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from the editor



Photo by Benjamin Ferguson

On the other side of the stand, the fruit vendor carefully weighed a half kilogram of cherries on his scale. Then he nodded at me to confirm this was the amount I wanted, and upon receiving a thumbs up, broke into a broad grin and grabbed an extra handful to drop into the wax-paper sack. With a laugh, he twirled the package shut, plopped it down in front of me, and declared, “C’est bon!” I lifted the sack like a plump trophy, beaming.

I had come to this particular farm stand a week into my recent vacation in France. When my host mentioned a farmers’ market being held one town over, I jumped at the chance to meet some of the area growers — even though getting there meant riding a bike with faulty brakes down a dirt road so deeply pocked with potholes they threatened to bounce me right into a ditch. And then there was the other minor detail: I actually don’t speak French.

Still, I was eager to see how farmers’ markets were conducted in this corner of the world, which is how I ended up at the fruit stand. And the cheese stand. And the stand selling every kind of olive. Look closely at the photo and you’ll even see two loaves of fresh bread jutting from my backpack. Good food, it turns out, is a kind of universal language, much like love. I am pretty sure in speaking with the market vendors I mangled every sentence I pulled out of my phrase book — and I’m equally certain my enthusiasm for their wares needed no translation. Just like the extra cherries dropped in my sack, some interactions transcend language.

Viewed one way, the outing was about as far removed from regional eating as a person can get: flying halfway around the globe to enjoy the food there. But on the other hand, meeting the growers at the French market only underscored for me the rewards of eating locally, wherever we may find ourselves. How much less abundant would my trip have been if I had never sampled the local fare or laughed with the people who brought it to market? Or, after the dusty bike ride back, what if I had pulled a prepackaged, factory-made snack from my backpack instead of that glorious little sack of cherries?

If good food is one universal language, I believe August is another — wherever you find yourself, it is a season rich in opportunities to savor the moment. This month in Radish you’ll find ways to do so in our own region, from cooking classes to dinner at a retreat center to relishing your garden bounty. Regardless of how you make the most of this month, I hope you too will have a moment in which your heart declares, “C’est bon!”

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

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the grapevine

From our readers

Garlic, a love story (July 2012): "What a nice article! And I learned more about garlic than I already knew."

— Ashley, Palatine, IL

"Wonderful recipes and great ideas!" — Sharilynn Bernhart

Farmers' markets

Traveling in Radishland this summer? Be sure to check out the complete list of farmers' markets, including locations and hours of operation, available at radishmagazine.com. It's your guide to find the best the area has to offer in fresh, local produce, meats, baked goods and more.

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 **Illinois Renewable Energy Association Fair**, Aug. 11-12 at the Ogle County Fairgrounds, 1440 Limekiln Road, Oregon, Ill.

Read more about this event online at

radishmagazine.com. To discover more upcoming events of interest, see the events calendar at radishmagazine.com.

Radish Reads: Check out these free titles!

Whether heading out to the beach or lounging in a backyard hammock, nothing adds to a leisurely summer hour quite like a good book. If you are looking for something for your summer reading list, Radish has a stack of books waiting to be reviewed. You can request any one of them simply by sending an email to editor@radishmagazine.com. The book is free and yours to keep in return for a short, 200- to 250-word review (about twice the length of this paragraph), which may be printed in a future issue of Radish. Titles are available on a first-come, first-served basis, so get your request in early.

- "Free to Be Healthy: How to Release the Thoughts, Beliefs and Emotions Held in Your Subconscious Mind to Heal Your Mind, Your Body and Your Soul," by Margaret Stuart (Balboa Press, 2011)
- "Bridge of the Gods: A Handbook for Ascending Humanity," by Reverend Dr. Linda De Coff (Balboa Press, 2011)
- "Bread Making: Crafting the Perfect Loaf from Crust to Crumb," by Lauren Chattman (Storey Publishing, 2011)
- "The Backyard Cow: An Introductory Guide to Keeping a Productive Family Cow," by Sue Weaver (Storey Publishing, 2012)
- "Grace, Gratitude, and a Positive Attitude," by Kathy J. Ragsdale (Lulu.com, 2011)
- "Vegebaby: Recipes for Happy Healthy Children," by Pragna Parmita (Self-published, 2011)

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Denise Hnytka & Jason Fechner

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healthy living from the ground up

features



6 More than organic
Growing sustainability and community at Nature's Way Farm.

8 Hummus among us
Humble Middle Eastern spread has a world of uses.

10 Green U
Heading off to college? Tips for an eco-friendly experience.

16 Magnificent Macs
Radish Pet of the Year fits right in with his active family.

in every issue

2 from the editor

3 the grapevine

on the cover



Macs Wilkins, the 2012 Radish magazine Pet of the Year. (Photo by Paul Colletti / Radish)

departments

12 health & fitness
Keep your cool: Gear that makes a difference jogging in the heat.

14 handmade
Just add water: Canoe enthusiast puts the 'craft' in watercraft.

18 good business
Fruit of the vine: Two generations work side by side at Q-C vineyard.

20 body, mind & soul
Tummy tamer: Chi Nei Tsang helps release abdominal tension.

22 eating well
Learn, make, eat! Cooking classes can be a fun way to hone kitchen skills.

24 eating well
A better spread: Radish puts all-natural peanut butters to a taste test.

28 body, mind & soul
Come into the quiet: Dinner to provide sampling of local food, retreat center atmosphere.

32 food for thought
Harvesting at home: Abundance inspires one gardener to grow ever more.



radishmagazine.com

Even though the upcoming Illinois Renewable Energy Association Fair is in its second decade, giving the public something new every year is important, says event organizer Dr. Sonia Vogl. That's in no small part because interest in sustainable lifestyles continues to grow.

Learn more about what's in store for the 2012 event, including a keynote address by Leopold Center Distinguished Fellow Fred Kirschenmann (pictured), at radishmagazine.com.



grower of the month

More than organic

Growing sustainability, community at Nature's Way Farm

By Jane Carlson

Driving down the dusty gravel road outside North Henderson, you might not notice Nature's Way Farm as anything different from the other plots of land stretched across the Mercer County, Ill., landscape.

There's a white farmhouse and a red barn. There are crops growing and livestock meandering under an almost impossibly blue sky.

Pull into the driveway for a closer look, though, and the diversity and uniqueness of the operation will start to come into focus.

Truly free-range chickens peck about the yard near a white domed structure called a high tunnel, in which seasonal organic produce is grown year-round — even in the coldest of Midwest winters.

Grass-fed Irish Dexter cattle roam a hillside, berries and fruits grow on bushes and trees, and gardens burst with dozens of varieties of heirloom vegetables that will never see a drop of herbicide, pesticide, insecticide or fungicide.

Wagons filled with sustainable rye and wheat are parked inside that red barn, waiting to be ground into flour for fresh homemade bread. Hanging from the barn rafters are dried plants holding seeds from last year's vegetable crop, waiting to be replanted.

And a 69-year-old woman — a few inches shy of 5-feet tall — walks over the hill wearing a bonnet, long dress and wide grin, with her arms full of gardening tools.

The woman is Cordelia “Cordy” Kaylegian, a former real estate agent from the Chicago area, who with her husband, retired mechanic Chuck, 77, has been farming the 13.5 acres since 2001.

Inside the farmhouse are other clues to the Kaylegians' way of life.

A wood-burning cookstove takes up a corner of the kitchen, where Cordy makes the couple's meals, preserves her annual harvest, and bakes breads, pies, muffins and other treats to sell at the Galesburg Farmers' Market along with her produce from May to October.



Cordelia 'Cordy' Kaylegian in the kitchen of her Mercer County, Ill., home. (Photo by Jane Carlson / Radish)

Like something from another era, a neighbor stops by to pick up a pie that's been cooling in the kitchen window to take to a funeral in town.

In the basement, shelves are lined with jars of apple butter, tomato sauce, sauerkraut and green beans — all organic and all made from food that was grown just up the stairs and out the back door.

