

# Radish

HEALTHY LIVING FROM THE GROUND UP

Warm up with

## Ai Chi

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**FEBRUARY 2013**

**Farming memoirs**

**Tankless water heaters**

**Feeding birds  
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Like many magazines, we begin work on each issue of Radish months ahead of when it prints. The issue you have in your hands now, for example, first started taking shape back in early November. Part of the reason for this is that time on the printing press must be reserved far in advance, and before we meet that deadline, we need to give everyone involved in

putting the magazine together — writers, photographers, our layout and design editor, advertising managers and myself — time to do their part.

As you can imagine, working so far in advance presents a few challenges, especially for a publication as focused on local foods and outdoor activity as Radish magazine. Last year the unusually warm weather accelerated the growing season. As a result, the eaglets already had hatched when our article on the Alcoa EagleCam (in which we talked about them as eggs) printed in April. Most of the locally-grown rhubarb had run its course by the time we printed an article on rhubarb recipes in June. And thanks to the drought, a cover photo we shot in July really looked like it had been taken in September, when it hit the stands.

In the final weeks of putting together the current issue of Radish, I stepped out my front door to discover my crocuses already sprouting. Although I normally rejoice to see this first sign of spring, my reaction this year was to think, “Oh, no.” I checked our archives the next day, and sure enough, one of our photographers took a picture of my crocuses (shown, left) two years ago — in March. I was right in thinking January was too soon. The same week I was pondering my early crocuses, the National Oceanic and Atmospheric Administration announced that 2012 had been the hottest year on record by a significant margin. It seems we might be in for more of the same.

What does all this mean? Scheduling headaches for the magazine are one thing, but clearly there is more at stake as the effects of climate change become more pronounced. Conservationist Aldo Leopold wrote that a drab winter landscape, rightly understood, ceases to seem drab. As this issue goes to print, I am hoping to enjoy dull and soggy surroundings a bit longer. “Please,” I’ve asked my crocuses, “Radish has plenty of ideas for making February colorful on our own. You just keep getting some rest.”

— Sarah J. Gardner  
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**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.



# the grapevine

## From our readers

**First-hand learning (Jan. 2013):** "We are very pleased and honored to receive a 2013 Radish Award. You keep up the good work and so will we!"

— Mark Roberts, Grand Mound, IA

**Responsible recycling (Jan. 2013):** "Great story! Many thanks to Becky Langdon and all at Radish for helping Waste Commission of Scott County get the word out about the responsible recycling of electronics. We thank you!"

— Brandy Welvaert, Davenport, IA

**Pure awareness (Jan. 2013):** "Thanks for this great article! I have been practicing TM for more than 20 years and truly appreciate how great it makes me feel."

— Lee, Fairfield, IA



Want more Radish? Thanks to Friends of Radish, you can find the magazine this month from 10 a.m.-6 p.m. Wednesday, Feb. 13, at the Valentine's Day fair trade celebration at SiS International Shop, 108 E. 2nd St., Davenport. Come learn about meaningful gift giving, including fair

trade jewelry, chocolates and gifts, as well as sustainably-grown, pesticide-free fair trade roses. For more information, call (563) 424-2012.

To discover more upcoming events of interest, see the events calendar at [radishmagazine.com](http://radishmagazine.com).

## Radish reads: Check out these free titles!

Radish has a number of books about healthy living from the ground up waiting to be reviewed. One might be just the book for you! Simply pick a title from the list below and request it by sending an email to [editor@radishmagazine.com](mailto:editor@radishmagazine.com). The book is free and yours to keep in return for a short 200-250 word review that may be printed in a future issue of Radish. Titles are available on a first-come, first-served basis; please limit your request to one book.

