

# Radish

HEALTHY LIVING FROM THE GROUND UP

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Trinity is a member of The Friends of Radish, a special group of community-minded businesses that are helping to spread the word about healthy living from the ground up.

**Nurse's bout with cancer gives her empathy for others facing illness**  
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To read more of her story, go to [www.TrinityQC.com/NursingCareers](http://www.TrinityQC.com/NursingCareers)

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# "A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

Perhaps a confession can help clear the air so there's no misunderstanding. But let me say a few other things first.

Ten years ago something happened that changed my life forever.

At the time I was a financial analyst for Florsheim in Chicago. I was a former college volleyball player who still loved to play, but I had developed a very painful shoulder problem from all my volleyball playing. I couldn't raise my arm above my shoulder and what was even worse for me at the time; I could no longer play my favorite sport. It eventually spread to my neck and caused headaches that stopped me from sleeping at night. For more than 2 years I had painkillers, muscle relaxers, and physical therapy that only made me feel better until the next day. I considered surgery, (my doctor in Chicago said that was my only option), but I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, took some films, and then "adjusted" my spine. The adjustment didn't hurt; it actually felt good. I got relief, and I could use my shoulder again. In fact, within only one month I was back playing volleyball again, at full speed, like I never had a problem. It worked so well that I went to chiropractic school myself.

Now people come to see me with their "rotator cuff" problems. Also, they come to me with their headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries, just to name a few.

Several times a day, patients thank me for helping them with their health problems. But I can't really take the credit. **My confession is that I've never healed anyone of anything.** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by **healing itself.** We get tremendous results. It's as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

**Amazing offer** – When you bring in this article, you'll receive our entire new patient exam, with x-rays for just **\$27.** That's it, no kidding.

**Great care at a great fee** – Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. **I just have that low fee to help more people who need care.**

My assistants are Tacia and Amy, and they're both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **SCRANTON CLINIC** and it is at 2512 18th Avenue, Rock Island, IL (We are "next to, but not in Whitey's"). Our phone number is 309-786-3012. Call Tacia, Amy or myself today for an appointment. We can help you. Thank you.

**-Dr. Rob Scranton, D.C.**

**P.S.** When accompanied by the first, I am also offering the second family member this same exam for only \$10.

**P.S.S.** Please hurry, we only have 7 slots available this month for this offer.



## from the editor

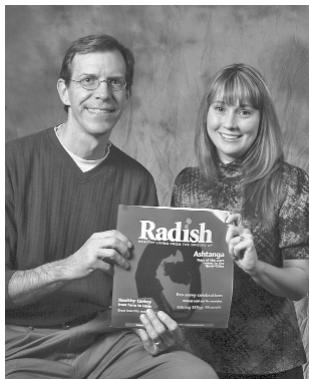


Photo by John Greenwood / Radish

It's hard to believe that 37 issues of Radish ago, I introduced readers to our new magazine — and introduced myself as its editor.

But this month, I pass the torch, er, Radish, to Brandy Welvaert.

Many of you know Brandy already — through working with her on a story, talking with her on the phone, meeting her at a Radish event or by reading any of the hundreds of great stories she has produced over the first three years of the magazine.

What you may not know about her is that without her Radish would never have been as successful as it has been. From Day One she has been my right-hand, go-to co-worker, and in the past few months she has stepped forward to handle all the details when I could not.

So Radish continues on in able, creative, friendly and familiar hands.

I'm handing over the reigns for a variety of reasons: My job with Radish's parent company has evolved, thus limiting the amount of time I have available for the magazine. Also, I think it's important that any publication change its leadership lest it get too predictable. And last but not least, Brandy has earned and deserves the title.

I still will work with the magazine behind the scenes, however. So you're not completely rid of me yet. From time to time you might even see my byline on a story. And I'll still show up at various Radish events; once you're in the Radish family, you don't want to leave.

The Radish family includes all of you — and it has been my extreme pleasure to have been a part of your lives through the magazine.

I have never worked on any publication that has been so rewarding, so fun, as Radish. That's because of the type of important information we cover and because of the loyal, intelligent, hard-working and caring people who read, write for, are written about and advertise in our magazine.

So thanks for a fantastic first three years. I know the ensuing issues will be fantastic as well — with people like you and an editor like Brandy, Radish is in good hands.

— Joe Payne  
editor@radishmagazine.com

*P.S. Be sure to read the January issue for the 2009 Radish Award winners!*

## Radish

HEALTHY LIVING FROM THE GROUND UP

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

## contributors



Sister Cathleen Real is a member of the Davenport-based Congregation of the Humility of Mary. She was recently trained by former Vice President Al Gore to give presentations on global warming. She is retired from Our Lady of the Prairie Retreat (a 200-acre farm and natural prairie preserve) and is a former math professor and college president. She currently is a member of the Sierra Club, the environmental forum of Quad City Progressive Action for the Common Good, Pax Christi and Pacem in Terris (a doctan committee to select recipients of a peace and justice award.) She has been involved in the planning of the Quad City Earth Charter Summit in 2007 and 2008. Read her story about her meeting with Al Gore on page 40.



Paul Cioe is a retired Black Hawk College professor and a freelance writer. He keeps busy with musical performances in Quad-Cities-area day care centers and nursing homes, and serves up folk songs and originals every Thursday from noon to 1 p.m. at Mojo's at the River Music Experience in Davenport, Iowa. Paul lives in Rock Island, Ill., with his wife, Nancy Nock. Check out his story about picking up an instrument on page 6.



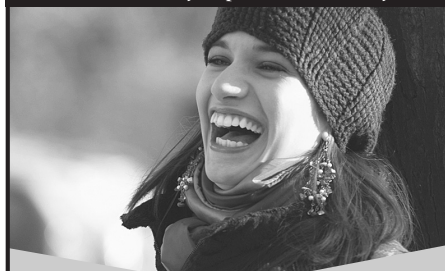
Stacy Mitchell of Coal Valley, Ill., is a dietitian for Hy-Vee stores in the Quad-Cities. She earned her bachelor of science degree in dietetics from Iowa State University and enjoys helping customers with their nutritional needs. Stacy likes developing unique, healthy recipes that don't skimp on flavor, and her innovative ideas about nutrition promote healthy and maintainable lifestyles. Stacy shares her tips for how to eat healthy during the holidays on page 18.



Leslie Klipsch is a freelance writer living in Davenport. She writes frequently and passionately about food, healthy living and parenting. In this issue, Leslie provides 10 ways to keep holiday shopping healthy and sane on page 8.

Also appearing in this month's issue are Sarah Gardner ("Heading off stress," page 24), Darcy Malsby ("Green and clean," page 30), and Rich and Marion Patterson ("Good country," page 28).

The last several months have taken a toll on all of us.  
Economic instability . . . political uncertainty . . .



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# the grapevine

## The gift that gives all year: a subscription to Radish magazine!

Whether it's a gift for yourself or one for someone you care about, a subscription to Radish magazine is one that won't be forgotten after the holidays are over.

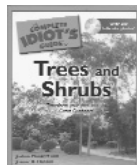
Make sure the folks on your list get Radish every month by having the magazine mailed to their homes. Radish is \$19.95 for one year and \$29.95 for two years. To subscribe, send a personal check or credit card information to Radish, 1720 5th Ave., Moline, IL 61265.

## Get a jump on spring! Check out this book

"The Complete Idiot's Guide to Trees and Shrubs," by Joshua Plunkett and Jeanee K. Hanson (Penguin, 2008), provides the information you need to select, plant and care for trees and shrubs in your yard.

"The Complete Idiot's Guide to Trees and Shrubs" will be given to one Radish reader who in turn agrees to write a mini-review of the book, to be published in a future issue of the magazine. The winner of the book will be chosen in a random drawing from among all who ask for it by Dec. 31.

To enter, send an e-mail to editor@radishmagazine.com or write to Radish, 1720 5th Ave., Moline, IL 61265.



Submitted

## Food & Water Watch urges food retailers to comply with COOL — and then some

Country of origin labeling (COOL) has been in the news for some time, and now the USDA has made an interim rule about what kind of information must be included on food packages. According to the nonprofit group Food & Water Watch, however, the new rules provide loopholes. Most troubling is that they define "processed foods" broadly, which means that most pork products, as well as large quantities of fruits and vegetables, and 95 percent of nuts, are not required to bear country-of-origin labels at all.

Food & Water Watch, along with other groups, is working to change the interim rule but in the meantime, it is asking food retailers to step up to the plate to provide customers with complete information about where foods come from. "We urge you ... to work with your suppliers to increase the number of products in your stores that are labeled with their country of origin," the group wrote in a letter.

For more information about COOL, visit foodandwaterwatch.org.



## From our readers

Shala-la-la: Q-C Ashtanga yogis find rhythm, rigor in India (Nov. 2008): "Awesome article! I'm so happy to have you guys in this town. I look forward to taking as many of your classes as I can possibly make it to.

Your passion for yoga is invigorating. Thank you for your service to improve the minds, bodies and spirits of this community! I wish you both lots of happiness and success with your new business.

— Anna Walden, online comment

## Second nature: Teen chestnut

farmer didn't fall far from the tree (Jan. 2008): "Thanks for posting this article and recipe (for roasting chestnuts). (The recipe provided is) much better than just boiling and eating. Thanks."

— Kevin Hartshorn, Clyde, Ohio

Send your comments about Radish magazine to editor@radishmagazine.com or write to Radish, 1720 5th Ave., Moline, IL 61265.



## 'Hypermile' is the 2008 Word of the Year

Beating words like "staycation" and "frugalista," "hypermile" was named the Word of the Year by the New Oxford American Dictionary.

The word is attributed to veteran hypermiler Wayne Gerdes, who squeezes as many miles as he can from each gallon of gasoline by making adjustments to his car and altering the way he drives. Gerdes, of Wadsworth, Ill., is a hardcore hypermiler, achieving 59 miles per gallon in his ordinary Honda Accord. He once achieved 127 miles per gallon in a Toyota Prius Hybrid.

Gerdes wrote about hypermiling for Radish in Nov. 2007, and he offers hypermiling advice on his Web site, CleanMPG.com.

Hypermiling also sometimes is known as "ecocripping."



## Coming in January...

The 2009 Radish awards

- Also:
- Connecting with nature
  - Sustainable Fairfield
  - Building a home with mud and straw

# healthy living from the ground up

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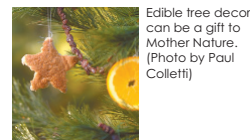
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Edible tree decor can be a gift to Mother Nature. (Photo by Paul Colletti)

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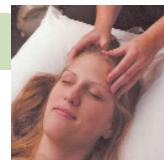
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healthy living

# Music for all seasons

This holiday, play for your health and the health of others

By Paul Cioe

Music may not be the earliest known treatment for depression. But it's worth noting (pun intended) that in the Old Testament, David's harp was the perfect prescription for King Saul's troubled mind, and that examples of the healing power of music abound in ancient Greek, Roman and Egyptian literature.

Although there's no record of how David felt about easing Saul's blues, I know from years of informal performances at nursing homes and day care centers that the player's rewards can be even greater than those of the listener. Here's a primer for those who want to get back to the basics this holiday season and explore the joys of making homemade music. As a bonus, you just might give or receive a gift that keeps on giving — for a lifetime.

Ever since the folk boom of the late 1950s, the guitar has fed the dreams of generations of budding folkies and rockers. Twisting and stretching reluctant fingers to reach those first few notes and form those first chords can be a challenge, but the results are usually worth the effort. Add a little natural talent to the mix, and a lifelong love affair with homemade music might even follow. If that gets tiresome, there are plenty of advanced guitar styles to explore, like classical, jazz and fingerstyle.

