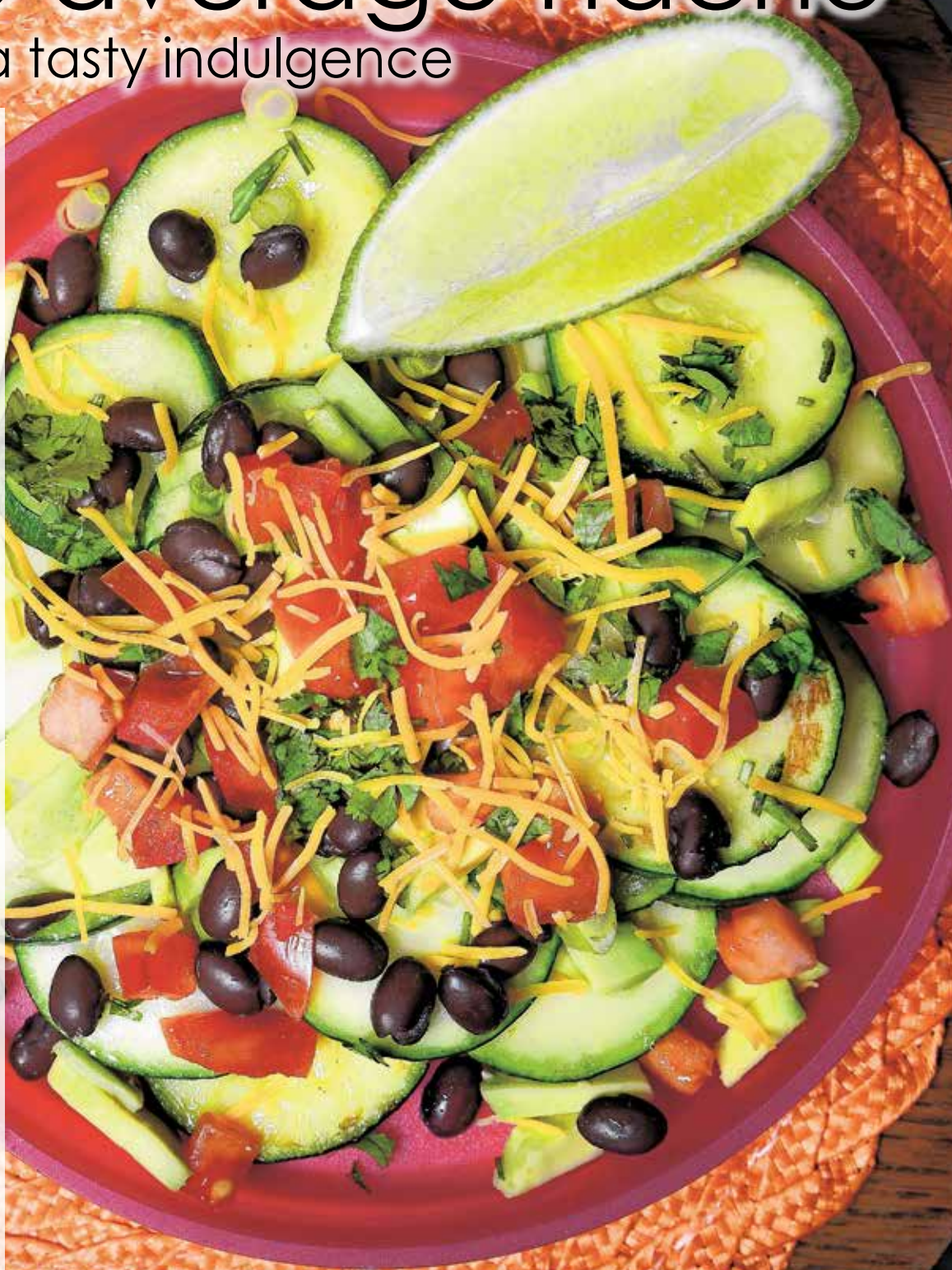
As it turns out, they're pretty darn good. The two I've tried — grilled zucchini nachos and sweet potato nachos — are easy to make; meat-free, for my friends avoiding meat; and chip-free, which means they're low carb, if that's your thing, and we don't need to check ingredient labels for gluten, soy, nuts and what have you, when you bring them into the office or to a gathering.