Modern-day homesteading

The Kaylegians also farmed in Wisconsin years ago, but have settled into a lifestyle at their North Henderson farm that they consider homesteading.

While Cordy spearheads the farming, Chuck draws on his mechanical expertise to repair and build equipment to simplify the operation.

Their philosophy is steeped in sustainability, nature and community. They believe people should be stewards of the soil and use companion planting rather than chemicals to deter pests and disease, that food should be grown locally, and that people have a right to know what goes into what they eat.

Cordy wants to open people's eyes to a simpler, more sustainable lifestyle, and she is quick to point out that there's a difference between being organic and being sustainable.

“Organic does not necessarily mean sustainable,” she says. “Organic generally refers to agriculture, whereas, to my way of thinking, sustainability encompasses agriculture and the community.”

That means not buying things that aren’t needed, buying what is needed locally, eating what they grow, and selling the extra to local consumers at very reasonable prices.

It also means taking cues from Mother Nature, learning to be as unobtrusive to the land as possible to preserve it for future generations, eating food that’s in season, and respecting all living things — from the plants rooted in the earth to the animals that walk on it.

Cordy herself often walks barefoot because she wants her feet to touch the soil, to be able to feel closer to the nature that sustains her.

“A plant is going to feed you. It is a living thing,” she says. “You don’t take that for granted.”

Raising animals demands the same respect for the hens that offer eggs; the cow that provides milk that is turned into butter, yogurt, and cheese; and the steer and the chickens that are butchered on the farm and eaten throughout the year.

Educating the next generation

The Kaylegians’ world is a throwback to a time when not everything needed to have a price tag, when people traded goods for services and weren’t always as concerned with the bottom line. It’s a philosophy they put into action by offering medicinal herbs to a neighbor’s ailing dog or offering a homemade cherry pie as payment to the man who dehorned their calf — and by selling their food inexpensively.

Since they moved to the area, Cordy has only missed the Galesburg Farmers’ Market a couple of times. She is a mainstay there, and regulars know to come early to get her baked goods because they’ll sell out.

A sign next to the vegetables and herbs she brings to sell at market reads, “This produce was hand-picked less than 16 hours ago and traveled about 15 miles to get to you.”

It’s also a world that can be exhausting — with 15-hour work days that begin at 3 a.m. — and isolating. In a society where using our fields to grow single crops and buying produce from other states and countries has become the norm, the Kaylegians are used to being seen as oddballs and extremists.

In more recent years, her presence at the farmers’ market has grown into a platform for education and activism. Local gardeners, college students and professors are seeking out her opinions and visiting the farm to see her practices in action.

The Kaylegians are energized by the chance to get people to change their growing and eating habits by welcoming visitors to their farm and sharing their philosophies and knowledge.

“I think we will have another revolution,” Cordy says. “We need to become a ‘we’ society again, not a ‘me’ society. We need to be sustainable.”

Jane Carlson makes her Radish debut this month.



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healthy living

Hummus among us

Humble Middle Eastern bean spread has a world of uses

By Sarah J. Gardner

Recently I found myself in a lively, 20-minute conversation with two friends about — of all things — hummus. If that sounds like a long time to talk about a Middle Eastern spread that is little more than mashed chickpeas mixed with tahini, lemon juice and an herb or two, consider the versatility of hummus.

You can serve it on its own with slices of pita bread or raw veggies

and have a refreshing snack. Thinned with a bit more lemon juice, hummus makes a quick dressing that enlivens a chopped salad. You can even substitute it for mayonnaise on almost any sandwich and both your heart and tastebuds will rejoice: loaded with protein, fiber and heart-healthy omega-3 fatty acids, hummus is among the healthiest of spreads, and it will perk up almost anything. In fact, one of my favorite sandwiches is a combination of whole grain bread, pickled beets and shredded carrots.

That alone doesn't seem like much in the way of a meal, but spread

the bread with hummus, and suddenly you have a light, filling lunch that — especially in summer heat — can be transported anywhere without fear of something spoiling.

Once a food item few were familiar with outside of health-food stores, hummus seems lately to have gone mainstream in a big way. I noted that I had recently seen it listed among the snack items at a movie theater. My friends had come across it in gas station convenience stores and in cases at coffee shops. And you don't have to look far among food blogs or magazines these days to find variations of



Traditional Hummus

2-3 medium cloves of garlic, sliced
Large handful of parsley
2 scallions, cut into 1-inch pieces
3 cups cooked chickpeas (2 15½-ounce cans, rinsed and well drained)
6 tablespoons tahini
6 tablespoons fresh lemon juice
¾ to 1 teaspoon salt (to taste)
Optional: cayenne and a little cumin, to taste

Mince garlic, parsley and scallions with a few quick pulses in a food processor or blender. Add chickpeas, tahini, lemon juice and salt. Puree to a thick paste. (You can also do the mincing and mashing by hand. The hummus will have a coarser texture, but that can be nice, too.) Season to taste, if desired, with cayenne and cumin. Adjust the salt to taste. Transfer to a tightly-lidded container and chill.

— Recipe source: *"The New Moosewood Cookbook,"* by Mollie Katzen

Photos by Todd Welvaert / Radish

hummus containing minced basil, roasted garlic or smokey chipotle peppers — to say nothing of other mashed bean dips getting labeled as hummus.

“I think it’s a testament to the likability of hummus,” I told my friends. “If you put out a dish of mashed peas and mint, who is going to eat it? But if you call it hummus, apparently people will line up to try it. It’s like a magic word to persuade finicky eaters.”

One of my friends confessed to having been a bit of a picky eater herself growing up, but hummus was one of the few foods she really liked. As a result, they always had hummus in the house — her mother made it for her. “Ooo, how lucky! A mother who made fresh hummus!” we cooed.

Our other friend started to glow. A mother herself, she now regularly makes hummus for her children. “Someday,” she said, in dreamy tones, “Perhaps my children will have this very conversation, saying ‘We were so lucky, our mother made us hummus!’ ”

And maybe that’s the greatest virtue of this spread — it’s so easy to make, any mother could do it. Or father, or brother. Or sister, aunt, uncle, family-friend or neighbor! Nothing but praise would follow. Ready to add yourself to that list? Here are a few recipes to get you started.

Sarah J. Gardner is editor of Radish. For an additional hummus recipe, visit radishmagazine.com.

Mediterranean Chopped Salad

- | | |
|--|--|
| 1 ripe tomato, preferably on-the-vine | 1/3 cucumber, preferably unwaxed, seeded and diced |
| 1 small green bell pepper, seeded and chopped | 1/3 cup prepared hummus |
| 1 rib celery, sliced crosswise | Juice of 1/2 lemon |
| 1 large scallion, white and green parts, chopped | Salt and freshly ground black pepper |
| 1/2 small red onion, finely chopped | 1/4 cup chopped flat-leaf parsley |
| | 4 oil-cured black olives (or more to taste) |

On a cutting board, vertically slice off one side of the tomato. Turn it 90 degrees and cut off another side. Repeat, leaving a square core. Turn the core on its side and slice off the bottom. Discard the core. Chop the remaining tomato and scoop it into a bowl, including the juice and seeds. Add the bell pepper, celery, scallion, cucumber and onion.

For the dressing, add the hummus and lemon juice to the chopped vegetables and mix with a fork to combine. Season the salad to taste with salt and pepper. Mix in the parsley, add the olives and serve.

— *Recipe source: “12 Best Foods Cookbook,” by Dana Jacobi*





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Green U

Tips for eco-friendly collegiates

By Rachel Warmke

Heading off to college this fall? As the annual clamor of back-to-school sales begin and campus beckons, you have a great opportunity to make environmentally-conscious choices. Take a look below for a few green tips that will take you to the head of the class.