Mike Wallace of Wallace Music in Moline, Ill., says that a beginner's guitar has to be comfortable to play. Otherwise, it's banished to a closet after the first lesson, or it winds up spending more time in a repair shop than in the player's hands. While many of today's less expensive guitars are mass-produced overseas of laminated rather than solid woods, when properly set up they're easy on the fingers and pleasing to the ear.

A good-size guitar for children can be had for about \$100. Although "big-box" retailers might advertise lower prices, they don't offer the quality control and service before and after the sale provided by music stores. Mr. Wallace says that instruments



istockphoto

"straight out of the box" often require string height adjustments and other modifications to make them comfortable for beginning players. Most music stores inspect and set up the instruments they sell at no charge.

You don't have to be a kid to be a beginner, of course. Guitar lessons are available at most area music stores. Owner Jerry Wright says Moline's Music Mart's schedule includes about 250 lessons each week. Students range in age from seven to seventy, Mr. Wright says. High schools and community colleges offer group instruction, and video and online lessons provide a self-paced alternative.

"Personal instruction is the best," according to Joel Pennington of Pennington Guitars. "I make it clear right away that practice can be fun. Sure, I teach

students to read music, but if a kid wants to learn to play 'Smoke on the Water,' then we'll do that for fun."

While the cost of just about everything else is increasing, Mr. Pennington says that adult-size acoustic guitars with solid spruce tops are still available for around \$200.

Other string instruments, like mandolin, banjo and dulcimer, are growing in popularity. Chris Thile of the now disbanded Nickel Creek introduced a younger audience to the joys of the mandolin through the group's CDs and concerts. In the process, Nickel Creek helped usher the influences of Bill Monroe and later mandolin masters like David Grisman and Sam Bush into the 21st century. Thile's current group, The Punch Brothers, recently brought

their mix of bluegrass and chamber music to The Redstone Room at Davenport's River Music Experience and played to a large and enthusiastic crowd. The band's mix of traditional bluegrass and original instrumental pieces reminded the audience of the mandolin's versatility and its ties to classical music and jazz as well as bluegrass.

While a hand-carved mandolin can cost thousands of dollars, playable beginner models start at around \$100. With its narrow neck and smaller body, the mandolin is user-friendly for children or adults with smaller hands. Personal lessons aren't as readily available as they are for guitar pickers, but some area shops do offer mandolin and banjo instruction.

One of the sweetest-voiced stringed instruments and possibly the easiest to play is the mountain dulcimer. (In fact, the instrument takes its name from the Latin word for sweet, "dulcis.") Chris and Melanie Foss own and manage 'Round the Bend Music of Muscatine, Iowa. The shop carries a large selection of dulcimers, both mountain and hammered.

About the only thing the two instruments share is a name. The smaller mountain, or Appalachian, dulcimer rests on the player's lap, and melodies are played with the help of a pick or feather quill and a wooden "noter." The larger, less portable hammered dulcimer is sometimes described as a piano without keys. It contains several pairs — or courses — of strings stretched over a trapezoid-shaped wooden soundboard. Notes are struck directly with padded, hand-held "hammers." The Fosses make all the hammered dulcimers they sell by hand.

If the mountain dulcimer is sweet and wistful, its hammered cousin is majestic and ringing. In the hands of masters like Bill Spence, Walt Michael and Joemy Wilson, the instrument has added new textures to traditional string band and Celtic music. For more information on both instruments and a schedule of jam sessions the Fosses host, check out 'Round the Bend's Song Bird Dulcimers Web page at [songbirdhd.com/index.html](http://songbirdhd.com/index.html).

There's no guarantee, of course, that a first instrument won't wind up in the back of a closet after a bad case of sore fingers. But for many, music becomes a hobby, a way of life or even a career. Maura Marksteiner of St. Louis began taking guitar lessons from her father when she was 13. Her parents gave her a hammered dulcimer as a graduation present, and four years later Ms. Marksteiner graduated from Illinois State University with a degree in music therapy. Along the way she discovered that music is powerful medicine. She now works as a music therapist with children and adults with special needs.

"Sometimes when people cannot express themselves by speaking, improvising on an instrument can provide a medium for expressing what they can't say," Ms. Marksteiner says. "The therapist might support on the guitar, piano, or dulcimer while the client plays a drum or another percussive instrument. The therapist's participation supports the client non-verbally. This lets him or her know that it is OK to express feelings and emotions, and that someone is listening."

No two musical journeys are alike, and not every musical gift will open the door to a career or a lifelong hobby. But gifts and encouragement sometimes pay unexpected dividends.

"My son Calvin grew up around music, but he took one guitar lesson when he was six and got discouraged by his sore fingers," says Mike Wallace, himself an accomplished fingerstyle guitarist. "Then he gave a report in school on Bix Beiderbecke and got some information and encouragement from late Rich Johnson of the Bix Society. I bought him a used cornet, and he went on to play trumpet in the Bix Youth Band!"



*The Gift of Music*

## GIVE THE GIFT OF MUSIC THIS HOLIDAY SEASON

Give the music lover on your list three orchestra concerts with the Quad City Symphony Orchestra's Trio Package, starting at just \$27. It includes tickets to three Masterworks Concerts, each conducted by new Music Director Mark Russell Smith and featuring soloists Louis Schwizgebel-Wang, Joshua Roman, and Leon Bates.

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healthy living

# Market meditation

## 10 ways to make peace with shopping this holiday

By Leslie Klipsch

Whether you view shopping as a dreaded chore or a favorite pastime, heading into the marketplace this month is not for the faint of heart. The lines are long, the stores are crowded and the bells of consumerism brassy. Luckily, with a bit of thought and the right attitude, anyone can join the hustle and bustle and emerge with thoughtful gifts and plenty of good cheer. Here's how.

**1** Breathe deeply. Making a list before heading out into the merriment is always a good idea, even for the most seasoned shopper. At the top should be encouraging words that will keep your holiday spirit light-hearted and well-intentioned. Let something like "Peace on earth, goodwill toward men" be your mantra, rather than the industry-endorsed gimmick, "Hurry in to save!" A positive approach, a clear set of priorities and a solid budget immune you from marketing ploys and enticing displays.

**2** Be a wallflower. Instead of ruthlessly jockeying for a prime parking spot, intentionally park on the outskirts. What you lose in proximity to an entrance you gain in an opportunity for extra exercise, a bit more fresh air before entering the abyss, and silent thanks from more harried shoppers.

Better yet, leave the car in the garage and take a walk with a friend. "How beautiful a street in winter!" wrote Virginia Woolf in her essay, "Street Haunting," which chronicles a walk that she and a companion take through London to purchase a pencil. Grab a travel mug of hot chocolate and enjoy a stroll through your neighborhood, patronizing local shops accessible by foot.

**3** Carry canvas. You take your canvas bags to the grocery store and the farmers' market. Why not throw one over your shoulder when you head to the mall? Well-made canvas bags don't just

provide safe haven for fresh fruits and vegetables; they also welcome holiday gifts of all sorts. With the high environmental cost of paper and plastic bags, you can feel good when your holiday purchases land in canvas.

**4** Embrace undercover exercise. As personal trainer Emily Arguello of Davenport says, "Eating healthy, getting enough rest and trying to exercise will help keep you sane during the holidays." According

to her, standing in line is the perfect place to get in some undercover exercise. She suggests tightening your abs or your glutes, each in a set of three, while you wait. You also can use reaching for an item on a low shelf as an opportunity to do a few squats, an action that works every muscle group in your lower body. Arguello also recommends wearing a pedometer on your shopping excursion and setting a goal for the day. Get in more steps and burn additional calories by taking a few warm-up laps before you begin shopping, using stairs instead of escalators and periodically walking to your car to unload packages.

**5** Strike a pose. Smart shoppers don't make snap decisions. Before you get caught up in spending, ask a clerk to hold the prospective gift and then leave the store to consider the purchase. Linger over lunch or coffee, take a walk around the block or go home and strike a Tree pose to restore balance and encourage inward vision. Scheduling a yoga class or a half-hour on the treadmill amid your holiday hustle is a great way to make the gift-giving season more bearable and ultimately more productive.

**6** Knead where needed. By practicing hand reflexology, you can relieve shopping stress and physical pain by rubbing the palm side of the middle to lower part of your thumb (to relieve neck pain), and just below the pinky (for arms and shoulders). This is just one way that Davenport massage therapist and reflexologist Ron Thiele recommends that stressed shoppers find relief. "It's all very individual. People experience tension in different places, but there are many different places that people can reach themselves," he says. Thiele suggests finding trigger points (right, tender areas) on your shoulders or neck and very slowly applying pressure to the tight or tense areas. As you press, the tightness will ease and you'll feel your body relax.

**7** Consume compassionately. Spending your money on food or products made locally stimulates the local economy and eliminates high energy costs involved in transporting goods over long distances. Buying local services (gift certificates to a local spa or restaurant, for example) also keeps dollars within your community. Educate yourself as a consumer and seek products that are made using sustainable practices from companies that are environmentally and socially responsible. For instance, if someone on your list loves chocolate, search for fair-trade, organic chocolate. Make a donation in a loved one's name to a deserving nonprofit, and the warm feelings will last well beyond the holidays.

**8** Buy less. One of Diane MacEachern's green shopping principles is to buy less. In her book, "Big Green Purse: Use Your Spending Power to Create a Cleaner, Greener World," MacEachern challenges consumers to buy less and to shift spending to products and services that offer the greatest environmental benefits. As she points out on her Web site, "Consumerism — buying what we don't need, over and over again — drives unnecessary manufacturing that fuels climate change, pollutes the air and water, and destroys the places in nature we love." Instead of stuffing the stockings until they spill over, concentrate on fewer items of better quality or immaterial gifts like tickets to an event or coupons for time spent together.

**9** Love your laptop. A cup of hot tea, a pair of slippers and a comfy chair. How can this option for stress-free shopping not appeal? By cozying up to your computer, you not only avoid the traditional crush of Christmas shoppers, but you can control your environment (think customized tunes and flickering candles). The good news today is that most local businesses are not strangers to e-commerce, so buying online doesn't necessarily mean buying items from far away. Click early in the season to avoid next-day deliveries that stress the fuel efficiency of standard shipping procedures.

**10** Wrap it up. Make one last push for a green and gratifying gift-giving experience by wrapping your presents in earth-friendly recycled wrapping paper. Paper made from 100-percent post-consumer recycled materials and printed with soy or vegetable-based ink causes less air and water pollution in its creation than wrapping paper made from new materials.

If you're feeling crafty or have creative kids, make your own wrapping paper. Grab rubber stamps, paint, markers or crayons and decorate recycled paper, old newspapers, or old paper bags. Or, wrap gifts in out-of-date posters, maps or magazines. Even aluminum foil can double as a sparkly gift-wrap option that can be re-used and eventually recycled.

As you sit down to wrap your packages, allow yourself enough time to use the act of wrapping as an opportunity to think about the person you're gifting. Think about what they mean to you, meditate on your relationship and their life, or offer a prayer for them as you work. It's this focus of energy on people, not things, that will truly make the season joyful.

*If the holiday season leaves you feeling too stressed to enjoy exchanging presents, turn to Resources, page 38, to learn techniques for more mindful, and therefore more enjoyable, gifting.*

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healthy living

# Present perfect

## Local and artisan-made gifts for everyone

By Radish staff

Looking for a unique gift for someone special on your list? Here are 10 ideas for local and artisan presents from around the Radish region.