Each of these dishes may be served as a side, but I enjoy them as a snacky meal.

The grilled zucchini nachos recipe calls for, obviously, a grill or a grill pan, but I'm fresh out of propane and it's chilly outside, so I have been cooking the zucchini in a frying pan, and it's just as good. In that recipe, that is the only ingredient you need to cook, so it makes for a fairly quick dish — one of the many things I enjoy about the recipe.

So the next time you're craving nachos, go ahead and eat them! But maybe the time after that, give one of these recipes a shot instead.

Laura Anderson Shaw is the editor of Radish.



Meg McLaughlin /
Radish

Grilled zucchini nachos

Serves 4

4 small zucchini, sliced into "chips," about 1/4 inch-thick rounds
Olive oil, for brushing zucchini chips
Salt and pepper, to taste
1 cup shredded cheddar cheese
15 oz can black beans, rinsed and drained
2 small tomatoes, chopped
1 large avocado, chopped, seed removed
2 green onions, chopped
1/4 cup chopped cilantro
1 lime

Place sliced zucchini chips into a large bowl and toss with olive oil. Season with salt and pepper, to taste. Place zucchini on a grill pan or directly on a hot grill, over medium heat. Grill for 4 to 5 minutes or until zucchini is tender. Sprinkle cheese directly over zucchini chips and cook until cheese is melted, about 1 minute.

Remove zucchini from grill and place on a platter or onto plates. Top with black beans, tomatoes, avocado, green onion, cilantro and a squeeze of fresh lime juice. Serve immediately.

Recipe source: twopeasandtheirpod.com

Loaded Sweet Potato Nachos

Serves 4-6

3 large sweet potatoes, washed and sliced into 1/4-inch rounds
1 tablespoon olive oil
Salt and pepper, to taste
1½ cups shredded cheddar cheese
1 cup black beans, drained and rinsed
1/4 cup chopped green onions
1/4 cup chopped cilantro
1 large avocado, pit removed and diced
Sour cream or Greek yogurt

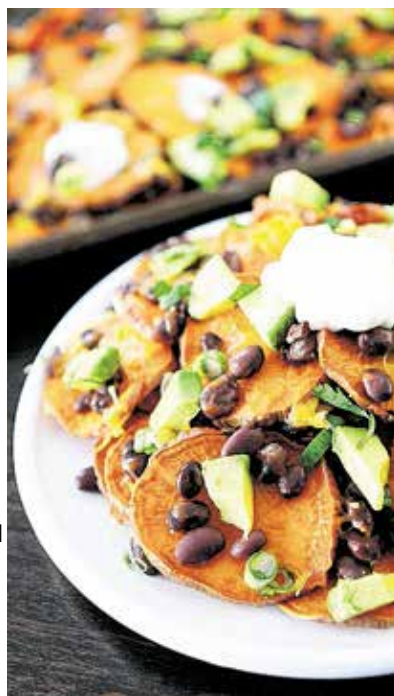
Preheat oven to 400 degrees.

Place the sweet potato rounds on a large baking sheet. (You might need two baking sheets if you run out of room. You don't want to overcrowd the sweet potatoes.) Toss the sweet potatoes in olive oil and season with salt and pepper. Bake for 20 minutes. Use a spatula to flip the sweet potato rounds. Bake for an additional 10 minutes or until sweet potatoes are crisp.

Remove the pan from the oven and sprinkle cheese and black beans over the sweet potatoes. Bake until cheese is melted, about 5-7 minutes.

Remove pan from oven and top with green onions, cilantro, avocado, and sour cream or Greek yogurt. Serve immediately.

Recipe source: twopeasandtheirpod.com



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Strawberry Banana Performance Inspired Smoothie Bowl

Serves: 2
Prep Time: 5 Minutes

All you need:

1 banana, peeled and frozen
1 scoop vanilla bean Performance Inspired
Performance Whey Protein
1 (5.3 oz) Hy-Vee non-fat Greek vanilla or
strawberry yogurt
½ cup sliced strawberries or other fruit
2 tbsp Hy-Vee sliced almonds
1 tsp chia or hemp seeds
Additional toppings, as desired

All you do:

1. To a blender, add banana, whey protein powder
and yogurt. Blend until smooth and pour into
2 bowls.
2. Top with sliced strawberries, almonds, chia
seeds. Add additional toppings as desired.