Shop smart for dorm room digs

The shopping cart is out, the time has come, and all that lies between you and your first day on campus is a list roughly 380 items long. Shopping for college supplies can be a daunting task, so proceed carefully to ensure that the glimmer of price tags aren't blinding you from making smart, eco-friendly options. When investing in appliances for your dorm or off-campus hideaway (computers, refrigerators, vacuums, TVs and fans), make sure they are Energy Star rated or have been given the thumbs up by EPEAT, a website that rates electronics based on their environmental impact. If you're a tech junky, consider a Smart Strip Power Strip, which automatically shuts off computer peripherals, like scanners and printers, when your computer isn't in use to further save energy. And while you're at it, you can pick up a bedroom fan (which utilizes less energy than air-conditioning) and a pack of compact fluorescent bulbs (CFL) for all those late-night study sessions.

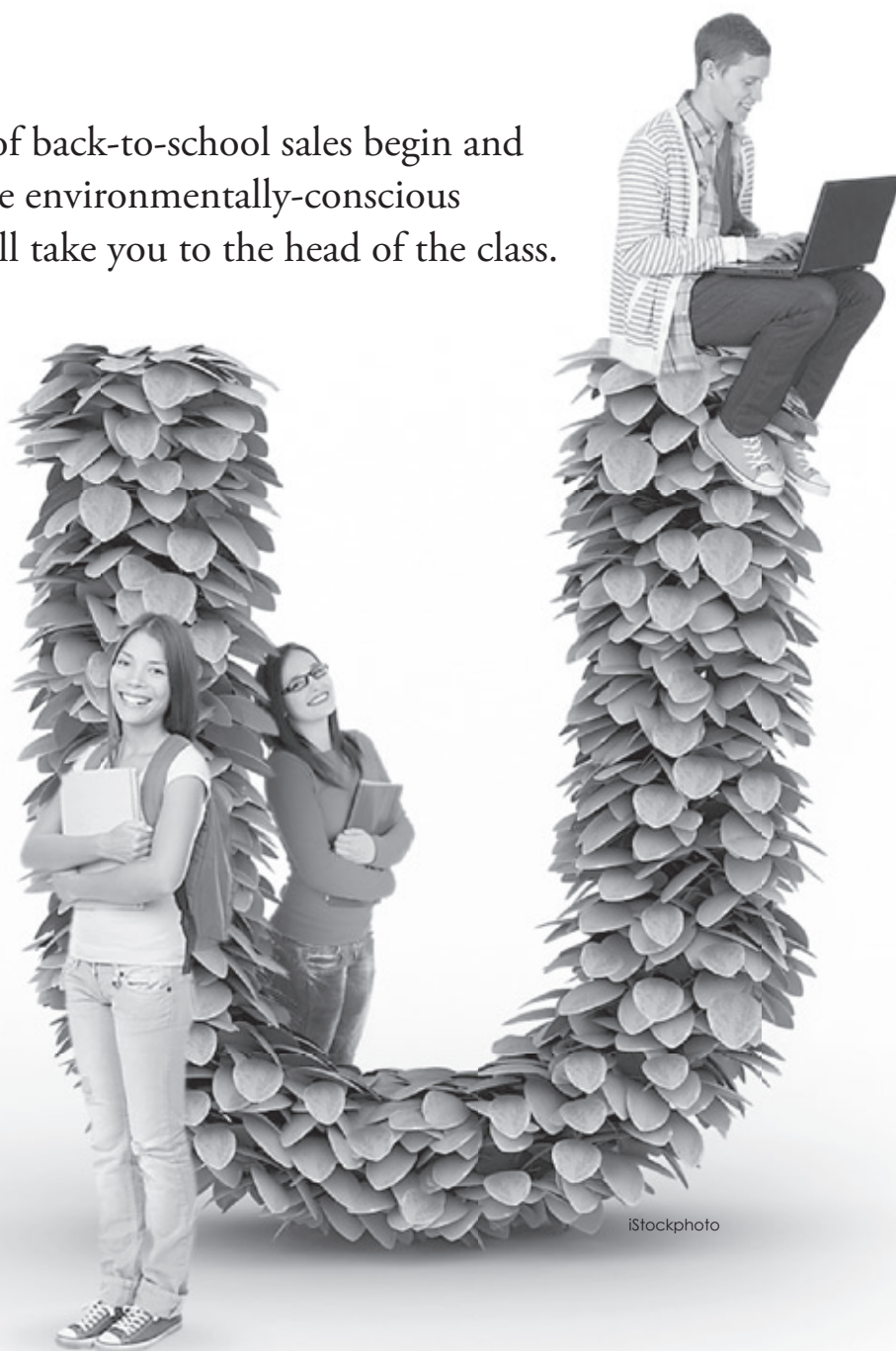
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Rally for reusable products

Uncle John's vintage concert T-shirts and stone-washed blue jeans aren't the only gems you'll discover in thrift stores — hit the aisles for great deals on gently used clothing to garner a personalized style on campus and a thankful bank account to boot. For other eco-friendly options, bring along reusable cloth bags on your next grocery outing rather than stocking up on plastic bags that quickly will litter your dorm room. Also, establish a favorite mug and/or BPA-free water bottle and reuse daily — no need to frighten Mother Nature with an onslaught of plastic and Styrofoam. And don't forget, the pens and pencils that served you well last year can be used again — they don't have an expiration date.

Smart savings: Hundreds of dollars can remain in your wallet simply by choosing to buy your clothing for \$5 or \$10 versus the \$25-plus price tags often toted in department stores.



iStockphoto



Say 'Thanks, but no thanks' to trays

You don't use trays at home when it's time to eat, so why pick up the habit when you go through the campus cafeteria line? True, trays are reusable, but before someone else can use them, each tray has to be washed. That adds up to a lot of water and energy use — multiply the number of students on your campus by three trays a day, and then imagine all those trays going into a dish washer. And, because you carry less food on a plate than a tray, you not only waste less, you also eat less. Going green in this case also can help prevent the dreaded "freshman 15."

Smart savings: Water, and lots of it. The University of Florida, for example, estimates it saves as much as 470,000 gallons of water annually by eliminating trays from its dining halls. That's not all. According to one study sponsored by Aramark, a cafeteria service provider for many universities, when students forgo trays, 25 to 35 percent less food ends up in the trash.



Pause before hitting 'print'

The next time your syllabus taunts you with a 40-page reading assignment, reconsider before printing out an article that is heavy enough for weight-lifting exercises at the campus gym. Instead, share a reading with a friend and print double-sided as often as possible. Additionally, if your professor allows it, consider downloading your reading to a Kindle, iPad or laptop for class in order to further conserve paper.

Smart savings: According to the EPA, recycling 1 ton of paper saves 15 to 17 mature trees. And if our country were to cut its use of printing and writing paper by just 10 percent, the United States would stop the emission of 1.6 million tons of greenhouse gases — that would be akin to taking 280,000 cars off the road and 60,000 trucks of solid waste out of landfills. Read more at environmentalpaper.org.



Involve folks on the top of the hill

Don't fret about doing this solo. Some of the most radical environmental occurrences have come from students who have encouraged their college administration to get involved in the "green campaign." For example, Augustana College in Rock Island has recently adopted plans for the school's new student center that include a hydroponics system to grow edible plants indoors.

Other successful campus-wide initiatives have included a Green Campus Move-Out Day at New York University, a wildly successful event that collected unwanted dorm items at the end of the year and donated them to area businesses and organizations instead of sending them to landfills. And St. Olaf College in Minnesota has a 1.65-megawatt wind turbine that provides 33 percent of the entire campus' electricity.

Inspired? Get some friends together and persuade your school to sign the American College and University Presidents' Climate Commitment (ACUPCC), a coalition of higher education institutions that seeks to reduce greenhouse gas emissions and hinder the effects of global warming. Visit presidentsclimatecommitment.org for more information.

Rachel Warmke is a recent graduate of Augustana College. For more suggestions on going green at college, visit radishmagazine.com.

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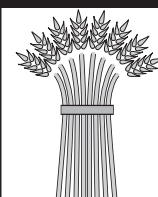
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Keep your cool

Gear that makes a difference jogging in the heat

By Chris Greene

I have long referred to myself as a “fair-weather runner.” When the thermometer dips much below 60 degrees, I start to get whiny and begin creating excuses to stay indoors and not run. Heat, however, is fine by me. Bring on the sun, the heat, the humidity! With a little preparation, summertime running can be a breeze.