### Driftwood collage

Kate Price's artwork brings the Mississippi River indoors. Price creates three-dimensional collage with driftwood assembled artfully around mirrors, as shown here. She also makes driftwood candle holders, wreaths, gratitude necklaces and doormats of river pebbles. "All of my work is made with driftwood and pebbles, which are handpicked along the Mississippi's banks, then designed in my basement studio. I like to think of my art as another form of recycling. I'm simply taking nature's debris and giving it function," she says. Items range from \$5 to \$65 with a few large pieces at no more than \$200. Her home-based shop, Mississippi Matter, is open from noon to 6 p.m. Tuesdays and Thursdays and noon to 5 p.m. Saturdays. (309) 788-6147 or [MississippiMatter@mchsi.com](mailto:MississippiMatter@mchsi.com).



Submitted

### Organic catnip mice

If there's a cool cat in your life, check out Shelly Squier's colorful, hand-sewn felt mice, stuffed with certified organic catnip grown on her Donnellson, Iowa, farm. The mice are \$3 each, and a small bag of dried catnip is \$2. Squier will sell the mice during a holiday farmers' market from 9 a.m. to 2 p.m. Dec. 6 at the Robert A. Lee Community Recreation Center, 220 S. Gilbert St., Iowa City. [Squiersquash@netins.net](mailto:Squiersquash@netins.net)



Submitted

### Reclamation sculpture

Dan Schuster of Cedar Rapids recycles shipping pallet wood into pieces of art that may be displayed on a table or shelf or hung on a wall. Some of his pieces incorporate fun or whimsical sayings with hand-stamped lettering or letters cut from recycled license plates. Schuster says that his process is 100-percent environmentally friendly. Prices range from \$45 to \$195. (319) 362-9009, [creativethinker@hotmail.com](mailto:creativethinker@hotmail.com) or [danschusterdesigns.com](http://danschusterdesigns.com).



Submitted

### Iowa Storm Jars by Munson Pottery

Geri Munson's handy, handmade Iowa Storm Jars are the perfect size for candles and matches, and the lid of each jar doubles as a candleholder. Munson makes the jars and other pieces of pottery at her home studio in Clinton, Iowa, where she throws, shapes and fires the clay to 1,791 degrees. The stoneware jars then are glazed and fired again. Find them at Gifts Galore, 247 5th Ave. S., Clinton, and The Flower Gallery, 131 E. 2nd St., Muscatine, Iowa. "I find myself buying the jars every time I need an unique gift," says Kathy Aberle-Helar of Clinton, a fan Munson Pottery. Contact Gifts Galore at (563) 242-9968 or The Flower Gallery at (563) 262-8264.



Submitted

### Iowa suspension rocker

Handmade suspension rocking chairs from Macht Nicht in Marengo, Iowa, are a great gift for moms-to-be. In fact, St. Luke's Hospital in Cedar Rapids ordered more than 20 for its birth center. The chairs are made from native hardwoods, including walnut, oak, cherry, ash and hickory. The chairs may be built to size and cost from \$725 to \$800. A selection of chairs also is on display in the Macht Nicht showroom, 2566 Hwy. 6 Trail, Marengo, Iowa. Hours are 8 a.m.-4 p.m. daily, but owner Rance Hilton suggests calling ahead before making a trip. (866) 762-5377 or [iowarockers.googlepages.com](http://iowarockers.googlepages.com).



Submitted

### Handmade jewelry from vintage natural brass

Two sets of sisters in Galena make jewelry from pieces of natural, vintage brass and sell the pieces at Vintaj Earth, their shop at 214 N. Main St. Vintaj Earth jewelry also is sold online at [etsy.com](http://etsy.com). Before it becomes jewelry, every finding and filigree undergoes a meticulous, seven-step hand-embellishing process, says Jess Italia Lincoln. "Our process is environmentally friendly, enhancing the natural beauty of the brass, and is safe for your treasured beads," says Lincoln. Vintaj products are not antique plated or chemically treated and are nickel-free. [Vintaj.com](http://Vintaj.com).



Submitted

### Magnetic bracelets.

Artist Toni Reed of Davenport sells silver magnetic bracelets and anklets, often touted for their health-promoting properties, on Saturdays at the Freight House Farmers' Market (see page 22 for story). A breast cancer survivor, Reed believes in the magnets' power to ease pain and increase general health. The bracelets cost \$8 to \$10 each; anklets are \$15. Jewelry also may be ordered directly from Reed. (309) 631-0163, [tonireedster@gmail.com](mailto:tonireedster@gmail.com)



Paul Colelli / Radish

### Hand-carved rocking horses

Jack Kromer of Mount Carroll, Ill., creates high-end, hand-carved rocking horses from wood harvested on his property. "I don't just buy my wood from a mill," says Kromer. "I can go out and hand-select the wood myself." These heirloom-quality horses wear real leather saddles and are meant to be passed from generation to generation. Kromer also makes raku pottery. (815) 541-7315 or [kromerart.com](http://kromerart.com).



Submitted

### Redband coffee

Rick Cook roasts beans every day, by hand, in small batches, creating coffees that approach art. You can buy everything you need to make coffee the Redband way (the manual pour-over method) at its store, 110 W. 13th St., Davenport. Redband sells CMex coffeemakers (\$35-\$39), drip kits (\$17) and filters (\$7). Whole, roasted beans (\$14.95/pound) may be purchased online at [redbandcoffee.com](http://redbandcoffee.com). (563) 823-1107.



John Greenwood / Radish

### Terra-cotta rain barrel

Quad City Rain Barrels sells 55 to 60-gallon barrels made from recycled, food-grade containers. By catching rainwater, the effects are manifold: Less water goes into municipal sewers for treatment, and the homeowner doesn't need to buy water from a hose to water his garden. The terra-cotta barrel is shown here. \$75. (309) 235-6560 or [quadcitrrainbarrels.com](http://quadcitrrainbarrels.com).



Submitted

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# environment Leaves of green

## Branch out with these eco-conscious reads

By Sharon Wren

Looking for a great book for someone on your shopping list? No matter what shade of "green" he or she is, you're bound to find something here.



Submitted

1. "The Green Parent — A Kid-Friendly Guide to Earth-Friendly Living," by Jenn Savedge (Kedzie Press, \$14.95)

Savedge shows parents how to raise their children in ways that are friendly to the Earth, whether it's packing a waste-free lunch every morning or dealing with childhood problems — like head lice — in an environmentally responsible way.

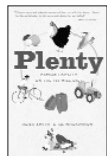


Photo courtesy of Harmony Books

2. "Plenty: Eating Locally on the 100 Mile Diet," by Alisa Smith and JB Mackinnon (Three Rivers Press, \$13.95)

This follow-up to "Plenty — One Man, One Woman, and a Raucous Year of Eating Locally" goes more in-depth and shows the challenges of eating strictly within 100 miles of the authors' home in Vancouver.



Submitted

3. "The Everything Green Living Book," by Diane McDilda (Adams Media, \$14.95)

"Everything" provides green trivia, facts and environmentally-friendly ways to manage everyday activities. McDilda, who holds a master's degree in environmental engineering, gives no-nonsense tips that can help your whole family reduce its impact on the planet. The book educates without laying on an eco-guilt trip.



Submitted

4. "In Defense of Food," by Michael Pollan (Penguin Press, \$21.95)

Part history of 20th century food science and part marketing analysis, Pollan's philosophy can be broken down into seven words: "Eat food, not too much, mostly plants."



Submitted

5. "Eco-Friendly Families," by Helen Coronato (Alpha, \$15.95)

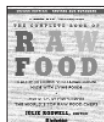
Even long-time environmentalists are bound to find new ways to reduce their impact on the Earth in this book. Tips for kids from toddler to teen years ensure that the whole family is involved.



Submitted

6. "The Complete Idiot's Guide to Green Living," by Trish Riley (Alpha, \$16.95)

If you're looking for a book to guide someone who's new to eco-friendly living, this is the one.



Submitted

7. "The Complete Book of Raw Food," by Victoria Boutenko, Julian Brozman, Nomi Shannon, Matt Amsden and Julie Rodwell (Hatherleigh Press, \$30)

Whether you're new to eating raw, have been doing it for years or just are looking for new ways to prepare dinner, there's bound to be something of interest in this book, which includes 400-plus recipes from some of the world's best raw-food chefs.



Submitted

reusable bag to get them started.



Submitted

Twins (ages 9 to 12) are old enough to understand that the environment is in trouble, but they may feel like they can't make a difference. "Journey" teaches them that they can. This is more of an activity guide than a sit-down-and-read book. It's divided into five sections, and each gives suggestions to help kids ease their impact on the planet, from packing no-garbage lunches to switching to rechargeable batteries.



Submitted

10. "Fuel Cell Projects for the Evil Genius," by Gavin D J Harper (McGraw-Hill/TAB Electronics, \$24.95)

Got a techie, gearhead or barbecue fanatic on your list? Even the least green person will find something fun in this book. Whether fueling an iPod with hydrogen, hosting a zero-carbon-emissions barbecue or building a fuel cell car to race against friends, there's a project for everyone. Plans and sources for parts are included.

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body, mind & soul

# Powerful peppermint

## Invigorating herb opens the sinuses and soothes the soul

By Brandy Welvaert

Your nose may not know basil from sage, but there's no mistaking peppermint. Its cool, refreshing scent is synonymous with the holidays, and that's good news for your physical and emotional health.

Teamed up with heat in a cup of hot tea or as part of a soul-soothing massage, peppermint is the perfect winter treat.

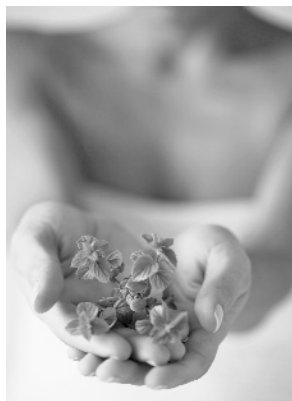
"Peppermint is cooling, so we'll be sure to use it with a warming service," says Abby Webster-Moran, licensed massage therapist and owner of Indigo Wellness in Moline, Ill. This time of year, her clients can experience aromatherapy massage that includes steaming towels touched with pure peppermint and lavender essential oils, which refresh and relax the senses while opening the sinuses. She says it's important to use 100-percent pure-grade essential oils because, unlike fragrance oils, they have a therapeutic effect in addition to a fabulous scent.

Winter's shorter days and overcast skies getting you down? "In winter, we're stuck indoors, and there's the immense stress of the holidays. A lot of people feel sad or down because of the lack of light, and peppermint can help with that," she says. Peppermint gives a boost and helps your mood feel elevated."

For the holidays, Studio One in Galena features peppermint as part of many services, from body treatments to pedicures. "We definitely customize our treatments during the seasons," says spa coordinator Sue Berning.

Even if a spa visit isn't in the cards — or the budget — you can make peppermint work for your body at home this season. Place a drop or two of the essential oil on your tongue instead of chewing sugary gum for lasting, minty breath. Or add a few drops of pure peppermint oil to your bath to treat muscles that feel sore after holiday errands.

Though you don't want to apply pure peppermint oil to your skin because it can irritate — massage therapists cut it with a carrier oil first — you can steal a trick from cosmetics companies, which add



(iStockphoto)

tingly peppermint oil to lip treatments to increase blood flow to the lips and make them appear fuller and brighter. Apply a drop of the oil to your lips with a finger, and you'll feel the effects right away.

Mint has been cultivated for thousands of years, but peppermint — a cross between water mint and spearmint — is comparatively new, according to food historian Waverley Root. Someone discovered it in 1696 in Hertfordshire, England, and since then it's made its way into everything from spa treatments and holiday candies to fancy lattes and therapeutic tea blends.

Whether you're fighting the blues or the common cold, peppermint tea — an herbal tea made from dried leaves of the plant *Mentha piperita* — can lift your spirits and soothe your sinuses. Peppermint

tea is good for upper-respiratory health and for sore throats, which are common in winter when indoor air turns dry, says Webster-Moran. Her husband, Shannon, buys organic herbs in bulk and blends them into teas for sale at Indigo.