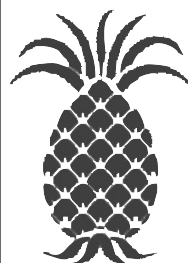
Nutrition Facts per serving: 250 calories, 4.5g fat,
0.5g saturated fat, 0g trans fat, 40mg cholesterol,
90mg sodium, 32g carbohydrate, 7g fiber, 18g
sugar, 22g protein.

Daily Values: 0% vitamin A, 45% vitamin C, 15%
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CTW Features
Sweating in the sauna can benefit the body and mind.

CTW Features

Walking into a small room with triple digit temperatures can seem like an intimidating experience for the uninitiated, but sauna bathing can offer relaxation and stress reduction. And while frequent bathers say it's good for the mind, recent studies indicate it also might be good for the body.

While the modern sauna is mainly influenced by the practice in Finland, steam baths have been used all over the world for thousands of years. A basic sauna bath includes roughly 10 to 15 minutes in the sauna followed by a "cool down" phase. This is repeated for two to three rounds. Traditional saunas use hot rocks and water, while infrared saunas use infrared heaters to emit radiant heat.

Temperatures typically range from 150 to 184 degrees in a traditional sauna, to 120 to 140 degrees in an infrared sauna.

Eero Kilpi, president of the North American Sauna Society, says while sauna use is growing in popularity, it's not always done properly and is more than "just sweating in a box" for 20 minutes. He says

sauna use is a personalized experience that involves multiple rounds of heating, showering, and relaxing, all of which culminate into an experience of physical and mental relaxation.

"The whole idea is that it's a process, and you do it a few times. When you do it properly, you feel like a million bucks," Kilpi says.

Regular sauna bathers say the warming of the muscles and peaceful environment free of distractions can offer stress reduction. Sauna bathing also can help relieve aches and pains, and induce detoxification through sweating.

Because of the elevation of the heart rate, sauna use can have an impact similar to cardiovascular exercise. Researchers from the University of Eastern Finland recently found that spending time in a sauna may help keep the heart healthy. Combined with previous studies about "thermal therapies," it was found to benefit people with high cholesterol, high blood pressure and diabetes. The same research also discovered that sauna bathing reduced the risk of Alzheimer's disease and other forms of dementia for middle-aged men.

Kilpi says it's almost like a "lazy man's exercise"

because a person can get some of the benefits of exercise without even having to do anything.

"Traditional sauna bathing almost gives you a runner's high without running. It gets your endorphins flowing, and it's like a cardiovascular exercise," Kilpi says.

While infrared saunas have become increasingly popular in the U.S., Kilpi recommends starting at a traditional sauna for an optimal experience. It should offer a serene environment, and preferably, access to the outdoors with a connection to nature.

Kilpi says also to avoid sauna bathing on a full stomach and drink plenty of fluids beforehand as "you're going to sweat." It's natural to feel very thirsty during the process, so plan to drink water a lot more during your cool down periods. At some saunas, there are cold-water pools to dip into between rounds.

While sauna bathing is a quiet solo experience for some, it also can be a social activity for others.

"A room in the corner of the gym isn't the same. You can't just spend 10 minutes in there; you're going to feel bad and not get the benefit. You really need to go through the process," Kilpi says.

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4-7 pm, Milan American Legion

Spring Horticulture Series @ 7 pm:

April 3: Nurturing New Trees
April 10: Native Plants
April 17: Monarch Waystations
April 24: Vegetable Gardening

Nutrition & DIY Classes

April 17: Food Preservation
April 27: Indian Cooking Class
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File / Todd Mizener / Radish

In this file photo, Joy Povich, owner of Knit and Knot in Bettendorf, poses in its former location. Povich and her husband are hoping to sell the shop to devote more time to their family.

Passing the skein

Couple seeks new owners for knitting shop

By Nicole Lauer

Joy Povich has found peace.

It did not come easily. There was some hand wringing, grief and some back-and-forth decision making that could have meant another move for her yarn boutique, Knit & Knot.

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But a decision has been made, and Povich says her emotional roller coaster is now verging on joy: The Knit & Knot owner says the family hopes to sell the shop.