Doug Foster, co-owner of Running Wild in Davenport, has a few suggestions for hot weather running, starting from the ground up — with a cool pair of running shoes. “Look for Coolmax or microfiber polyester fabric that wicks moisture away from the body. Light colors will also reflect, and not absorb, the heat from a bright, hot sun,” Foster says.

Breathable fabric for those shoes definitely helps keep feet more comfortable. I’ve found that a lightweight shoe with a ventilated fabric which allows the shoe to “breathe” can be incredibly helpful in keeping feet cool during a hot summer run.

Tucked inside those running shoes, you should have some breathable socks. “Coolmax poly is also recommended for socks. Do not run in cotton — it will absorb moisture, but will not dry fast enough and will cause blisters from moist, warm friction,” says Foster.

Quad-Cities runner Sara Baker, who is preparing to run her fifth marathon and is a certified strength and conditioning specialist with the National Strength and Conditioning Association, says good socks are important. Her “can’t live without sock” is the ASICS-brand running sock, which she buys locally for about \$15 for three pairs.

Baker also says chafing can be a problem for many runners. “Hot and humid weather can also mean chafing when skin rubs against clothing or other parts of the body. Body Glide is an anti-chafing skin-protectant stick that can be purchased at Running Wild or other major sporting goods stores.”

For shorts and shirts, Foster has similar advice. “Lightweight microfiber shorts with a Coolmax liner

is best. Do not wear cotton underwear with a lined short. It is defeating the purpose of moisture wicking,” he says. “Look at the label. If it says moisture management or wicking, you should be good to go.”

For women, a sports bra that has plenty of support is a must. “If you find yourself wearing multiple sports bras at once, it’s time to shop!” says Baker, who recommends looking for running bras at titlenine.com.

Since the price of quality gear can add up, Foster also has a few suggestions for caring for your running apparel. “Try to run in them a couple of times before washing, and read the label. Cool wash and line- or warm- (not hot) dry to make them last much longer,” Foster says.

In addition to the gear, Foster has some additional reminders for staying safe and cool in the summer heat. “Run in the early a.m., when the heat and humidity are at their lowest. Run facing traffic and wear a reflective vest so you will be seen. And self-defense spray is also a great idea, not only from humans but a dog as well,” he adds.

One of the simplest suggestions is one we should all be doing anyway — drink plenty of water! If you’re running any of the road races, take advantage of the many water stops along the way. They are there for a reason, so use them. If you are running on your own, make sure you take water with you. Keep in mind that you need to drink before you feel thirsty to give your body the fullest benefit of hydration. “Water is number one (priority) all year around. You should be well hydrated before and try to drink every 35 minutes on the run,” says Foster.

And remember not to push too hard when the temperatures soar. Your body will be working extra hard to protect itself from the heat. You may need to slow your pace a bit to accommodate that. If you begin experiencing heat stroke symptoms — nausea, headache, confusion, seizures, muscle cramps, inability to sweat, weakness — seek medical attention.

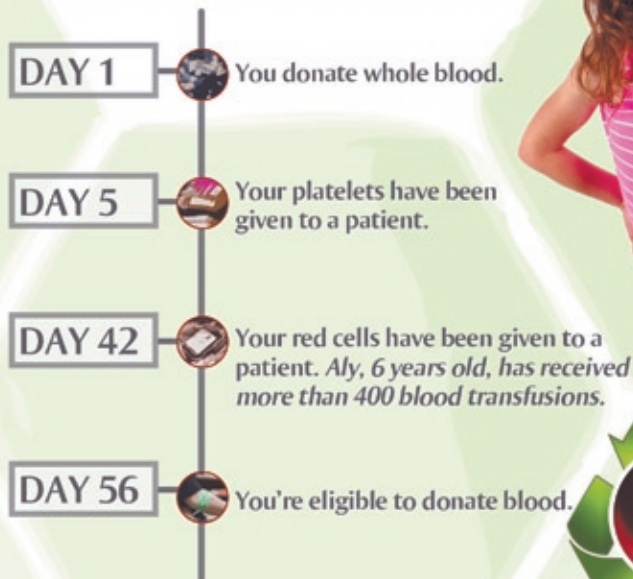
Chris Greene is a frequent Radish contributor.



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Just add water

Canoe enthusiast puts the ‘craft’ in watercraft

By Jane VanVooren Rogers

When Bill Collett was in junior high, his father introduced him to canoeing with a trip to the Boundary Waters. “That was all it took to spark an interest,” he says.

Now retired from 31 years as a teacher and director of the former Outdoor Education program in the Bettendorf School District, Collett’s focus has returned to canoes — and not just taking them out on the water. He builds them.

How did he begin? “I saw an article in ‘Popular Mechanics’ in high school,” he says. “I made my first canoe from canvas and plywood. It wasn’t until after graduating from college and started working that I could make cedar-strip canoes.”

Joking that he’s a “belt-sander artist,” Collett points out that building a canoe is “creating something from wood with no straight lines anywhere.”

He begins by finding lengths of cedar or cypress that are free of knots. Then he uses a table saw to cut strips from the boards. Next he uses a router to “bead and cove” each strip so that the pieces fit together and places them onto a form.

Using clamps to hold the canoe together, he applies glue and then staples. After sanding, Collett applies a layer of fiberglass plus a layer of resin, which gives the canoes their honey color. After light sanding and another layer of resin, he applies a UV-protectant varnish.

“You’d think it would be easy to design a canoe, but there are so many subtle differences on how they behave in the water. That’s why there are so many different styles,” he explains.

For example, a canoe with a bottom that is straighter from front to back can have more speed in placid lakes, whereas a canoe that curves up more from end to end can be easier to navigate in river currents. And surprisingly, flatter-bottomed canoes are not necessarily less likely to capsize.

“A flat bottom feels safer, but in waves, it turns over faster,” says Collett’s friend and fellow retired teacher, Terry Muilenburg of Bettendorf, who’s working with Collett to build his first canoe.

Collett points to his first cedar-strip solo canoe, a 29-year-old, 40-pound beauty that has several thousand miles under its hull. It holds lots of gear for long trips, features a top deck that helps with water runoff and prevents sunburned legs. Collett even created a sail that appears when you lift the top deck.

“When you’re making your own design, you’re constantly changing it all the time and want to make it better,” he says.

For his tandem Chestnut Prospector canoe, a historical Canadian design, Collett went online and learned how to weave cane to make the seats. Collett’s wife, Ann, loves to sew, and she donated wooden spools to use as seat spacers — an ingenious, homespun design that makes the canoe extra special.

Yet, even busy with canoe building, Collett certainly has had his share of adventures. “My wife will drop me off in northern Wisconsin, and I’ll show up at



Bill Collett and daughter Amber paddle wood kayaks they built together down the Mississippi River in 2002. (Submitted)

home two weeks later, having canoed down the St. Croix and Mississippi River.”

On three occasions, Collett has canoed near or beyond the Arctic Circle tundra, which is lush and green in the summer with 24-hour daylight. He’s seen caribou, wolves and even has been charged by a grizzly bear.

“We’d paddled from 2 a.m. to 6 p.m., so we were cold, hungry and tired,” Collett explains. “Two guys went to check out the shore, and we were watching a wolf chase caribou, and a bird of prey was circling overhead. Suddenly, my friend starts yelling for the two guys to get back in the canoe. A grizzly bear is walking up the shoreline, and it charges at us!”

“The bear gets in the water, stands on his hind legs, and spins around with saliva flying out of his mouth, then takes off and runs away. After the grizzly charged us, we were so full of adrenaline that we paddled another six miles!” he says.

As for building canoes, Collett says it’s easier than it looks. “Anybody can make them. If somebody really wanted to, you could set up forms and make one.