Peppermint has been used to treat a variety of health conditions, including nausea, indigestion and cold symptoms, and several medical studies have shown it to improve symptoms of irritable bowel syndrome. Preliminary research shows that peppermint oil in combination with caraway oil may help relieve indigestion, as well, according to the National Center for Contemporary and Alternative Medicine.

Eat too much at a holiday party? A cup of peppermint tea could help. To soothe upset stomach, Webster-Moran suggests mixing a few drops of peppermint oil into a carrier oil such as grapeseed or sunflower oil, then slowly rubbing the stomach in a clockwise motion.

If you find yourself spending more time in the car this season, remember to pack a little peppermint. Dab a few drops of the essential oil onto a cotton ball and tuck it under your sun visor. Peppermint can help you relax when you run into traffic snarls and keep you awake when you're driving for hours to visit relatives.

According to research by associate professor of psychology Bryan Raudenbusch at Wheeling (W.V.) Jesuit University in Wheeling, drivers exposed to peppermint behind the wheel felt less frustrated, anxious and tired. Raudenbusch says that based on his findings, it's reasonable to expect that the scent of peppermint could help make you a more alert and conscientious driver, and "minimize the fatigue associated with prolonged driving."

In another study, Raudenbusch's research showed that basketball players who inhaled the scent of peppermint before a game performed better.

Sounds like good reason to add a few drops of peppermint to the oil burner before starting the holiday cookie-baking marathon, doesn't it?

how to

## Decorate your tree with edibles this holiday, then offer them as a gift to Mother Nature

By Radish staff

This year, why not trim a tree with Mother Nature in mind? Using natural materials like fresh fruits, popcorn, raisins and bread as handmade decor will make your tree stand as a beautiful reminder that taking time to slow down is worth it.

The best part is, these totally biodegradable decorations come from nature and may be placed on the deck or in your backyard for the birds when you're done. If you want to decorate an outdoor tree, wait until the holiday is close because the decor likely will disappear!

Here are a few other tips to get you started.

**The tree:** You could do this with an evergreen growing in your yard or with a fresh-cut tree you bring into your home. You even could decorate a small, potted, live tree with natural edibles and then place them outside once the holiday has passed.

**The garland:** There's something meditative about sitting down with a needle in your hand and a big bowl of fragrant popcorn or raisins. You can sit in front of the fire or listen to holiday tunes as your hands engage in the kind of work that lets the mind relax.

Be sure to use thread, not yarn, for this task. Also use a big needle because it's bound to come unthreaded a few times, and threading a big needle is much easier than threading a small one.

Yes, sometimes a piece of popcorn will crack in half as you try to thread it. That's OK. Your fingers may get sticky while threading the raisins. That's OK, too; keep a damp cloth handy. If the kids are helping with raisins in particular, seat them at the kitchen table to keep messes in check. Other dried fruits may be used for garland, but raisins are the most affordable. Fresh cranberries, often on sale in stores after Thanksgiving, would be a lovely addition.

**The ornaments:** You can cut oranges, pears and apples — both green and red — into slices, and use your needle and thread to turn them into ornaments.

Get a head start on these by saving stale bread in a resealable plastic bag in the freezer. The day before you're ready to use it, leave it on the counter to thaw.

Metal cookie cutters are better at cutting bread than plastic ones, but you can make plastic ones work. Cut out the shape with the plastic cutter, then use a sharp knife to trim the edges.

Above all, be creative, have fun, and don't worry about making mistakes. The joy of decorating in a rustic style is that there's room for imperfection!



Paul Coleliti / Radish



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growers

# Organic 'Oreos'

## Dutch Belted dairy cows raised the old-fashioned way

By Sharon Wren

DePauw Dairy in Port Byron, Ill., isn't new to the world of organic farming. Instead, it's been a pioneer in raising Dutch Belted cows, which look like Oreos, the old fashioned, organic way.

Bob DePauw's family has been farming and raising cattle organically since the early 1950s. The family's parish priest, Lyle Sheen, stressed the importance of taking care of the land and spoke out against the use of pesticides, which just were starting to gain popularity in the 50s. "He warned about people being full but undernourished, and about kids becoming hyperactive because of all the chemicals. He believed healthy land would mean healthy crops and therefore healthy people." The family's decision to use the same methods that had been used for centuries struck their neighbors as odd at the time, but as the saying goes, "everything old is new again."

Raising the cows organically makes them healthier, but for DePauw Dairy, it's more than just avoiding pesticides. "When you go to the market and buy something that's certified organic, it should be more nutritious. We work on balancing the minerals in the soil to produce a healthier crop, which makes more nutritious milk," says DePauw, who grows his own feed. The cows graze on grasses in their fields. "You need to be able to grow your own because it's extremely expensive to buy," he says. "Organic crops cost twice what conventionally grown crops do. We're a rotational grazing farm. It keeps the cows healthy."

For the past 25 years, the dairy has been pretty much organic, or as DePauw calls it "more biological. We work with Mother Nature. We weren't always necessarily organic but didn't use pesticides." The dairy began organic certification five years ago and was certified organic two years ago. For him, using organic methods is just common sense. "If you have good soil in balance and you have good nutrition in your livestock, then there will be no need for pesticides or antibiotics."

Milk is one product people definitely are interested in buying organically. "The consumer doesn't have to see the organic label, but if they know the farmer and know he uses good farming methods, they're fine. That's why it's important to know your growers," he says. It's also important for the farmers to know their customers. "Farmers need to pay attention to what consumers want, and they don't want food that's full of hormones and chemicals."

**"We farm this way because we feel this is how God wants us to take care of the land."**



Bob DePauw raises organic dairy cows in Port Byron, Ill., and sells the milk to Organic Valley, a Wisconsin cooperative. (Photo by Patrick Traylor / Radish)

DePauw Dairy's milk goes to Organic Valley, a cooperative out of LaFarge, Wis., which distributes in the Radish region. Selling the milk at the farmers' markets would require on-farm processing, which isn't something the family wants to get into right now. Organic Valley wants its members to achieve better quality and use more humane ways to caring for livestock. It's organic taken one step further. Organic Valley's board sets the price for milk, and it stays the same for 12 months, which helps farmers establish their operating budgets.

No two days are ever the same on the farm. "We never wonder what we can do to keep busy," DePauw says. The 50 cows have to be milked twice a day, every day, which takes about four hours. The calves, including preemie Ellie Joy, have to be bottle fed twice a day. The crops need attention, and there's always machinery to maintain. Bob milks the cows, and his son, Tom, does the field work and machine repair. Bob's wife Pam and daughters Kate and Mary pitch in with chores, moving cows and anything else that needs to be done. In addition to farming, Bob is a consultant with Midwestern BioAg, out of Blue Mounds, Wis., which provides products to help farmers balance soil and produce healthier crops.

Bob and his family don't have an organic dairy farm just to cash in on the fast-growing craze. "We farm this way because we feel this is how God wants us to take care of the land. This land is entrusted to us by our Creator to take care of and pass on to the next generation."

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eating well

# Good food, fast

Dietitian provides tips on what to eat in a holiday hurry

By Stacy Mitchell, RD, LD

Through the hustle and bustle of the holidays, it's easy to forget about nutrition. I find myself running from store to store with my one-year-old daughter, doing quick errands on my day off work. I come home starving and exhausted, and the last thing I want to do is take the time to cook a healthy meal for my family.

I've learned ways to save time in the kitchen but not skimp on my health or the flavor.

Like my daughter, I too get cranky when I am hungry. (Just ask my husband!) So an "emergency snack" in my purse is essential. A 100-calorie granola bar or homemade trail mix with nuts, packed full of protein, and dried fruit, for energy, is a great snack.

If I forget to restock my purse, sometimes I have to resort

to fast food or quick convenience store eats. To do this right, skip the candy bars and find a bar with more fiber and protein because these nutrients help satisfy hunger longer. For a snack, I like to find a bar with 200 calories or fewer, three or more grams of fiber and a couple grams of protein. Some of my favorites are Balance Bar, Kashi Go-Lean Crunchy, and Fiber One. For a meal replacement bar, I choose one with 210 to 300 calories, three or more grams of

fiber and at least 12 grams of protein. Some of my favorite meal-replacement bars are South Beach, Balance Trail Mix, Snickers Marathon and Think Thin.

Single-serving pistachios are another great option because an entire package has just 160 calories. But be careful because sometimes small packages of foods actually contain as many as three servings. I found one package of trail mix that contained a total of almost 700 calories! I could have two Junior Whoppers for that many calories!

I also like mozzarella string cheese, fresh fruit and single servings of milk as a quick pick-me-up.

Read a longer version of this story online at [radishmagazine.com](http://radishmagazine.com).



istockphoto

## Make great restaurant choices

I believe that you can find something somewhat healthy almost anywhere. Here's how.

1. Choose unbreaded meats.
2. Avoid fried items.
3. Go for the smallest size. Ask for junior or kid sizes. I like the Junior Frosty at Wendy's, which has 160 calories. (A small Frosty has 310 calories) If you drink regular soda, go for a 16-ounce size for 140 calories. Large sodas may have 250, 350 or more calories.
4. Ask for light dressing on the side. Full-fat versions of salad dressings may contain more calories than an average hamburger and fries.
5. Compromise and be realistic. Going out to eat is

a treat. When my husband orders a shake, I just can't say no. So I compromise. I order a small shake and skip the fries. I've learned to save calories and put them toward my beloved ice cream!

## Make meals at home in minutes

Here are some quick, simple and healthy meals that you can make in minutes with shortcut ingredients.

### From the frozen foods section ...

1. Frozen stir-fry vegetables with precooked chicken strips or precooked shrimp, whole-wheat noodles, stir-fry sauce and a can of tropical fruit.

2. Frozen Kashi pizza, baby carrots, and fresh or canned pineapple.

### From the meat case ...

1. Fully-cooked shredded beef in salsa, whole-wheat tortillas, green beans and fresh pears.
2. Fully-cooked smoked pork chops, frozen vegetable, whole-grain couscous and applesauce.

### From your grocer's deli ...

1. Herb-roasted chicken, Asian salad kit and canned mandarin oranges.
2. Italian BBQ chicken pizza, side salad, apple slices.
3. Deli sandwich (ham, turkey or roast beef), vegetables, Garden Salsa Sun Chips and strawberries.



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healthy living

# Feasting locally

Your go-to guide for creating a great holiday meal

By Brandy Welvaert

At local. It's the mantra of many but can be especially challenging at the holidays, when time is of the essence and tradition rules.

You can find meaningful and delicious ways to incorporate local ingredients into any feast, whether you're just getting excited about place-based foods or you're ready to prepare a meal that's local from start to finish. Use this guide to help you.

Perhaps you opt for a grass-fed beef roast or a fresh turkey from a farm near you. Maybe you decide to cap your holiday meal with a bottle of dessert wine made nearby. Or maybe, just maybe, you rise to the culinary challenge and treat your family to a meal made from as many local foods as you can find.

No matter how local you go, you and yours can feel good about supporting neighboring producers and choosing foods that require minimal fuel to get to your table. All of this is not to mention the exceptional quality and flavor you'll experience.

This holiday, the choice to eat local is yours. Make it a delicious one!

## Beef, bison, lamb and pork

- Tom and Julie Arnold sell pastured, hormone-free beef, lamb, pork, chicken and turkey from their Elizabeth, Ill., farm. They use no antibiotics, animal byproducts, growth hormones or genetically-modified corn in feed rations. To order from Arnolds Farm, visit [arnoldsfarm.com](http://arnoldsfarm.com), call (815) 858-2407 or e-mail [arnoldfarm@juno.com](mailto:arnoldfarm@juno.com).