- "Cooking Plain: Illinois Country Style," by Helen Walker Linsenmeyer (Southern Illinois University Press, 2011).
- "Feed Your Best Friend Better: Easy, Nutritious Meals and Treats for Dogs," by Rick Woodford (Andrews McMeel Publishing, 2012).
- "The Lucky Ones: My Passionate Fight for Farm Animals," by Jenny Brown (Avery, 2012).
- "250 Best Beans, Lentils & Tofu Recipes," edited by Judith Finlayson (Robert Rose, 2012).
- "Raw Food for Dummies," by Cherie Soria and Dan E. Ladermann (Wiley, 2013).
- "Kicking Cancer in the Kitchen: The Girlfriend's Cookbook and Guide to Using Real Food to Fight Cancer," by Annette Ramke and Kendall Scott (Running Press, 2012).
- "Finding Artemisia: A Journey Into Ancient Women's Business," by Denise Greenaway (Balboa Press, 2012).

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Bullying is one of the top factors in a student's decision to drop out of school.

**CARE QC** (Connecting Anti-Bullying Resources and Education) is a collaboration of area non-profits addressing bullying in our communities.

## Community Conversations

Join the conversation on bullying at these two open forums:

**Monday, February 18**

Martin Luther King Center  
Rock Island, 5:00 p.m.

**Wednesday, February 20**

Moline Public Library  
Moline, 5:00 p.m.

## Programming on WQPT

**Official Best of Fest: Bullies**

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**Teaching Channel: Bullying at School**

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**Enough is Enough**

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Immediately after Ballet performance, the public is invited to attend a short program hosted by renowned anti-bullying expert, Dr. Jennifer Caudle

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# healthy living from the ground up

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Jane Kropp (center, front), ai chi instructor at the Two Rivers YMCA, poses with students Ellen Greene, Susan King, Jane Schmidt and Kathleen Farrell. (Photo by Gary Krambeck)

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## radishmagazine.com

Having lived on three continents, Salma Arabi, owner of Dewey's Copper Cafe at the Moline Public Library, has had plenty of opportunity to experience the similarities and differences between people from different parts of the globe. "The similarities are always more," she says. Discover the welcoming worldview — and fantastic recipe for hummus — she brings to her business at [radishmagazine.com](http://radishmagazine.com).





healthy living

# Page turners

## Recent farm memoirs that earn two green thumbs up

By Radish staff

Winter winds are blowing and the prime growing season is still months away. What can you do with your green thumb to wile away the hours indoors? Why not get your fix by flipping through a memoir about life on the farm? An abundance of books have appeared in recent years written by growers who know a thing or two about making a living from the ground up — here, our Radish staff recommend a few favorites.



Submitted

### Turn Here Sweet Corn: Organic Farming Works

By Atina Diffley (2012, University of Minnesota Press, 344 pages, \$24.95 hardcover)

In her debut memoir, Atina Diffley shares the challenges and passion for the land she had as a pioneering organic farmer in Minnesota. She and her husband, Martin, ran one of the first certified organic produce farms in the Midwest, Gardens of Eagan.

Atina achieved her childhood dream of becoming a farmer when she joined Martin to work the land that had been in his family for five generations. Then, eminent domain for suburban development caused them to move to another farm.

But their new farm fell in the path of a proposed crude oil pipeline.

Everyone loves an underdog tale, and this is certainly one. To keep the pipeline from coming on their land, the Diffleys received the support of many in the organic community as they worked to teach the powers that be that organic farms are special cases when it comes to energy projects. But this book is not just about struggles. Atina also explains why she farmed, and how she loved being connected with the land to feed and nourish others.

Farmers and nonfarmers alike can benefit from learning about holistic farm management, the system Atina and Martin used to plan and set goals for their business and lives.

**Favorite sentence:** “Organic farms are valuable natural resources and need to be protected as such.”

**Perfect snack pairing for your book club:** What else? Popcorn!

— Heather Thorstensen

### The Wisdom of the Radish: And Other Lessons Learned on a Small Farm

By Lynda Hopkins (2011, Sasquatch Books, 248 pages, \$23.95 hardcover)

Lynda Hopkins wasn't raised on a farm. Far from it. This doesn't stop her diving headfirst into sustainable agriculture, investing all her energy, intelligence and \$1,260.52 in savings into trying to turn two borrowed





acres into an environmentally-friendly farmstead.