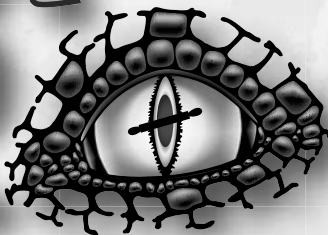
“And if anybody’s really interested in building a canoe or borrowing a form, come see Bill!”

A stay-at-home mom, freelance writer and editor, and nature enthusiast, Jane VanVooren Rogers can be found online at JaneWrites.org. For more information on building canoes, contact Bill Collett at wmcoll46@aol.com.

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RIVERACTION

pet of the year

Magnificent Macs

Four-footed friend fits right in with this active family

By Laura Anderson Shaw

Without Macs, the Wilkins household just wouldn't be the same. Sure, there would be more stuffed animals lying around the Davenport home, and fewer snacks would be stolen off the kitchen counter. The entertainment center in the basement and the family's coffee table would be fully intact and free of bite marks. The family cat, Miley, would have one less thing to hiss at.

But the family would have one less friend. Nine-year-old Miya would miss her sleeping buddy, and her mother, Tonya, would miss her running partner. The family would be out a playmate, a guard dog (though he's a bit of a softy), and a cuddler.

The Wilkins family adopted Macs, who is almost 3 years old, a couple of years ago from the Humane Society in Knoxville, Iowa. His contagious energy, playful nature and love for his pint-sized owners — Miya and her 6-year-old sister, Macie — radiate to all who meet him, including those folks who gathered at Radish magazine's Healthy Living Fair in June, where Macs was voted 2012 Pet of the Year by popular applause.

According to the Wilkins family, Macs is a mix of breeds, boxer probably included. "We don't know what he is," says Miya and Macie's dad, Mike. "He's just our dog."



From left, Miya, Macs and Macie Wilkins. (Photo by Paul Colletti / Radish)

Share some tidbits with your pooch

Think beyond the bone! In small amounts, fruits and vegetables can make healthy snacks for your dog. The portions given here, recommended by "The Dog Food Dude," Rick Woodford, in his book "Feed Your Best Friend Better," are shown in daily amounts that will not disrupt the nutritional balance of fat, fiber and calories in your dog's normal diet.

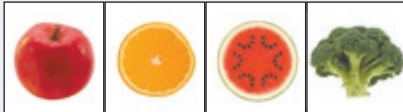
Woodford recommends aiming for variety if you are giving your dog multiple snacks throughout the day and introducing your dog to any new foods in small increments. Feed your four-footed friend the same parts of the food you would eat (NO fruit peels, cores or rinds) and discontinue serving any snack that your pet's palate or stomach won't tolerate.



1/2 apple 1 orange section 2 tbsp. melon 2 tsp. broccoli



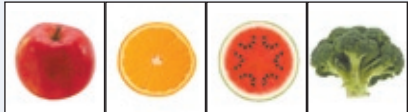
2 tsp. bell peppers 1 baby carrot 1/4 egg, cooked 1 tsp. yogurt



1/2 apple 2 orange sections 1/4 cup melon 2 tbsp. broccoli



4 tsp. bell peppers 2 baby carrots 1/2 egg, cooked 2 tsp. yogurt



1/2 apple 3 orange sections 1/2 cup melon 1/4 cup broccoli



2 tsp. bell peppers 3 baby carrots 1 egg, cooked 1tbsp. yogurt

Mike says Miya is a lover of all animals. In addition to Macs and Miley, the family also has a hamster named Steve and a gerbil named George. No matter the animal, “you name it, (Miya) wants them all,” Mike says.

Prior to getting Macs, Miya had been asking for a dog for a while, and Mike says his wife wanted one, too.

Miya says there were two dogs her dad said she could choose from. And she chose Macs. She says he walked with her better than the other pup did. And it didn’t hurt that he was cute.

“That’s her dog,” Mike says, nodding his head toward Miya.

Miya says Macs sleeps with her every night. He gets into bed with her, lays his head on her pillow, and she covers him up. And while Miya’s dad isn’t too fond of the habit, Macs also sleeps on the family’s couches and chairs.

When he was a new member of the family, Macs was a bit ... rambunctious, to say the very least. According to Mike, he destroyed three comforters, a coffee table, an entertainment stand, several stuffed animals, shoes, and the family’s yard.

While Macs spent the majority of his Radish photo shoot jumping around and happily licking faces, Mike says he is much better behaved now. He has stopped digging in the yard and eating things around the house. Well, except for the snacks. Those are still fair game.

Mike says Macs runs with his wife well — about six miles a day! — and walks well on a leash. Except for that one time a couple of winters ago when he dragged Macie through the snow because she wouldn’t let go of the leash. But she was OK, and the ordeal provided some laughs, Mike says.

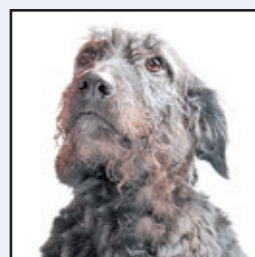
Miya says Macs’ favorite toys are tennis balls and rope toys. Out in the backyard, she throws a ball across the grass, and Macs quickly tears after it, scoops it up in his mouth, and trots back to her.

Mike says he likes to wrestle with Macs. Macs can get a little rough, but he never plays too hard, he says. “He’s awesome.”

Laura Anderson Shaw is a regular contributor to Radish.



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¾ apple 4 orange sections ¾ cup melon ½ cup broccoli



3 tbsp. bell peppers 4 baby carrots 1½ egg, cooked 2 tbsp. yogurt



1 apple 6 orange sections 1 cup melon ½ cup broccoli



¼ cup bell peppers 5 baby carrots 2 eggs, cooked 3 tbsp. yogurt



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good business

Fruit of the vine

Two generations work side by side at Q-C vineyard

By Jane VanVooren Rogers

It was a dream 10 years in the making. Jennifer Mital, a high-school teacher, and her husband John, formerly in engineering, fell in love with wine culture when living off the Highway 94 Wine Trail in St. Louis.

"Then winemaking caught my fascination with my biology and chemistry background. My big dream was to bring it back to my hometown," says John.

But before Creekside Vineyards Winery & Inn could become a reality, the Mitals needed to find the right acreage, the right vines, and, of course, the right business partners. The Mitals approached John's parents about going into business together.

"When Don (John's father) retired, he was looking for something to do," says Bev Mital, John's mother. "He has an interest in hobby farming, and that paired with John's background in biology and microbiology. So we joined resources."

The result: a cozy bed and breakfast with a working winery right down the road, nestled in a secluded 30-acre valley just south of the Quad-Cities. Don and Bev run the inn, and John and Jennifer handle the winery.

Bev says having their grandson — John and Jennifer's son, Sawyer, 7 — nearby is their bonus. "That's our hidden agenda," she jokes. "They could've suggested a hog farm, and we would have done it."

Since purchasing the land in fall 2006, the Mitals have developed the area to include a building for wine production they've already outgrown, two homes — one is John and Jennifer's home, the other is Don and Bev's home and the inn — and 2,200 grapevines.

"We planted our first two acres in 2007 and have expanded our vineyard to four acres since then," Jennifer says.

The 2,200 vines consist of five grape varieties: Marquette, LaCrosse, La Crescent, Mars and Reliance. The first three varieties produce wines for Creekside Vineyards Winery; the latter two are table grapes to be enjoyed seasonally by guests, friends and family.

"We have to produce a little of everything to catch a little of everybody," John says. "We touch upon all styles from a dry red to a sweet white."

He finds that some people are surprised to discover that fine wines can be grown and produced in the Midwest. Jennifer agrees. "People aren't aware of varieties that can be grown in the Midwest, that not just California or New York have great wine."

Producing great wine starts with high quality grapes. John cites the slope aspect and low fertility soils as advantages of their operation.

The Mitals also use environmentally friendly methods in the vineyard and inn, such as geothermal heating and cooling, an integrated pest management system to avoid unnecessary use of chemicals on the vines, and on-site recycling. They have plans to incorporate solar panels on future construction.