- Crumly-Winter Livestock sells bison at its store, 3673 Highway 61, Blue Grass, Iowa. Hours are 9-11 a.m. and 1-5 p.m. weekdays and 9 a.m.-noon Saturdays. To order, call (563) 381-3671 or visit [winterbison.com](http://winterbison.com).

- Dennis Guenzler raises cows from calves born on his family's farm in Elizabeth, Ill., where they graze along hillides. "It's not a feedlot operation,"



Celebration Roast with Horseradish Cream Sauce (recipe on page 38). (Photos by Gary Krambeck / Radish)

Guenzler says. "We raise them to finish." The cows roam free and get no growth hormones or regular antibiotics. To order Galena Beef, call (815) 541-8566.

- Ed and Katey Geest sell purebred Angus and Wagyu beef, as well as Berkshire pork from their Blue Grass, Iowa, farm. Geest Farms' meats are free of hormones and antibiotics, too. Hams, prime rib and crown roast will be available for the holidays, but these items go fast, Katey says. You can buy from the Geests from 8 a.m. to 1 p.m. every other Saturday (Dec. 13 and 27) at the Freight House Farmers' Market, 421 W. River Drive, Davenport, Iowa, or

place an order by calling (563) 381-3761.

- Sawyer Beef sells meat free of hormones and routine antibiotics from the Princeton, Iowa, farm of father-son team Norman and Neal Sawyer. You can buy their beef from 8 a.m. to 1 p.m. Saturdays at the Freight House Farmers' Market, 421 W. River Drive, Davenport, or place an order by contacting them at [neal@sawyerbeef.com](mailto:neal@sawyerbeef.com), (563) 289-4359 or [sawyerbeef.com](http://sawyerbeef.com).

- Scott Worl sells grass-fed (no grain) beef grown on organic pasture outside Macomb, Ill. From time to time, Worl sells certified organic beef, too. To order, call (309) 221-1879.

## Poultry, eggs and cheese

- Arnolds Farm, Elizabeth, Ill. (See page 20.)
- Grossman's Meats sells whole chickens raised in Preston, Iowa. To order, call Ives Grossman at (563) 212-6120.

- Joe and Margo Reaver sell free-range chickens and eggs from Hollyhock Hill Farms in Sterling, Ill., from 8 a.m. to noon every Saturday at the Twin City Market, 106 Avenue A. They also sell cheese made near Monroe, Ill. Farm pick-up is available. To order, call (815) 626-4776.

- Miss Effie's Country Flowers and Garden Stuff sells eggs from heritage-breed birds. To order eggs, call Cathy Lafrenz at (563) 282-4338.

- Milton Creamery of Milton, Iowa, will sell its Prairie Breeze, curds and other cheeses every other Saturday (Dec. 6 and 20) at the Freight House Farmers' Market in Davenport. Or call (641) 656-4094 to order.

- Ann Runner sells brown eggs from chickens that have the run of her Colchester, Ill., farm. She delivers to the McDonough (Ill.) County 4-H Center every Saturday morning and sells them every other Wednesday at the winter farmers' market in Macomb. To order eggs, call (309) 333-4880 or e-mail [runnera@westprairie.org](mailto:runnera@westprairie.org).

- Shelley Squier and Mike Donnelly of Squier Squash & Donnelly Farms sell turkey and free-range eggs from their farm in North English, Iowa. They also will sell farm products at a holiday market Dec. 6 in Iowa City. (See page 22 for details.) To order, call (319) 639-2430.

- John VenHorst of Long Grove, Iowa, feeds his turkeys, chickens, ducks and geese all-vegetarian feed. Order by calling (563) 285-7844.

## Breads, grains and baked goods

Visit any of the winter farmers markets on page 22, and you'll find a selection of baked goods, some of them with local ingredients such as honey.

Here are a few more sources for breads, grains and bakery items:

- New Pioneer Bakehouse's 7-Grain Bread is made with ingredients from Paul's Grains in Laurel, Iowa. The bread contains Paul's 7-grain cereal and 7-grain flour. New Pioneer Co-Ops ([newpi.com](http://newpi.com)) are located at 22 S. Van Buren St., Iowa City; and 1101 2nd St., Coralville, Iowa.

- Paul's Grains of Laurel, Iowa, sells organic, chemical-free whole grains, flours and cereals, grown on the family farm of Wayne and Betty Paul. To order, call (641) 476-3373, e-mail [pauls@paulsgrains.com](mailto:pauls@paulsgrains.com) or visit [paulsgrains.com](http://paulsgrains.com).

- Roger's Creek Grist Mill in Milledgeville, Ill., sells artisan flours, grains and baking mixes that Roger and Bonnie Bork make by hand with stone-ground grains. To order, call (815) 225-7236.

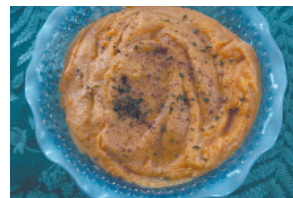
## Fruits and vegetables

You likely will find storage crops like squash, potatoes, onions and apples at winter farmers' markets. (For a list of regularly held markets as well as special holiday markets, turn to page 22.) Remember, too, that jams and jellies from local producers can be used to glaze meats, sweeten sauces and perk up roasted vegetables. Local, dried herbs are a great option for infusing flavor. If you can't find local produce to fill out your holiday menu, organic produce from your local health market or grocery store is another good option.

## Find more online

You'll find a list of regional wineries and more feast recipes online this month at [radishmagazine.com](http://radishmagazine.com).

Have a favorite producer who supplies your holiday table? Tell us! Send an e-mail to [editor@radishmagazine.com](mailto:editor@radishmagazine.com), and we'll add your suggestion to this story online.



## Acorn Squash and Parsnip Puree

4 parsnips, peeled and sliced ¼-inch thick  
1 large acorn squash, halved, or 3 sweet potatoes, peeled and cut into ½-inch pieces  
3 tablespoons unsalted butter  
¼ cup milk or cream  
3 tablespoons packed light brown sugar  
½ teaspoon salt

Bring a large saucepan of salted water to a boil. Add parsnips and sweet potatoes, if using, and boil gently until tender, about 12 minutes. Drain well and transfer to a food processor.

If using acorn squash, microwave face-down on a plate on high until tender and scoop into the food processor with the parsnips. This may be done in batches.

Add butter and puree until smooth. Add milk, brown sugar and salt and blend well. Season with pepper. Serve with slices of roast and garnish with herbs, if desired.

Source: Recipe slightly adapted from *Epicurious.com*



# La vida locavore

Winter weather won't put a chill on these markets

By Radish staff

Farmers' markets across the Radish region have flourished, and this season you'll find impressive offerings of local foods at winter markets. Gone are the days of slim pickings and few, if any, real edibles. These markets have it all, from grass-fed beef and fresh eggs to wine and cheese. Here's where to find them.

## Davenport

The **Freight House Farmers' Market** is open from 8 a.m. to 1 p.m. every Saturday through April 25, 2009. "It'll be a great extension of our outdoor markets," says Ed Kraklio, a market organizer, farmer and vendor.

The market will offer cheese, coffee, baked goods, poultry, meats, eggs, baked goods, wines and produce as available. To make shopping easier, many vendors now accept debit, credit and food stamp cards. For more information, visit [freighthousefarmersmarket.com](http://freighthousefarmersmarket.com) or call Steve Ahrens at (563) 888-2235.

The **Davenport Farmers' Market**, NorthPark Mall, 320 W. Kimberly Road will be held from 8 a.m. to noon Saturdays in December. Organizer Jane Weber says that a different group of vendors will be there each week, and that produce will be available as long as it lasts. There also will be meats, poultry, organic grape juice, baked goods and homemade pet treats. Artwork and crafts also will be for sale. For more information, visit [davenportfarmersmarket.com](http://davenportfarmersmarket.com).

The **West Kimberly Market**, Davenport, is open from 9 a.m. to 5 p.m. Mondays through Saturdays and 11 a.m. to 4 p.m. on Sundays at 4004 W. Kimberly Road. Though food isn't the focus of this crafty market, local beef, pork, wines, honey and bread are sold. For more information, call (563) 391-1616.

## Twin City Market, Sterling, Ill.

The Twin City Market, Sterling, Ill., is open from 8 a.m. to noon Saturdays at the Twin City Produce Building, 22 Street and Avenue A.

As for food, you'll find beef, chicken, pork, bison, eggs, cheese, herbs and baked goods. Toffee will be available occasionally. Non-food items for sale include candles, rugs and worm castings (organic fertilizer).

About once a month, healthy cooking demonstrations with local goods will be offered, according to Shelley Day, director of Sterling Main Street, the organization that operates the market. Other activities, such as a wreath demonstration and a cookie-decorating event also will be held throughout the winter, Day says. For more information, visit [tcmarket.org](http://tcmarket.org).

## Special holiday markets

**Iowa City Holiday Farmers' Market**, 9 a.m.-2 p.m. Dec. 6; Robert A. Lee Community Recreation Center, 220 S. Gilbert St., Iowa City

**A Cornucopia of Local Foods**, 3:30-6 p.m. Wednesdays, Taylor Hall, 119 S. Randolph St., Macomb, Ill. Frozen antibiotic- and hormone-free beef; baked goods (cookies, rolls, pies, breads, cakes); homemade noodles, popcorn and more.

*Brandy Weltsuert, Laura Anderson and Sharon Wren contributed to this report.*



A spread of vegetables at the Twin City Market in Sterling, Ill. (Submitted)

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health & medicine

# Heading off stress

## Indian head-massage relaxes the whole body

By Sarah Gardner

Indian head-massage is exactly what it sounds like: A massage technique from India focused on the head. Also called Champissage, it has been practiced in Asia for centuries, and now massage therapist Johnna Cook at Southpark Chiropractic Wellness Center has brought it to Moline, Ill. Sounds straightforward enough, right? And yet ...

If you ever have branched out and tried a "new" kind of massage, you know that you never can tell just what to expect. One minute might be on the table looking forward to a lavender-scented back rub, and the next minute someone is working his feet into your lumbar spine. All I could think when I went in for my first Indian head-massage was, please, no pinching, plucking, knotting or walking barefoot on my scalp! Especially that last one, which is painful just to imagine.

When I arrived for my appointment, the first thing I noticed was that the Wellness Center felt less like a clinic and more like a spa. I was ushered into a lounge that had been organized according to feng shui principals, with soft lighting and music playing overhead. A receptionist offered me chocolates and tea sweetened with agave nectar. "I like where this is going," I thought.

Cook came to meet me in the lounge. After answering a few questions about my medical history and any muscle tension I was feeling that day, I was invited to lie down on her massage table. Because Champissage works only on the head and shoulders, there was no need to undress.

The massage can be done a number of different ways, with the client sitting in a chair or lying down, starting at the scalp or the shoulders. For each person it is different. For me, it began at the temples, with Cook moving her fingers in slow, small circles.

"I try to find the highest stress point and start there," she explained. Common places include the temples, forehead and the base of the skull. From that point, she can work her way up to the crown of the

head and down to the shoulders, as well as forward to the sinuses and back to the occipital scalp.

Indian head-massage has the benefits you might expect from any other massage technique — heightened relaxation and an improved sense of well-being — plus some added benefits owing to its focus on the head. Because it stimulates circulation in the scalp, it can promote hair growth and a proper balance of oils and alleviate headaches and eyestrain.

Around the time Cook worked her way to the back of my scalp, I realized something unusual was happening: even though she had not lain one hand on my back, I could feel the tension draining from there. My shoulder blades gently were spreading, and my lower back was softening.

"This is one of the advantages of Indian head-massage," Cook explained to me. "For the elderly who have fragile bones, or people who would be uncomfortable lying down on their stomachs, or if someone is just nervous about being touched, I can work just on their head and shoulders and the rest of the body still relaxes."