She is not happy to leave behind the store she and her husband, Jotham, launched five years ago, but she is ready to make her chief title mom to her two boys, Miles and Devon. Now ages 5 and 1, the two have spent the majority of their

lives at the shop, among the colorful skeins of wool and cotton, knitting needles and the other paraphernalia.

Povich says she has floated word to her customers about her hopes for the store, which has been at 1815 Grant St., Bettendorf, since Dec. 2015. Three words headlining the shop's February newsletter made the facts clear for all to read: "Shop. For. Sale."

In the newsletter, Povich writes that in the past, the family had said they were not closing, just hopeful that someone would buy it. This time is different, she says — the shop must be sold or its doors will close on July 31.

"Have you ever wanted to own a yarn shop? Do you know someone who has that dream?" Povich writes in the newsletter. "Please come talk to me."

One recent Sunday, with the sun streaming through the shop's windows, Povich sat at the long table where her community of knitters and crocheters regularly gather to work and socialize. She runs the shop with the help of volunteers, and says there are about 50 shop loyalists, a mix of those who regularly shop and those who volunteer to keep it running.

The shop's 1,000-square-foot main floor boasts a large inventory, much of it displayed on the beautiful wood shelves Povich's husband built.

In 2012, at seven months pregnant, Povich opened the shop in a strip of stores on Bettendorf's Devils Glen Road. She says she experienced déjà vu when she was pregnant again, and moving the shop to Grant Street.

Povich says a community has formed around her shop, and it has been there for her and her family.

When July comes to a close, though, Povich says she intends to "live at the park" for a couple of years with her boys to make up for the time they have spent at the shop.

"If I don't take care of my boys,

then I've lost everything," Povich says.

Povich says the downtown Bettendorf location, with its accessibility to the bridge and closer access to Illinois traffic, did not pan out as well for business as the family had hoped.

And the visions of knitting parties on the shop's front porch, with its tall white columns now adorned with colorful knit covers, also did not come to fruition because of the noisy street traffic.

Povich describes a social contract she and her husband

believe in — that if the couple puts their family out there as the owners of the shop, the community will support them. Part of the community, she says, has done just that. Povich says she has made life-long connections with the people she has met through the shop, and those connections will remain.

But now is the time for a new chapter.

"We get excited of the potential for everything, for the family, that is. What it could hold for us," Povich says. "We're hoping someone will take this community and family we established and adopt it."

Povich says heritage crafts such as knitting and crocheting, which take time and energy, are not very lucrative, but the shop could be a great opportunity for the right person with the right passion. She is advertising the shop's availability by word of mouth and through Facebook ads. She says she has put in time, effort and part of her soul into the business, and she is hopeful someone will step forward to carry it on.

"I'm sad, but it's not my overwhelming reaction," she says. "If nobody steps forward, it's just more sad for our community. I really thought this was more important."

Nicole Lauer is an occasional Radish contributor. For more information about Knit & Knot, visit knitandknotyarn.com or call 563-332-7378.

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outdoors Take a hike

Fitness options abound outdoors, for body and mind

CTW Features

As winter roars one last time throughout many parts of the country, there's no better time to start planning a spring hiking trip. Hiking provides more than beautiful scenery — there are countless mental and physical benefits that pop up along the trail.

"Hiking brings about the typical fitness advantages that all exercise produces, weight control, a healthy heart, strong muscles, but even more important, hiking instills a mental, emotional and spiritual fitness that goes beyond what occurs in the gym," says Sarah Donohoe, a former hikemaster for YMCA of the Rockies, Estes Park, Colo.

"Being outdoors, with nature, surrounded by something much grander than ourselves, induces a sense of well-being that is every bit as important as physical strength."

That link to nature also provides limits — for those on day hikes, there are no couches, restaurants or taxis to take you back if you get tired or hungry on the trail.

Wear comfortable, sturdy boots or footgear. Hiking in new boots, before they've been broken in, is often painful. "It is compulsory that boots be broken in before being worn for a hike of any distance," says Donohoe, currently a challenge course facilitator, Johnson County Park & Recreation, Kan. "Similarly, many hikers show up to hike in sandals, and as cool and comfortable as they are when hoofing it around town, sandals are taboo on the

trail, no matter how much the advertisements tell us otherwise. Sharp rocks, pointy sticks, loose pebbles and thorns simply aren't an issue when boots are covering a hiker's feet."