From left, Jennifer, John, Bev and Don Mital. (Photo by Paul Colletti / Radish)

In fall 2011, the Mitals had their first wine production season and hosted their first open-air tastings. Jennifer says it felt surreal to experience their first tastings, realizing they'd met their goal of making and selling wine and receiving positive responses.

"The nicest compliment we had all season was, 'We feel very lucky the Quad-Cities has this for us,'" Jennifer recalls. The intimate venue offered the Mitals the chance to get to know their guests and vice versa.

The Mitals released five types of wine last fall and plan to release nine in 2012. They also enjoyed a first harvest on their Mars and Reliance table grapes, did a U-pick with family and friends, and sampled some tasty grape jellies made from the Mars varietal.

They produced 3,000 bottles of wine in 2011 and are aiming for 7,000 bottles in 2012. Their ultimate, long-term goal is to reach the 15,000-gallon mark, which equals 45,000 bottles of wine.

"We've taken pasture and made a home and agricultural product and been so welcomed by the community," Jennifer says. "Patience is a virtue. With time, effort and dedication, anything is possible."

Jane VanVooren Rogers is a regular Radish contributor. Creekside Vineyards Winery & Inn is currently open 1-6 p.m. Saturdays for wine tasting on the terrace. For more information visit creeksidevineyards.com or call (309) 787-9463.

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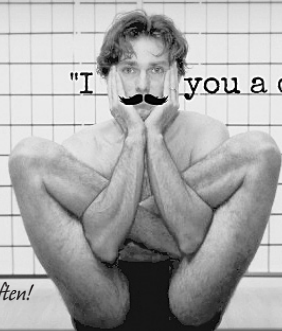
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body, mind & soul

Tummy tamer

Chi Nei Tsang helps release abdominal tension

By Sharon Wren

Centuries ago, Taoists realized that negative emotions can affect the body. Tension and stress can lead to indigestion, insomnia, bad skin and other maladies by straining the nerves, lymph nodes and blood vessels. This insight led to the development of Chi Nei Tsang, a massage technique to remove toxins and negative emotions and facilitate healing in the body.

Just as reflexology manipulates pressure points on the feet to offer relief for physical conditions throughout the body, Chi Nei Tsang concentrates on the stomach. “We hold our emotions in our abs. When we hold on to negative emotions, it creates an acidic reaction in our bodies,” explains Jennifer Sullivan, a Chi Nei Tsang practitioner based in the Quad-Cities.

That probably isn’t news to anyone who has ever felt their stomach was “in knots” from being worried or nervous, so the idea of a massage for your stomach seems straightforward enough. But how much pressure is applied? Do you have to get undressed? As I drove to meet Sullivan at the Institute of Therapeutic Massage in Davenport, my mind was filled with questions.

As it turned out, the massage itself was different from any I’d had before. Some things were familiar — Sullivan uses a regular massage table, draped with the usual sheets and bolsters. The lights were dimmed and soft, and gentle, instrumental music played on her laptop. But other things were a decidedly new experience. I was able to keep my clothes on, for example (Sullivan had asked me to wear yoga or sweat pants ahead of time), though once I lay down, my shirt was rolled up and the pants rolled down to expose my entire abdomen.

Once Sullivan started, it felt like my abs were a batch of bread dough that she was kneading, using her hands, knuckles and elbows. It might look painful but it wasn’t. Sometimes the sensation reminded me of my cat when she’s pawing at my arm. Sullivan



Chi Nei Tsang practitioner Jennifer Sullivan performs a gentle abdominal massage on one of her clients. (Photo by Paul Colletti / Radish)

had me take several deep breaths, which allowed her to go deeper into the massage. She noted that I was more flexible than most of her clients, thanks to my yoga practice. “I can really get in there and do some work,” she said.

I was surprised to learn over the course of my Chi Nei Tsang session that belly buttons didn’t fall into either the innie or outie category. “Everyone’s navel is different,” Sullivan said. “They can pull

in different directions and that can indicate health issues.” She said that mine indicated something was going on with my kidneys. I assumed that meant something like kidney stones or an infection, but Sullivan said that wasn’t necessarily the case. In this healing system, she explained, “kidneys represent fear, gentleness, adrenaline or kindness. The liver can represent anger and frustration, while the lungs can represent sadness, depression or courage.”

I wasn’t suffering from any illnesses before the massage, but I was going to a funeral that afternoon. That might have explained my belly button’s shape. I wasn’t afraid of going, but nobody really likes funerals. It was for a much-admired high school teacher, so that may explain the gentleness and kindness. I did feel much calmer after the massage and was able to go to the funeral and remember fun times in class, instead of crying like I usually do.

A typical Chi Nei Tsang session lasts an hour to an hour and a half. The practice isn’t limited to trained professionals, either; anyone can learn to do it to themselves or for others. “I teach self-care to people and I encourage them to do it themselves,” says Sullivan. Some of her students prefer to visit her for “tune-ups” once a year or so, she says.

Learning to give Chi Nei Tsang massages involves a series of five sessions, ideally held once a week. The first session covers the basics and meditation while subsequent sessions expand on the core principles. “The first session lasts about an hour and a half, while the rest are about an hour,” says Sullivan.

She has planned a series of autumn workshops in the Quad-Cities to introduce more people to the technique.

Sharon Wren is a frequent Radish contributor. Follow her musings at fracturedfarms.blogspot.com. Those interested in participating in the training sessions offered by Jennifer Sullivan or simply experiencing Chi Nei Tsang for themselves can contact Sullivan by email at osha1210@yahoo.com or by phone at (309) 738-2770.

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eating well

Learn, make, eat!

Cooking classes can be a fun way to hone kitchen skills

By Julie Barton

After years of contemplating taking a cooking class through Eastern Iowa Community College, I look at the catalog to peruse the choices. It's difficult — shall I make cupcakes or summer salads? French bread or fondant? Bruschetta or beignets? The field trips to the Chicago Farmers' Market and upscale gourmet shop are enticing, but so are the grilling and sorbet-making classes. In the end, I sign up for "Food on a Stick."

I arrive to find the classroom filled with a handful of hopeful chefs — 12 women and one brave man — and a delicious mix of scents: warm, spicy, sweet, tangy. The instructor, Diane DeBord, outlines the menu for the evening. We have three hours to make two appetizers, three entrees and two desserts, all on sticks, with seven accompanying dips and sauces. Diane divides us into three groups and hands out work instructions. Cooking commences.

I'm paired with a woman and the one brave man — Pat O'Connor and Jim Loehrl, married 11 years and now retired from the Rock Island Arsenal. This is their fifth or sixth class, so I'm in good hands. After previous holiday baking and soup classes, they've come to conquer Pork Tenderloin Kebobs with Caramelized Onion Sauce and Cherry Chutney Sauce, which is what our trio is in charge of

producing. I relegate myself to official onion slicer and ginger grater, and while Pat and Jim manage the measuring of wine, slicing of pork tenderloin, and wrapping bacon around pitted dates, I ask them why they take cooking classes.

"We have always been fortunate to travel through our work," Pat explains. "When we retired, we just wanted to stay put for a while. Cooking together was something we could never do because of travel, so this was a chance for us to learn some things and have some fun."

'It's a fun, inexpensive evening where you get to eat and hopefully learn a little something.'

As we talk about their cooking adventures, our pork marinates in the refrigerator and our cherry chutney sauce reduces. The seafood group next to us made kebobs, surprisingly beautiful sticks of sea scallops, zucchini, pineapple, grape tomatoes, yellow and red peppers, and shrimp. They're helping us out by making the Caramelized Onion Sauce, and the aroma is starting to take over the room.

"Here, you HAVE to try this," says the woman at the stove across from mine, handing me a spoon. I dip it in the fragrant brown sauce and taste. Heaven. We don't know each other's names, but give each other the knowing look of two people who have bonded over happy palates. We are now friends, with sauce.

Diane DeBord is one of several instructors who teaches cooking classes through EICC. Previously, she owned and operated a catering business in Moline for 31 years, so she knows her food. Most of the classes she teaches for EICC focus on appetizers and party foods.