This is not surprising, given Champissage's origins in ancient Indian ayurvedic medicine, which focuses on bringing balance to the whole body while stimulating its natural ability to heal.

Like any other massage, a Champissage session ends with instructions to drink plenty of water and get a good night's rest. Because I didn't have to undress, and because there were no oils used during my Indian head-massage, at the end of the session I could simply get off the table and go on with my day.

Of course, work was the last thing on my mind when my session ended. Instead, I was thinking about my next appointment. Cook recommends clients come for an Indian head-massage every two to four weeks. The average session lasts a half hour and costs \$40. Gift certificates are available.

Southpark Chiropractic Wellness Center is located at 1529 46th Ave., Moline. Learn more at (309) 757-7100 or southparkchiropractic.com.



Licensed massage therapist Johnna Cook gives a Indian head-massage to Marianne Michael at Southpark Chiropractic Wellness Center, Moline. (Photo by John Greenwood / Radish)

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# food

## Mug warmers

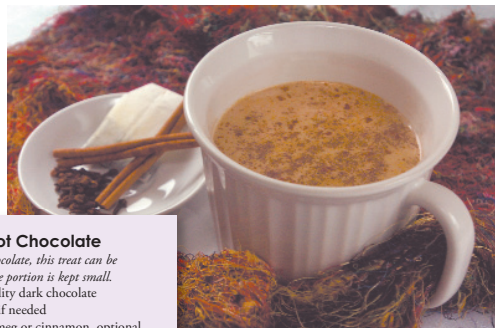
### Snuggle up with a healthier cup

By Brandy Welvaert

Aside from the crisp quiet of the outdoors and the way a slate of snow glows under the moon, the thing I like best about the cold months is the prerogative to snuggle up and drink down plenty of delicious, warming beverages.

The problem with this — there's always a glitch, isn't there? — is that the rich, gloppy-on-the-bottom hot chocolates of this world aren't incredibly healthy. This isn't what I want to hear.

Yet there's good news if you're thirsting for something that tastes like an indulgence but is a bit better for you. We've got you covered with these recipes and tips. Drink up!



Gary Krambeck / iStock

#### Soy-nog Latte

½ cup soy milk or skim milk  
¾ cup soy "eggnog"  
1 jigger (1½ fluid ounces) brewed espresso or strong black coffee  
1 pinch ground nutmeg

Whisk soy milk and soy eggnog over medium heat in a pan until bubbly; pour into mug. Add espresso or black coffee and stir to combine. Sprinkle with nutmeg. Calories: About 140 when made with soymilk, or about 130 made with skim milk.

#### Vegan Hot Chocolate

2½ cups soy milk  
3 tablespoons turbinado sugar  
3 tablespoons cocoa powder  
½ teaspoon salt  
½ teaspoon vanilla extract  
Pinch ground cinnamon  
Pinch cayenne pepper

Bring the soy milk, sugar, cocoa powder, salt, vanilla extract, cinnamon, and cayenne pepper to a simmer in a saucepan over medium-high heat. Remove from the heat and whisk until frothy. Serves 2. Calories: About 170.

#### Traditional Hot Chocolate

Made with dark chocolate, this treat can be healthy so long as the portion is kept small.  
4 ounces good-quality dark chocolate  
2 cups milk, more if needed  
Freshly-grated nutmeg or cinnamon, optional

Coarsely chop the chocolate. Pour milk in a saucepan over medium-high heat; add chocolate and stir until chocolate melts.

Whisk the hot chocolate until frothy, adding more milk if the drink is too thick. Serve with a sprinkling of nutmeg or cinnamon, if desired. Serves 3. Calories: 235.

#### Sweet Chai Latte

1 bag chai tea (such as Stash brand)  
1 cup boiling water  
2 tablespoons half-and-half  
1 tablespoon honey  
Sprinkle of cinnamon or ground cloves

Pour boiling water over tea bag in a mug; steep 2-3 minutes. Remove tea bag; stir in half-and-half and honey. Sprinkle with cinnamon or ground cloves. Calories: About 110

#### Five ways to make hot beverages better for you

- Include local ingredients. Chances are very good that you can find locally-raised honey and locally-roasted coffees at a winter farmers' market near you.
- Use organic ingredients when local ones are not available. Think organic milk, soy milk, extracts, spices and dark chocolate.
- Substitute soy or skim milk for whole or 2-percent milk.
- Forget artificial sweeteners. Instead, use a little honey or turbinado sugar for sweetness and kick up flavor with warming spices like cinnamon and nutmeg.
- Enjoy smaller portions so that you can indulge more often!

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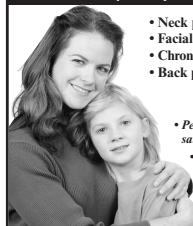
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great places

# Good country

## Upscale eats, rustic camping in Van Buren County

By Rich and Marion Patterson

Aldo Leopold once described the area surrounding his famous Wisconsin shack as having poor soil but being good country. Another such place is sandwiched between the world's best farmland and Missouri's northern border. Van Buren County, Iowa, boasts a steeply rolling landscape clothed in oak timber, pastures, prairies, an occasional farm field and lakes. It may lack the rich farmland of most Iowa counties, but its unique ambience makes it one of our favorite destinations for a kicked-back weekend.

Iowa generally lacks public land, but not in Van Buren County. Visitors can roam the woods of the 8,000-acre Shimek Forest, enjoying the wooded scenery, hiking, camping, horseback riding, hunting and fishing. The county also boasts Lacey-Keosauqua State Park, several county parks, Lake Sugema and a sprinkling of public hunting lands.

Shimek Forest features several narrow gravel roads that wind through the woods and remind us of similar roads in New England, Marion's ancestral home. Roads pass charming, gem-like ponds. One is surrounded by tall pines, which adds to the New England ambience. The Forest spans more than 9,000 acres in Van Buren and neighboring Lee Counties.

Van Buren County is a top Iowa camping destination, too. In addition to camping at Shimek Forest, visitors can set up a tent or park a RV in one of several parks. The town of Farmington operates Indian Lake Park with campsites and cabins. The Iowa DNR has a delightful campground in Lacey-Keosauqua State Park with a lake nearby, and the new River Valley Lodge and Campground is just down the Des Moines River from Farmington. There's even a campground in the tiny town of Cantril and another on the shore of Lake Sugema.

We enjoy primitive camping — with a twist. Butternut Lake Campground in Shimek Forest offers uncrowded, quiet camping with minimal amenities: picnic tables, fire rings and pit toilets. The twist we love is the Bridge Café, only a mile and a half away. After many quiet, rustic campgrounds anywhere with a top-notch restaurant at a five-minute drive. Often we'll set up camp, take a short hike, enjoy dinner at the Bridge, then return to sit around the campsite while sipping wine from one of the county's three wineries.

The Bridge is only one great place to eat. Bonaparte's Retreat in the historic town of Bonaparte is elegant and renowned for delicious meals, while AJ's Bar and Grill in Mt. Sterling offers outstanding food in a small, off-the-beaten-path town. Various festivals throughout the year offer down-home cookin' as well.

Those who want less rustic accommodations will enjoy good value at a number of Van Buren County's small lodges and bed-and-breakfasts. Not only do visitors receive a warm welcome and find cozy to elegant rooms, but they also are regaled with intriguing tales of history.

Three wineries — Kaiser House, Whispering Pines, and Crane — are rooted



Cars line up outside the Dutchman's Store in Cantril, Iowa. (Submitted)

in the county's rolling landscape and welcome visitors. Every time we travel to Van Buren County, we stop at Cantril's Dutchman's Store. Each season it features different foods and crafts, often grown or made by local Mennonite and Amish families. The store features bulk foods, piles of potatoes, bushels of apples and homemade candy, plus an array of rugged-wear clothing and colorful fabrics. First-time shoppers are amazed to find high quality, locally grown food at bargain prices.

A stone's throw east of Cantril is the unique Wickfield Pavilion, a distinctive and historic building that once served as a national hog sale barn. It's an architectural marvel about a half-mile south of Highway 2. During festivals, interpreters delight visitors with tales of the Wickfield Pavilion's colorful past. The other direction from Cantril is the Milton Creamery, offering a wide range of local cheeses. Then there's Yoder's Indian Creek Furniture north of town and the Addie May Fudge Factory in nearby Bonaparte. There almost are too many places to list.

Van Buren County is located about 80 miles south of Iowa City and 20 miles west of the Mississippi River, and a group called the Villages of Van Buren County sponsors interesting events throughout the year.

In our estimation, Van Buren County is very good country, indeed.

For more information about Van Buren County, visit [villagesofvanburen.com](http://villagesofvanburen.com).

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1/4 tsp cumin  
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In a large bowl, coarsely mash avocados with a fork until thick consistency. Add diced tomato, lime juice, salt and cumin. Gently stir to mix well. Serve with tortilla chips

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# homes Green and clean

## Houseplants help purify indoor air

By Darcy Maulsby

You don't need exotic technology or expensive gadgets to remove pollutants from the indoor air you breathe. A selection of hardy, easy-care houseplants can help clean the air while offering an attractive decorating feature for your interior environment.

NASA has been studying methods of cleansing the atmosphere in future space stations to keep them fit for human habitation for extended periods of time. Researchers have found that many common houseplants can "scrub" significant amounts of harmful gases from the air through photosynthesis; pollutants also can be absorbed and rendered harmless in the soil. Studies have shown that some houseplants are better at removing formaldehyde from the air, while others do a better job on benzene.

These findings can be especially important regarding newly constructed buildings, which are better insulated and sealed tightly to conserve energy but can trap pollutants indoors. Based on the NASA studies, it's recommended that you mix a minimum of two plants per 100-square-foot of floor space in your home or office. The more vigorously the plants grow, the better job they'll do for you.

According to the University of Illinois Extension, you don't need to be a green thumb to incorporate these popular, low-maintenance houseplants into your environment:

### Chinese evergreen

*Aglaonema modestum*

Chinese evergreens are very tolerant plants that do well in a variety of settings and will flourish for years with a minimum of care. These plants do best in light without shadows, such as a north window. Keep the soil minimally moist.

### Dracena

*Including red-edged dracaena, cornstalk dracaena and Janet Craig dracaena*

Dracenas grow slowly and retain their foliage for long periods. Some, such as the corn plant, are known for their stems, while others are known for their long, slender leaves. Plant them in regular potting mix and keep the soil moist at all times. Do not let the pot sit in water. These plants grow best in bright, indirect sunlight, warm temperatures and low humidity.

### Spider plant

*Chlorophytum*

Spider plants make ideal hanging basket plants. Plant in regular potting mix. Spider plants prefer bright light but are very adaptable to medium light. Allow soil to dry between waterings. Spider plants will produce plantlets when pot-bound.

### Heartleaf philodendron

*Philodendron scandens 'oxycardium'*

Philodendrons grow better than most other houseplants under adverse conditions. They do well as long as they are kept warm, moderately moist and out of direct sunlight. For best results, grow in bright, indirect sunlight, warm temperatures and low humidity.

### Snake plant

*Sansevieria trifasciata*

These plants, which develop clumps of erect, strap-shaped leaves that are 18 to 30 inches tall, grow in almost any environment. Plant them in regular potting mix and allow the soil to dry completely between waterings. Grow in any light intensity, from dim interior to full sun. Keep temperatures moderate to warm and humidity low. In winter, water just enough to keep the foliage from shriveling.

### Weeping fig

*Ficus benjamina*

These plants are adaptable to a wide range of growing conditions. While they grow best in a warm, moist environment, they do fairly well under normal household conditions of temperature and humidity. Plant in regular potting soil and keep the soil minimally moist at all times. Weeping figs grow best in bright, indirect light, diffused sun, warm temperatures and medium humidity. When grown in pots, they tend to develop a single stem. The leaves drop if the plant is chilled. Weeping figs like their roots crowded in a small pot. Frequently wipe leaves with a wet cloth to keep them healthy.