Temperatures and weather conditions can change with sunset and elevation. Hikers should pack warm hats, rain gear (or a poncho), gloves and clothing.

It's easy for new hikers to waste a lot of energy and time trying to learn about hiking alone. Learning with a group of peers, seeking the guidance of experienced hikers, taking a class or hiring a guide can all propel your outdoor knowledge much faster than learning solely by trial and error.

Pack a map, flashlight, compass (or GPS) and hiking plan. Bringing extra food and water is essential to a good day hiking experience, even if you are not going far. Two to three liters of water per person is recommended for short day hikes. The key here is to avoid dehydration.

It's also important to put away your gadgets.

"Mental, emotional and spiritual enlightenment cannot be achieved when a jarring ring of a phone shatters the pursuit, be it the jingle in your pocket or the rap coming from the hip of a fellow hiker," Donohoe says.

"If someone simply cannot spend the day without remaining connected to their other life, I ask that they set their phones to vibrate and carry on their phone conversations out of range of the rest of the group."



food

Eat your fruits and veggies — and the peel, too!

CTW Features

Put down your peeler, especially if maintaining your health is your 2017 goal. Leaving fruits and vegetables intact will add a lot of additional nutrients and fiber to your diet.

“You’re doing an injustice to remove the peel,” says Kristi Michele Crowe, Ph.D., assistant professor of nutrition at the University of Alabama.

The peel — the outermost barrier protecting the flesh — is higher in dietary fiber and often contains beneficial phytonutrients (plant nutrients beyond vitamins and minerals) not found in the flesh, according to health experts.

Fruit and vegetable colors, often most vivid in the skins, such as red grape or apple skins, often are a clue to phytonutrients (though minimal-color produce, such as onions, also can be high in phytonutrients).

For example, apple peels have been shown to have greater antioxidant activity than the apple flesh.

The challenge may be to convince peel-adverse children or adults to try whole fruits or vegetables.

“The texture issue is a concern for children,” says Elizabeth Pivonka, Ph.D., registered dietitian, president and CEO of Produce for Better Health Foundation, Philadelphia.

Making peels palatable may be

a simple matter of finely chopping or blending. For instance, Pivonka suggests pulverizing fruit with skin on in a smoothie, or adding orange or lemon zest to muffin batter. Use a grater or zester to remove the colored outer peel.

The skin also is less noticeable when you slice fruits or vegetables thinner.

“If you cut the fruit into smaller pieces so there’s (a greater ratio of) pulp to peel, you’re getting more flavor from the pulp, which people like,” Crowe says.

In addition, you can prepare recipes that take advantage of unpeeled fruits or vegetables. Serve twice-

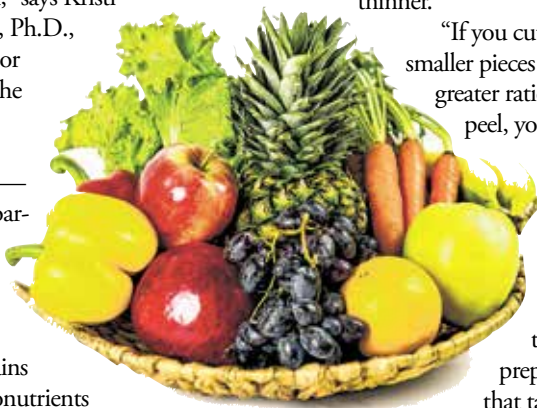
baked potatoes in the skins. Stuff whole cherry tomatoes with guacamole or yogurt dip. Offer unpeeled carrots and bell pepper strips with yogurt dip, or apple slices with peanut butter. Make a pasta dish using unpeeled eggplant.

“You don’t notice that the peel is on if you’re serving eggplant with spaghetti sauce,” Pivonka says.

Top pizza with thinly sliced, skin-on tomatoes and bell peppers.

“In the long run, especially with children, you’ll acclimate taste buds to skins,” Crowe says.

If you’re concerned about bacteria on unpeeled fruits and vegetables you’re serving your family, washing produce before eating can be very effective, Crowe says.