"I've had students who don't know how to turn on a mixer or hold a knife, and others who are very skilled — everyone works at their own pace and it seems to work out," she explained. "It's a fun, inexpensive evening where you get to eat and hopefully learn a little something."

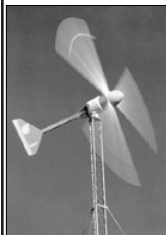
The pork and the seafood are in the ovens, along with the other group's dish, Chicken Satay with Peanut Sauce, and the room smells unbearably delicious. The desserts go in their respective freezer and ovens just as the main dishes come out. Now, our patience is rewarded, and as a group, we dine together and discuss the results. I can't even pick a favorite, it's all fantastic.

Julie Barton is a regular Radish contributor. Information on upcoming EICC cooking classes, held in a newly-opened facility at the West Davenport Center on Fairmont Street, can be found in the continuing education schedule at eicc.edu/ceschedule.



From left, cooking class instructor Diane DeBord with participants Linda Schmidt, Donna Price and Jan Tandy. (Photo by John Greenwood / Radish)

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| Salt and pepper to taste | 1-2 tablespoons cilantro or lime basil |
| | 1/4 teaspoon ground cumin, opt. |

- Stir ingredients together; season to taste.
- Cover and refrigerate for 1 hour before serving.

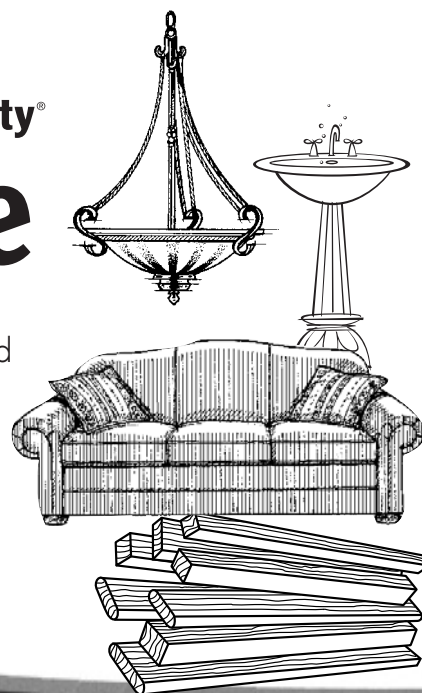
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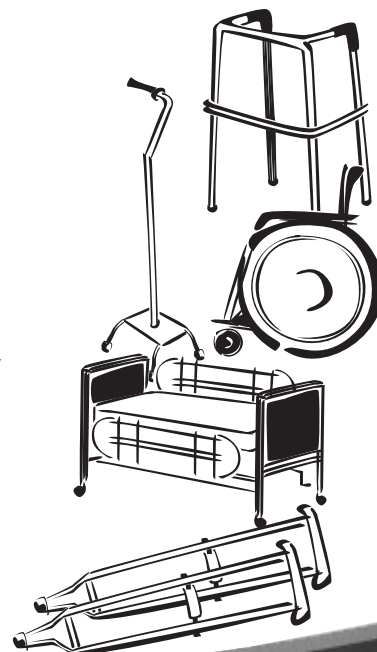
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eating well

A better spread

Radish puts all-natural peanut butters to a taste test

By Sarah J. Gardner

Looking at the six jars of peanut butter lined up across the Radish conference table with their labels removed, I had a flashback to my youth. While still in grade school, I became convinced that a particular brand of peanut butter was the absolute best. The fact that I never actually had eaten it seemed irrelevant. I loved its commercials. And so I began a campaign of relentless pestering to convince my mother to switch our household brand.

It took some time to wear her down, but she eventually agreed — on one condition. We would have a blind taste test, pitting our usual peanut butter against the brand I so fervently desired, and the one I picked in the taste test would be the one she would buy in the future. Easy enough. Except that when the day came and I tried both peanut butters, the one that tasted best was not, I suspected, the brand I had set my heart on — and so I picked the other. Lo and behold, I was right. For my brand loyalty, I was rewarded with years of eating peanut butter I secretly knew didn't taste as good.

Such is the power of advertising. Parents take note: In a 2007 study on the effects of fast-food branding on children, 3-, 4-, and 5-year-olds were given a pair of identical food items, one wrapped in a McDonald's wrapper, the other in plain paper. When asked which of the two identical foods tasted better, the children overwhelmingly chose the item in the McDonald's wrapper.

Of course, it's helpful to remember food companies are likewise susceptible to the influence of their customers, which is why in the last few years all the major brands have released "all-natural" versions of their peanut butter. Responding to consumer demand to eliminate hydrogenated oils — which make peanut butter creamy and smooth, but which have also been linked to a number of health concerns, including heart disease — the major brands came up with "all-natural" versions that replaced the chemically hardened cottonseed and soy oils with natural palm oil.

Palm oil has some advantages of its own, including a significant amount of vitamin E (including both tocopherols and tocotrienols), which benefits immune function and helps ward off inflammation. It also contains a significant amount of saturated fat, however, so like most fats and oils, it is best consumed in moderation.

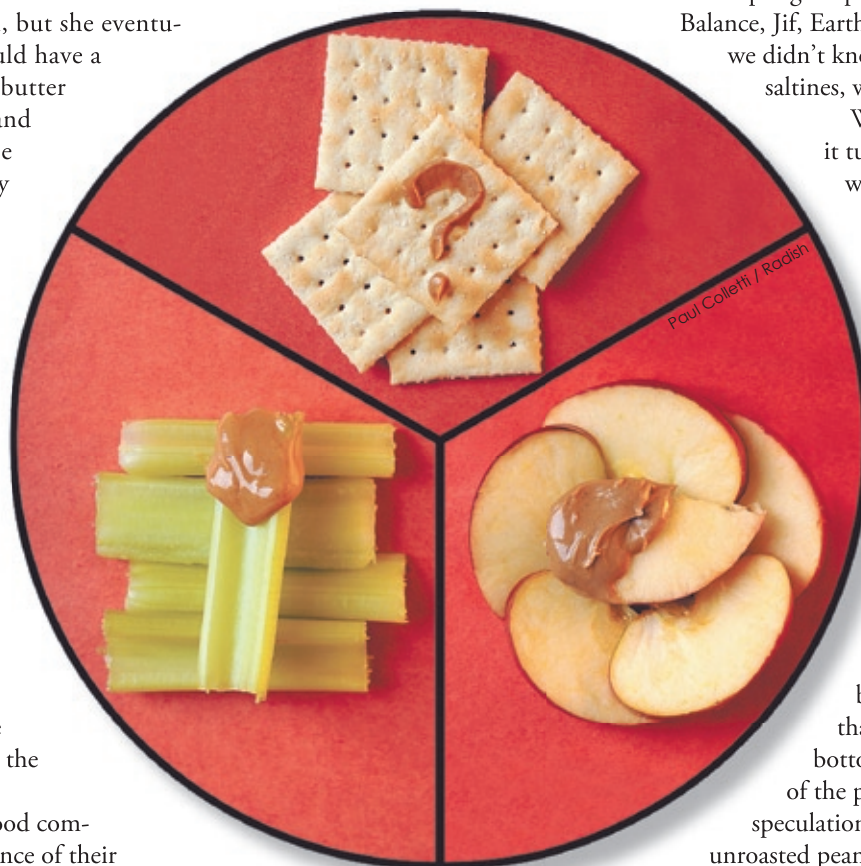
Nutritional pros and cons are one thing, but when the Radish staff saddled up to our table of peanut butters, we had a different concern: taste. Before us was a sampling of spreads made by Peter Pan, Skippy, Smart Balance, Jif, Earth Balance and Full Circle Organic, though we didn't know which was which. Armed with a stack of saltines, we set to work.

Which peanut butter came out on top? As it turned out, when the scores were tabulated we had an even split between those of us who preferred peanut butter with a touch of sweetness and those who preferred a deeper, roasted flavor. For the sweet tooths on our staff, Skippy Natural with Honey reigned supreme. As for those in the Radish ranks who prefer a roasted flavor, Jif Natural won them over. Beyond pleasing our palates, both peanut butters also received high marks for being smooth and spreadable with a very consistent texture.