### Pothos

*Scindapsus*

Pothos looks like a smooth-stemmed philodendron, but it can be distinguished from philodendron by its ridged stems. Pothos plants are vigorous climbers and look nice in a pot or in a hanging basket. They are best grown in bright, indirect sunlight, warm temperatures and low humidity.



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# environment Mississippi research

## Scientists collaborate at environmental station

By Brandy Welvaert

As the third largest river in the world, the Mississippi houses 400 wildlife species and transports Midwest grain to markets around the globe. Its environmental, economic and cultural importance is impossible to overstate.

"People talk about studying the Amazon or the Nile, but I think that the Mississippi — and the Upper Mississippi in particular — is worthy of study," says Doug Schnoebelen, director of the Lucille A. Carver Mississippi Riverside Environmental Research Station (LACMRERS), a 7,000-square foot structure off Highway 22 in Muscatine, Iowa, where scientists gather to do just that.

LACMRERS opened in 2002, a place for researchers across disciplines to learn more about the Mississippi, work together toward solving its problems and share what they find. As part of IIHR Hydrosience & Engineering (formerly the Iowa Institute for Hydraulic Research) at the University of Iowa, LACMRERS hosts university scientists, but it also functions as a "stand-alone research station" where public and private entities can collaborate, says Schnoebelen. "The unique thing about our station is that we can get together with others."

Currently LACMRERS is working with Chad Pregracke's environmental nonprofit organization, Living Lands & Waters, to study sediment using a high-tech coring device that removes samples from the riverbed. In collaboration with the Iowa Department of Transportation, the station's multibeam sonar device is mapping the riverbed near bridges, where flood waters earlier this year may have created deep pockets that could threaten the structures' integrity.

"One of the key things we're about here, too, is what I call applied research. I really want the station to make a difference in the health and well-being of the river and the river in people's lives," says Schnoebelen.

As part of that, he wants it to serve as a hub not only for research, but also for community outreach and learning.

"I'm looking at reaching out not only to our (university) undergraduates and graduates, but also to high school students and K-12 students, too. That may be a little bit farther down the way, but I want the station to help people have an experience of the river. ... Eventually, I'd like to have a group of volunteers who take water samples, too. There are a lot of possibilities," he says.

LACMRERS operates with funding from the Roy J. Carver Charitable Trust, which has paid for, among other things, the acoustic Doppler radar system used for riverbed mapping and the coring apparatus used to take samples from the riverbed. Not only because of the technology it has, but also because of its location along the Great River Road, the station is unique, Schnoebelen says.

"We think about the billions of dollars spent on the transportation of grain and think about the Mississippi as a major flyway — it's a huge flyway for migratory birds. There's the whole aspect of fisheries, of boating, and there's the invasive species problem with Asian carp. There are so many things going on with the

Mississippi, and yet they're not very well-known. I'm really hoping that our station can play a part in this."


At just five years old, LACMRERS is beginning to come into its own.

"How I look at it is kind of like a book. The first chapter was getting the station built. The second stage now is getting it to move toward its mission, which is collaboration with researchers up and down the river," he says. "We all need to be sitting at the table talking because we all love the river."

Contact Doug Schnoebelen via e-mail at [douglas-schnoebelen@uiowa.edu](mailto:douglas-schnoebelen@uiowa.edu). For more information about LACMRERS, visit [www.iihr.uiowa.edu](http://www.iihr.uiowa.edu).




Lucille A. Carver Mississippi Riverside Environmental Research Station (Submitted)



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## rooting around

### Radish earns kudos from Windy City 'zine

Radish recently received a pat on the back from Green Parent Chicago, an eco-friendly magazine for Moms and Dads who want to raise their families the natural way. Writes Green Parent Chicago, "Radish magazine, one of our favorite regional magazines on natural and sustainable living ... has a straightforward how-to this month (Aug. 2008) by Darcy Maulby on how to keep backyard chickens for homegrown eggs." To check out Green Parent Chicago, visit [greenparentchicago.typepad.com](http://greenparentchicago.typepad.com). To read the story about keeping your own flock, visit [radishmagazine.com](http://radishmagazine.com) and click on 'stories' at the top of the page.

### 'Taming the Truffle' sifts through science, finds humor

Mini-review: "Taming the Truffle: The History, Lore, and Science of the Ultimate Mushroom," by Ian R. Hall, Gordon T. Brown and Alessandra Zambonelli (Timber Press, 2008)



Thumbing through the pages of this book, I realized that it's not light reading or a "Dummies Guide to Truffles" for the weekend mushroom hunter. Instead, it's a technical reference and guidebook for someone with an interest in truffles — or a major in biochemistry! Hall, Brown and Zambonelli demonstrate their passion for this mysterious fungus in scientific details throughout the book, which includes color photographs and maps. The book methodically covers classification of truffles, variations between regions where they grow and information to help hunters identify truffles of different species. The book is so exhaustive, in fact, I'd say it could serve as a handbook for someone who wants to start his own truffle farm. (Judged as such, I'd give it a rating of 4.9 radishes, instead!) Even though it's easy to get a little bit lost in all the scientific talk, the authors definitely do have a sense of humor. Consider this explanation of the exotic Balsamia and Stephania truffles: "Due to their scarcity and their high price, it is unlikely that one would be poisoned by them. It is more likely one would suffer from a hole in their wallet first."

— Kathy Gleason, Bettendorf, Iowa



Submitted

### Scott Community College's paint program cuts carbon emissions

Scott Community College (SCC) in Davenport is cutting its carbon footprint with a new virtual program. For the past year, SCC's auto collision department has been using the virtual spray program to teach students correct methods and techniques of spray coating without using a drop of paint. "The actual virtual spray program is a computer generated program that works with trackers on the ceiling and emitters located in the paint gun," SCC spray coatings facilitator Ken Hoggard said. The program simulates individual car parts like doors, fenders and hoods, and is used in conjunction with live training. But this way, Hoggard said, students can practice "without putting V.O.C.s (Volatile Organic Compounds) into the air and wasting (them) on nonsense pieces." For more information, contact Ken Hoggard, [khoggard@ecc.edu](mailto:khoggard@ecc.edu) or (563) 441-4028.

— By Laura Anderson



Submitted

### New report: A nutritious, organic diet protects against dementia

A new report says that eating better could protect your brain from neurodegenerative diseases like Alzheimer's and Parkinson's. According to "Environmental Threats to Healthy Aging," by Dr. Jill Stein with the Greater Boston Physicians for Social Responsibility, and Dr. Ted Schertler, science director of the Science and Environmental Health Network, indicates that diet and nutrition are emerging as critical factors in brain health and health in general. The report also identifies protective foods and eating behaviors that can decrease risk of disease, such as high intake of omega-3 fatty acids which is associated with markedly lower risk for Alzheimer's. The Mediterranean diet, which includes fresh fruit and vegetables, legumes, whole grains, fish, nuts and olive oil also is linked to substantially reduced risks of both Alzheimer's disease and Parkinson's disease, as well as dramatically lower rates of diabetes, vascular disease, recurrent heart attacks and metabolic syndrome.

### Today's green cleaning supplies can keep up with the harsher stuff

Back in the day, so-called green cleaning products weren't so great. These days, they're getting better, and a new, independent study proves it. Consumer Testing Laboratories, Inc., of Rogers, Ark., stacked Earth Friendly Products' eco-friendly dish-washing gel against Cascade. Dirty tumblers and flatware were judged for spotting, filming and soil removal. The result? The eco-friendly detergent cleaned just as well as the leading brand. "Lately there's been a lot of scrutiny on the effectiveness of using eco-friendly cleaning products. Some even state that they (the products) simply do not work as well as the standard brands," said Van Vlahakis, CEO of Earth Friendly Products. "This study proves that our phosphate-free line cleans just as well, and (it) doesn't clog our lakes and rivers and kill marine life." For more information, visit [ecos.com](http://ecos.com).

### Dancer moves to explore the environment

You won't find Jennifer Monson on "Dancing With the Stars." However, the dancer-choreographer hailed by The New York Times as a downtown dance star has been testing the waters, reaching out and building new audiences in communities outside the mainstream dance world. After gaining wide acclaim with her multiracial, multicultural "Bird Brain" project based on migration patterns, in January Monson joined the dance faculty at the University of Illinois. Her latest project used dance as a way of exploring the Mahomet aquifer, one of the largest groundwater resources in Illinois. "Its presence allows for the rich agricultural success of this region," Monson says. For more information about the aquifer project, visit [news.illinois.edu/news/08/1105dance.html](http://news.illinois.edu/news/08/1105dance.html).



Dance instructor Jennifer Monson (Submitted)

### Learn to D-I-Y with these workshops and classes for holiday decorations

Wanna learn to make your own wreaths, swags, ornaments and more? Check out these classes in the Radish region:

- Making a Holiday Wreath, 9-11 a.m. and 1-3 p.m. Dec. 6, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, Iowa. \$25. Call (563) 242-4771 for details.
- Nature's Noel, 9 a.m.-noon Dec. 6, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids, Iowa. Learn to make centerpieces, wreaths and swags from fresh greens. The event also features foods, vendors with handmade items, cookie dough, candy and live music. Free. Call (319) 362-0664 for details.
- Reusable Christmas, 1 p.m. Dec. 6, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, Iowa. Learn to curb holiday waste. Join a naturalist for an afternoon of decorating reusable Christmas gift bags and recycling wrapping paper into decorations. Cost is \$2 per person. Call (563) 652-3783 to register.
- Natural Ornaments, 10 a.m. Dec. 13, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, Iowa. Decorate your home with ornaments made from natural materials. Participants will collect a variety of natural items and learn how to create festive decor. Call (563) 328-3286 to register before Dec. 12.

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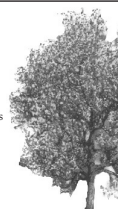
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## rooting around

### Rides, runs and walks

Here's where to get some exercise around the region this month:

- Fulton Christmas Run/Walk, 6:30 p.m. Dec. 5, Fulton, Ill. (815) 589-4945.
- Jingle Bell Run For Arthritis, 10 a.m. Dec. 5, Peru, Ill. 5K. (815) 224-2799.
- Reindeer Rumble, 9 a.m. Dec. 7, IBEW Local 135, 1700 52nd Ave., Moline, Ill. 5K. (309) 788-0500.
- Jingle Bell Run For Arthritis, 9 a.m. Dec. 13, Life Fitness Center, 2222 Middle Road, Bettendorf, Iowa. 5K run, 2-mile walk. (319) 363-4403.

### Celebrate the beginning of winter

December 21 is the shortest day of the year, which means it's also the darkest. Why not take a break from the holiday hustle and seek solace and light with one of these old-fashioned celebrations?

- Celebrate Renewable Energy on Winter Solstice, 6-10:30 p.m., The Mill Restaurant, 120 E. Burlington St., Iowa City. (319) 643-3160.
- Celebrate the Arrival of Winter, Maharishi Vedic Observatory, Maharishi Vedic City, Fairfield, Iowa. The observatory is unique in the world for its ability to display in one compact form the whole structure of the universe along with all the movements of the sun, the planets and the stars. Includes a lecture and tour. (641) 470-7000.
- Winter Solstice, 5:30 p.m., Bickelhaupt Arboretum, 340 S. 14th St., Clinton, Iowa. (563) 242-4771.
- Winter Solstice Gathering, 7 p.m., Sherman Park, 2776 160th Ave., Calamus, Iowa. Learn some fun facts about the sun and discover the traditions of Yule and Christmas and their roots. (563) 847-7202.