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Cultivating change

Food Hub remodeled for self-sustaining future

By Allie Arnell

The Quad Cities Food Hub's recent renovations go beyond a fresh coat of paint.

After a three-week interior remodel at the Food Hub in Davenport, the store features a new layout, an upgraded cash register and more space for classes. It reopened for business in mid-January.

Located in the Freight House, at 421 W. River Drive, the QC Food Hub is a nonprofit organization that works to connect local producers with local consumers. Operations manager Liz Hogan says she hopes the remodel will encourage more community participation.

The new layout dedicates an entire room to the Food Hub's Education Center, which offers classes on cooking, gardening, crafts and sustainability. Class sizes have tripled during the past two years, Hogan says, with some classes as large as 20 or 30 students. The bigger space will accommodate the Education Center's growing role in Food Hub operations.

The store also gained a more modern cash register, which will help employees track inventory and sales. Now, weekly inventories can be completed with ease, and the Food Hub can identify high-theft items and better protect their consignors' products.

The store's updated layout has been praised because it is more open and better organized. "People love the bright colors," Hogan says. "And it's easier to shop."

Customers say the new laminate wood-panel flooring makes the space look longer and wider, she says.

The renovations were the Food Hub's first since it opened in 2012. "It felt like a borrowed space," says Food Hub marketing and funds development coordinator Kristin Fairchild. "We never really had the chance to make it our own."

Now, Fairchild says, they've really "owned" the space by "making it fit" with what they offer. "It looks clean, it looks fresh and it looks like we have a vision, which we do — and that's to highlight our local vendors," Fairchild says.

Each upgrade was dreamed up and planned out by the staff and the board of directors. Funding for the remodel (and for the Food Hub's operations) comes from a federal grant to create jobs and support local commerce. With this



Meg McLaughlin / Radish
Food Hub employees Liz Hogan and Hannah Clark, both natives of Moline, check in as they work the floor in Davenport. After three weeks of interior remodel work, the Quad Cities Food Hub in Davenport once again is open for business.

in mind, the Food Hub staff wanted to make every penny count. Most of the updates were done by Food Hub employees, which provided the staff with continued employment during the renovation period.

Aid from the grant is set to end in September. When that time comes, the Food Hub hopes it will have been able to increase its sales enough to be self-sustaining.

Revamped marketing efforts aim not only to increase in-store sales, but also sales from the Education Center and events, and commercial sales through a new virtual market. In-store products will be offered online, as well as wholesale and bulk products directly from farmers.

For instance, through the website, "we'll be able to buy a thousand pounds of sweet potatoes from a farmer and sell it online to restaurants and community members," Hogan says.

"We're in the sign-up phase now for this type of service," Fairchild adds.

"So far, we've had a lot of local restaurants that have expressed interest."

The Food Hub also hopes to expand its grower's choice program, or food subscription box service. Participants receive weekly a selection of fresh produce and sometimes dairy and baked goods. A new walk-in cooler will make it possible for the Food Hub to increase the number of people who may sign up for this service.

In addition, the Food Hub also looks forward to increased collaboration with the entire Freight House marketplace. Surrounding businesses such as the Freight House Farmers' Market, Front Street Brewery and Fresh Deli share similar goals and values with the Food Hub. Fairchild says she hopes to use these connections to build up the local economy.

Each of the Food Hub's forward strides are in effort to continue to support local farmers, she says.

"Hopefully when the grant is gone, the added programs and the added benefit of the new space will let us maintain enough profits to continue through the future."

Contributor Allie Arnell is a writer on staff with the Dispatch•Argus•QConline. For more information about the Quad Cities Food Hub, visit qcfoodhub.com.



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Here, fishy fishy

Students turn classroom into a trout fishery

Minnesota Public Radio

Fifth-graders at Lake Elmo Elementary School, Minnesota, are learning about watersheds by raising hundreds of baby fish.

When 500 eggs the size of orange pinheads arrived at their classroom a few months ago, 10-year-old Jordan Kimlinger says she thought the whole project was going to be boring.

Had she known anything about fish before this?

"I didn't know there was trout, so, no," she says. "I've been really into science, and I think this is a very good science experiment."

She and other students learned to check the pH level of the water in their 75-gallon fish tank. Some baby fish have died since December. For fun, the students tried to name all 480 survivors.