As for the bottom of the stack, I'm sad to report that Full Circle Organic Peanut Butter did not fare so well. The flavor wasn't bad, but it was decidedly bland, and some of our taste testers noted that the top of the jar was runny while the bottom was a bit pasty. It was also the palest of the peanut butters we tested, leading to some speculation that it may have been made with raw, unroasted peanuts.

As luck would have it, the brand I picked as my favorite in the Radish taste test was the same brand I rejected all those years ago in my mother's kitchen. I admit I felt a secret surge of pride to know this time I wasn't swayed by advertising. I simply let my taste buds lead the way. Mom would be so proud.

Sarah J. Gardner is the editor of Radish.





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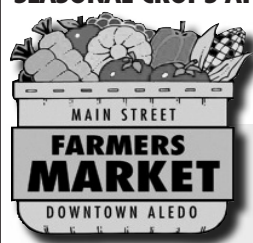
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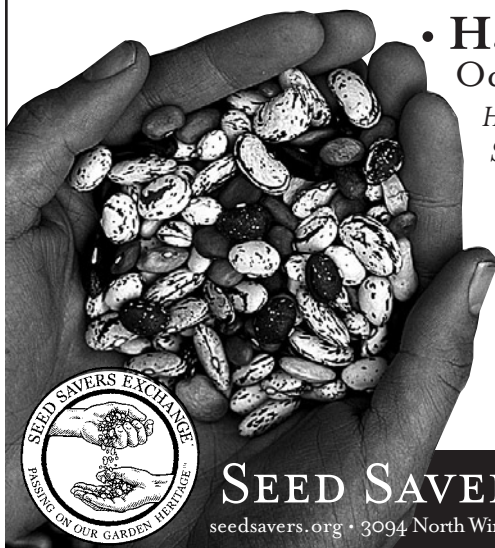
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body, mind & soul

Come into the quiet: Dinner to provide sampling of local food and retreat center atmosphere

By Sharon Wren

When day-to-day life is too hectic, people long for a period of peace and quiet. Luckily they don't have to go too far to find an oasis of calm. They just have to head to Wheatland, Iowa, and the Our Lady of the Prairie Retreat.

Retreat attendees tend to be people who are seekers, according to Sister Kathleen Storms, director of the retreat center. "Many persons practice their faith and find the solitude and beauty relaxes them, refocuses their energy and renews their spirits. Most of our guests have some religious affiliation, and I would say all are stressed in some way and come just to be refreshed and renewed."

Retreats can last a day, a weekend or even a full week, but don't expect the days to be jam-packed with activities, says Storms. "Most retreats have some kind of solitude where attendees are encouraged to take a walk and soak in the beauty of nature. Some will walk the labyrinth as a way to slow themselves down. Most retreats also have some kind of sharing, depending upon the nature of the retreat — some are geared toward renewing friendships, many who come find their spirits refreshed because of the hospitality and encouragement from friends. Some enjoy sitting on one of our many porches, listening to the many birds or taking in the silence. Some retreats encourage conversation with a spiritual guide — staff member or retreat leader. Prayer is definitely a part of each retreat."


"The attendees in the early days were mainly Catholics from surrounding parishes," she says. "Over the years, spiritual seekers of all faiths and traditions found a home at the retreat center. Our Lady of the Prairie Retreat is geared toward all seekers of spirituality." Now a more diverse group is appreciating the quiet, says Storms.

On Aug. 19 from 3 to 5 p.m., our Lady of the Prairie Retreat will host a dinner, "The Spirit of the Prairie," at the retreat center, located at 2664 145th Ave., near Wheatland, Iowa. Proceeds will benefit its speakers' fund. "Special features of the day are locally-raised and prepared food, locally made wines and beers, and local entertainment in the beautiful Iowa countryside," says Storms. "Tours of the retreat center and grounds will be conducted throughout the afternoon. Guests will depart feeling relaxed, renewed and ready to return!"

Sharon Wren is a frequent Radish contributor. Cost to attend "The Spirit of the Prairie" dinner is \$35. Parking and shuttle service will be available at the Humility of Mary Center, 820 W. Central Park Ave., Davenport. For more information or to make reservations, call (563) 323-9466 or visit chmiowa.org.



A recent Our Lady of the Prairie Retreat with Perrine West, Nancy and Kent Cornish, and Neil West. (Submitted)



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food for thought

Harvesting at home

Abundance inspires one gardener to grow ever more

By Jodeen Wink

For a decade I have been converting my front lawn into an urban garden. As a result, there isn't much lawn anymore. It's big enough to grill dinner and hang out the wash — and it's incredibly quick to mow, even with a manual. The rest is a garden that grows vegetables, flowers, herbs, shrubs, fruit trees and grape vines. When people ask what I grow, it's easier to tell them what I don't grow. I've never weighed a season's worth of produce from this place, but some urban gardeners claim to bring up to 6,000 pounds of food off their lawns. That doesn't surprise me. Lately, I look down at the garden and back up at my 800-square-foot house wondering where I can stuff in more.

Right now this whole place is food. My home has become a tiny factory, and the lawn the silent machine that feeds it. The power of the soil, sun and rain is stupendous. Every moment the garden produces food. I haul it off in pots, then buckets and finally in laundry baskets. Squashes pile up in the living room. Green tomatoes sit on shelves and tables ripening. Trays of beans and heaps of onions dry in a greenhouse that used to be a garage. A burlap sack of garlic hangs from a nail in the kitchen wall. I roll up my sleeves for what comes next: dehydrate, freeze, can, pickle and ferment.

From the open windows of the tiny house drift the aromas of simmering tomato-basil sauces and pots of bubbling fruit jams. The jars pile up in the kitchen and living room. Bags and jars of dried medicinal and culinary herbs bulge from cupboards. Buckets of plums and tomatillos, and baskets of apples and ripe tomatoes wait processing in the cool porch.

During harvest, gathering and processing food becomes a second full-time job. I arrive home from teaching, change into stained gardener's rags and do work that lets my mind go free while my body toils. This work offers substantial economic value. Besides me, the garden regularly feeds seven people: My adult children and their children. They claim to grocery shop in the lawn, and are here most evenings picking and digging fresh ingredients for dinner — all grown within a mile of their homes, without pesticides or chemical fertilizers. In addition to feeding us, the garden produces food and seed to share with a tribe of friends.

Three years ago when the one-car garage needed a new roof, I replaced it with polycarbonate greenhouse panels and re-sided the walls with polycarbonate greenhouse plastic. My father raised his brow at my sacrificing a place to park the car. But this was something I'd always wanted to do. Now the garage has greenhouse capabilities. Don't think high-tech, bacteria-eliminating floors and automated watering systems. Picture instead Laura Ingalls Wilder's attic in the story "Little House in the Big Woods," especially when herbs are hung to dry from the rafters.

The greenhouse is 12-feet-by-24-feet with tables laid together from cement blocks, rescued pieces of a bunk bed, a couple closet doors and scrap boards. Yet, it is in operation almost year-round. A biomass stove heats in March while the season

warms. All of the vegetables and herbs I grow and many of the flowers are started in this room. By April, the greenhouse is full from floor to rafter, and I climb a ladder to water plants. By May the plants have moved outdoors, and in June, the greenhouse becomes a solar-powered, 12-by-24-foot drying machine — it remains so until November. During the deep winter, I sweep and clean, take inventory, and wash pots for a growing season that begins in February.

Tonight I walked through the herb beds. My boots brushed against oregano, releasing minuscule, pale flowers into the breeze that carried them off like a seedy swarm of fairies. My daughter, Holly, considers my ragged clothes and dirt-caked hands. She says, "I hope someday we can all walk around in rags and grow gardens."

We certainly could. What's to stop us?

Jodeen Wink is a contributor to the Rochester, Minn., edition of Radish. For her tips on drying herbs, visit radishmagazine.com.



Illustration by Kari Dunn

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