### Giving back: Michael Woods

As executive director of the University of Illinois Extension Rock Island County, Michael Woods of Atkinson, Ill., has seen his share of bumps in the road.

Though threats of funding cuts loomed over extension programs earlier this year, for now things are intact, thanks in part to Woods' leadership.

"When you're dealing with people, you're always going to be tossed and turned around," Woods said. "It's worth fighting for the people we serve and our dedicated staff."

"Michael understands his office is community-driven (and) that volunteerism is what makes it go," said extension volunteer Roxie DeShane. "He knows no boundaries when it comes to bringing sides together to make a project come to life. His passion for making something work is the first thing you see. He has tremendous energy."

That energy bleeds into Woods' personal endeavors, as well: growing grapes that go into local wines, and growing foods that end up on plates at his bistro in Atkinson.

"The beauty is that job and this job blend so well," he said. "Extension allows me many interests, as does owning the restaurant and vineyard."



Michael Woods  
(Paul Colletti / Radish)

### Women's spirituality group is forming at Prairiewoods Franciscan Center

A new group for women is taking shape at Prairiewoods Franciscan Spirituality Center. Women's Sacred Circle is for women who are interested in gathering for spiritual growth, and its direction and activities it undertakes will be determined by the participants. All are welcome to come and share with other like-minded women. The group meets on the first Wednesday of every month, and December's meeting will be held from 6:30 to 8 p.m. at Prairiewoods, 120 E. Boyson Road, Hiawatha, Iowa. For more information, call Mary Ellen Dunford at (319) 395-6700, extension 202, or visit prairiewoods.org.

### Burpee to offer world's first sweet, seedless tomato

It's almost time for the new seed catalogs to start filling gardeners' mailboxes, and when they do, gardeners will have the chance to order the world's first sweet, seedless tomato. W. Atlee Burpee & Co. will release "Sweet Seedless" and feature it on the cover of its 2009 catalog. During trials, the tomato proved itself to be very hardy and disease resistant, according to Burpee. Gardeners who want to get their hands on "Sweet Seedless" can begin purchasing seeds through the Burpee catalog or Web site in January. Tomato plants will be available for shipping in spring. For more information, visit burpee.com.



Submitted

### Need a new recipe? Get a few good ones from Hy-Vee

There's nothing like a great new recipe to kick off the holidays. You can pick up a few new ideas at 6 p.m. Dec. 1 at the Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf. The class, "My Favorite Things," will be presented by Hy-Vee meat department manager Bill Herrington and Club Room manager Cathy Norgard, who will share their tried-and-true favorites. Cost to attend is \$10 per person. Call (563) 332-8496 to register. To find cooking and healthy-eating classes at a Hy-Vee store near you, visit hy-vee.com and choose a store from the drop-down list.

### Heavenly local breads are now online

Did you know? You can buy baked goods from the Sinsinawa Dominicans of Sinsinawa, Wis., online at their Web site, www.sinsinawa.org. These sisters bake caramel rolls, dinner rolls, fruit cakes, and many breads, including raisin, cinnamon and zucchini. Cost for baked items is \$3.50 to \$8, plus shipping. For more information, call (608) 748-4411, extension 11, or send an e-mail to bread@sinsinawa.org.

— By John Marx

Cindy Webb  
Owner

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## resources

### MARKET MEDITATION

(Story on page 8)

"As you prepare to wrap a gift, you can stop and do a little loving meditation to embed within the gift your connection and love for the person receiving it," says Steve Spring, founder of the Mindfulness Community of the Quad Cities. He recommends the following:

Start by placing the gift in front of you, closing your eyes, and taking several deep breaths. Still the mind and let go of the day's activity, any stress you have collected and your expectations for the future — including how the recipient will appreciate the gift. Settle into a calm place, where you simply are giving out of generosity and love.

Form an intention, using your breath as an anchor, to be present here and now. Let the breath breathe itself, without attempts to control or categorize. As thoughts and feelings arise, acknowledge them and gently return your attention to the breath. Gradually the mind will quiet.

Focusing on the gift before you or continuing with eyes closed, try to visualize the smiling face of the recipient. Smile back at them with your heart full of generosity. Begin, without sound, to repeat the expressions of loving kindness toward your loved one. "May you be healthy. May you be happy. May you be safe. May you be peaceful and at ease." As the mind wanders, gently return to awareness of your breath. Repeat the words of loving kindness until the gift takes on a warmth or glow.

### FEASTING LOCALLY

(Story on page 20)

#### Celebration Roast

2 tablespoons cream-style prepared horseradish	3 teaspoons peppercorns, cracked (or cracked pepper)
4 cloves garlic, minced	1 4-to-6 pound boneless beef rib eye roast
½ teaspoon salt	

#### Horseradish-Peppercorn Cream

½ cup whipping cream	1 teaspoon Dijon-style mustard
2 tablespoons cream-style prepared horseradish	2 tablespoons pink and black peppercorns, cracked

Preheat oven to 350 degrees. Combine cream-style horseradish, garlic, salt and cracked peppercorns; rub mixture onto meat. Place beef roast, fat side up, on a rack in a shallow roasting pan. Do not add liquid. Do not cover. Insert a meat thermometer into center of roast. Roast, uncovered, 1½ to 2 hours or until thermometer registers 135 for medium rare or 2 to 2½ hours or until thermometer registers 150 for medium. Transfer meat to serving platter and garnish with herbs, if desired. Serve with Horseradish Peppercorn Cream: In a chilled bowl, beat whipping cream just until soft peaks form. Fold in horseradish and Dijon-style mustard. If not using immediately, cover and store horseradish mixture in the refrigerator up to 6 hours. Sprinkle each serving of cream with cracked peppercorns.

*Recipe from 2007 Quad-Cities Holiday Food Guide*

## for your family

### Beat the Raven to ripe apples in a game of Orchard

When the weather outside is frightful, kids can enjoy the fruits of warmer weather with Orchard — a board game that lets them play at the harvest.

**How you play:** Ripe fruits, like cherries, apples, pears and plums hang from the trees. The Raven knows that the fruit is getting ripe, so the object of the game is to harvest the fruits quickly, before he does.

**Why it's eco-friendly:** Game pieces are wooden and all-natural. The game teaches kids about agriculture

and helps them understand how people work together to grow and harvest food.

**Who can play:** The game is designed for ages three to eight.

**Where to find it:** Orchard is \$36.95 plus shipping at [haba.de](http://haba.de) (click on English version at left) and [organiclections.com](http://organiclections.com), or at Natural Selections, 104 S. Main St., Fairfield, Iowa. (641) 472-5876.

**Accolades:** Orchard won the silver medal for the 2005 Practical Pre-School Awards and has been dubbed one of Dr. Toy's Best Classic Toys Winners.



Submitted



Submitted

### Cedar Rapids Museum of Art features photos of the flood

The first floor of the Cedar Rapids Museum of Art, 410 3rd Ave. S.E., was damaged by the floods earlier this year. Now it's open again, and although not all artworks have been placed back in their original locations, there's still much to explore in this hidden gem of a museum.

**What you'll see:** Witness the power of nature in "The Year of the River: Flood Photography from the Gaerte," which features the work of local newspaper photographers who spent countless hours documenting the floods of 2008 and their aftermath.

Kids — especially fans of the Harry Potter series — will enjoy an exhibit of works by the children's book illustrator Mary GrandPré. For more than 20 years, St. Paul native GrandPré has brought color and life to books.

The museum might be best

known for its connection with the great American painter Grant Wood (1891-1942), who was born in Anamosa, Iowa, and spent most of his life in Cedar Rapids. Visitors to the museum can see several of Wood's works and visit his studio, which is located three blocks away.

**Hours and admission:** 10 a.m.-4 p.m. Tuesdays through Saturdays; 10 a.m.-8 p.m. Thursdays; and noon-4 p.m. Sundays. The Museum is closed Monday and major holidays. Admission is \$5 for adults; \$4 for ages 62 and over and college students with ID; and free for ages 17 and under. Free admission is offered 4-8 p.m. Thursdays. Studio admission is extra.

**Learn more:** Call (319) 366-7503, e-mail [info@crma.org](mailto:info@crma.org) or visit [crma.org](http://crma.org) or [myspace.com/cedarrapidsmuseumofart](http://myspace.com/cedarrapidsmuseumofart).

*Have an idea — an eco-friendly toy or an great place — to share with your family? E-mail it to [editor@radishmagazine.com](mailto:editor@radishmagazine.com).*



food for thought

# How I met Al Gore

## Sister joins former VP in fight against climate change

*Editor's note: Not many environmentalists can say they've met Al Gore. Even fewer can say they've met him laugh. Sister Cathleen Real of the Congregation of the Humility of Mary in Davenport, a community leader on environmental issues, can do both.*

By Sister Cathleen Real

In October I attended a training workshop on global warming conducted by former Vice President Al Gore. Knowing that Al Gore himself would spend over six hours teaching us the science of global warming was a drawing point for me, but my real goal in attending was to be a part of the urgent business of moving toward a more sustainable earth. Sustainability is everyone's responsibility, but I believe that there is an added moral imperative for those of us from religious traditions. We must invest ourselves in this effort if we truly value the world with which God has blessed us.

The training, geared for faith-based community leaders, was a life-changing experience for me. We gathered in Nashville, Tenn., the headquarters of Gore's Climate Project, a nonprofit that fights global warming.

Although we were discouraged from approaching Gore, I took an opportunity to give him news clippings about his appearance and to tell him a little bit

about the Earth Charter Summit, an event that my religious community hosted in October. He laughed when I told him that one of our speakers is considered the "Al Gore of Iowa." A few days later, he remembered and addressed me as "Sister."

During his presentation, Gore used updated information from his award-winning documentary, "An Inconvenient Truth," to give us detailed scientific data about the consequences of global warming. Two renowned scientists, Dr. Henry Pollack, professor emeritus of geophysics at the University of Michigan, and Larry Schweiger, president of the National Wildlife Federation, added more scientific background.

We learned about how carbon emissions affect temperature increases and how rising temperatures, in turn, already have caused more frequent and violent hurricanes, tornadoes, wildfires, flooding and droughts.

Gore also spoke about ice-melt throughout the world, especially in Greenland and Antarctica, where ice-covers are disappearing at an alarming rate. If ice-covers were to disappear, sea levels would rise dramatically and flood much of Florida, New York City and the Netherlands, as well as the coasts of India and China. Millions of people would be displaced. Gore also pointed out that the U.S. is the world's largest per-capita user of energy, far exceeding even Western Europe.

This isn't good news, but Gore didn't bring us together to get us down. Instead, he meant to empower us to make a difference in the face of what might seem like impossible challenges.

In the past, Gore pointed out, our nation emancipated slaves; we gave women the right to vote; and we made other great strides toward a more just society during the civil rights movement. He believes that if we use our moral convictions and technological advances to tackle global warming, we can reduce the risk of future disaster.

For me, this wasn't just another workshop with handouts that end up unread in a file. Like everyone else who attended, I made a commitment to share what I'd learned. I'm developing a slide presentation based on Gore's presentation, and I'll make it available to people of any faith to the general public. Don't worry—I'll condense Gore's six-hour presentation to a one hour presentation or shorter!

When he accepted the Nobel Peace Prize in 2007, Gore said, "Make no mistake. The next generation will ask us one of two questions. Either they will ask, 'What were you thinking—why didn't you act?' Or they will ask, instead, 'How did you find the moral courage to rise and successfully resolve a crisis that so many said was impossible to solve?'"

I believe that we're ready to rise to this challenge and work for a more just, sustainable world—and I look forward to joining with others to do so.

To schedule a presentation, contact Sister Cathleen Real at [creal@msn.com](mailto:creal@msn.com) or (563) 323-9466. For more information about the Climate Project, visit [theclimatetheproject.org](http://theclimatetheproject.org).



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