"But we can't keep them straight," one admits.

Classmate Liam Butler says his favorite is called Hunchback because it looks more like a seahorse than a normal baby fish. He starts each day checking on the fish.

"I watch the trout for like a couple of minutes, and then I watch them eat, because when we go in, they get their food, and it's really fun to see," he says. "They run into each other, they do a bunch of fun stuff, play in the bubbles." Butler, 11, says basketball is still his passion, but this fish project helped him see that he loves nature too.

"We've learned a lot about the water supply and groundwater," he says. "And what the trout need to be happy and grow. And they need like really cold water."

Teacher Emily Heilhecker says she applied for a grant from the nonprofit Minnesota Trout Unlimited to get her students more interested in the environment.

"Whether they think they like fish or fishing, or they take an interest in global warming, or they take an interest in the weather and how that affects things," she says, "I want to inspire



Seema Stead, 11, checks the pH level of the water tank that is home to hundreds of baby fish at Lake Elmo Elementary School, Lake Elmo, Minn. Doualy Xaykaothao / MPR News

the students. We compare it to what happens if we put salt on the road when it snows. What happens to the salt when things melt? And things like that."

Her school is only one of 18 other public schools participating in watershed learning.

"They have loved it from day one," she says. "And they notice the teeniest, tiniest changes long before I do. ... They check everything, every day, and want to know more."

Benji Kohn, education coordinator for Minnesota Trout Unlimited, says the students didn't know much about watersheds at first.

"Now they know what a watershed is," he says. "They know what aquifers are, and where groundwater is. And where their water comes from."

The goal, he says, is to get kids to care about rivers and streams as adults.

"They're going to release these fish in the spring here, into the Vermillion River," he says. "It's a big deal for them. They've worked all winter to raise these fish, get 'em up to fingerling size, and then will release them into the wild."

And he says, who knows? Maybe one of them will grow up to become a scientist.

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food for thought

Take care of you

Holding emotional boundaries

Metro Creative
Graphics

By Barton Goldsmith
Tribune News Service (TNS)

Apparently, I am an unusual therapist. It's not that I practice some strange method or use a crystal ball, but I actually return calls, texts and emails from my clients, usually the same day. I really don't think that therapy can (or should) be limited to an hour per week. If someone is in crisis, and when I am not in session, I will do what I can to help them. It usually only takes about 10 minutes, and they get what they need until I can see them again.

The trick is to maintain balance because there is an internal cost to expending too much emotional energy. This holds true for anyone who is working or raising a family.

Really good performers know that giving just a little more (to clients, coworkers or the ones they love) can yield many benefits. The great ones know that if you give your all, the results will be stellar. However, if you don't take care of yourself in the process, you can burn out or become resentful.

This holds true for all relationships. It's important to maintain a good balance between caring for others and caring for yourself. This means that if you are a giver by nature, you have to remember to put on your own oxygen mask first. I find that sometimes I do have to step away from the phone (or lock it in the safe), so I can take care of myself and decompress.

If you are a caring person, you may find that you give too much. If this happens, then what can you do about it? First, look at why it is happening at this moment. This is important because if you can see how you got into this position, you may be able to avoid it in the future.

Next, get out your personal decompression plan (PDP) and remind yourself what works for you. Don't have a PDP or don't know what one is? Allow me to help. First, write down things that help you find emotional balance, such as hugging the dog, doing the dishes, taking a walk or playing with the kids. Making a list of these emotionally healing acts simply helps you take advantage of what you already have but may have forgotten about because you are too busy taking care of those around you.

Probably your best tool is self-awareness. We may not realize we are feeling a little over the top until someone else notices that we're acting differently and asks, "Is everything OK?" It's important to really check in with ourselves. These days, I'm better at asking myself the same question and being honest with what's really going on for me.

Holding good emotional boundaries is as much about checking in with yourself as it is about learning to stand firm with other people. Awareness is key, and acting sooner rather than later will help you recover more quickly.

We all need to recharge from time to time. It's important, and vacations should be sacred. Without strong boundaries and self-care, you can't care for anyone or anything else.

"It's important to maintain a good balance between caring for others and caring for yourself. This means that if you are a giver by nature, you have to remember to put on your own oxygen mask first."



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