Why? Partly to save the world. Throughout the book Hopkins offers statistics and studies about agricultural practices that make a case for doing things differently. Also, she's in love. Like Hopkins, her boyfriend, Emmet, is invested in the idea that there is a better way to raise food. Unlike her, he has some farm experience, being the son of a California grape grower.

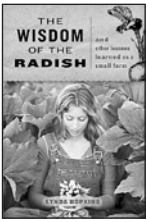
Of course, they aren't growing grapes. But they do try their hand at an impressive array of just about everything else — tomatoes, beans, squash, greens, chickens, goats, alpacas and sheep. Along the way, things go wrong. Sprouts rot in the tray. A fox gets into the coop. They plant more beans than they can harvest. Hopkins is able to relate the heartbreak, both financial and emotional, with touching honesty.

She's also able to relate the buoyant hope that keeps them going. Little by little, she and Emmet learn from their mistakes and find their way. They also get married. I'm not going to give away the surprise of the proposal, but suffice to say a radish plays a prominent role. How could I not love it?

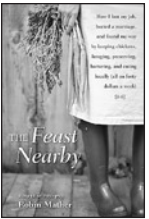
**Favorite sentence:** "We can't know everything — but we can keep trying."

**Perfect snack pairing for your book club:** Spicy kale chips.

— Sarah J. Gardner



Submitted



Submitted

**The Feast Nearby: How I Lost My Job, Buried a Marriage, and Found My Way by Keeping Chickens, Foraging, Preserving, Bartering, and Eating Locally (All on \$40 a Week)**

By Robin Mather (2011, Ten Speed Press, 272 pages, \$24 hardcover)

What do you do if you not only lose your job but are also faced with the end of your marriage? If you are writer Robin Mather, you pack up your belongings, your poodle and your parrot, and you head out of Chicago and home to your native Michigan.

Mather hunkers down in a small lakeside cottage and begins a journey of self-discovery and self-reliance. As she adjusts to a reduced food budget, she learns to adhere creatively to her vow to eat as locally — and as well — as possible.

Sprinkled throughout this book are hearty recipes (I highly recommend the million-bean salad and the savory cheese-chive biscuits), local food wisdom and moving life lessons.

Mather not only discovers how bountifully she can eat on a limited budget but also how bountiful her life can become when the static of city life is removed. Her journey follows the natural rhythm of the seasons, and her prose has an easy way of inviting the reader along, causing one to feel the warm breezes of spring, the sultry heat of a Michigan summer, the crisp snap of fall, and the frigid cold of winter. It's within that cold that Mather comes truly to embrace how full and satisfying her simple life has become.

**Favorite sentence:** "Foresight and planning to be able to meet one's needs — whether by a pantry rich in wholesome food or by a woodstove bright with dancing flame — creates confidence in the future."

**Perfect snack pairing for your book club:** Mather's oatmeal-maple syrup drop cookies.

— Chris Greene (pictured at left, photo by John Greenwood)

For recipes for these snacks and an additional review, turn to page 28.



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healthy living

# Doing without

## Getting back to basics as a healthy cooking technique

By Sarah J. Gardner

You could call it a crisis of conscience. One day, while broiling some tilapia fillets for dinner, I started thinking about what a simple recipe this was: salt, pepper, fish. In fact, it wasn't really a recipe at all. There were no measurements, no baking time. Just a pinch of this, a pinch of that, a little heat until it's cooked through.

I also planned to eat some steamed broccoli and boiled rice as sides (no recipes needed for those, either). There were no heavy sauces made from butter or cream, no dressings tinged with sweetness — in short, little in the way of added fat or sugar — and that's when it occurred me. The healthiest meals I make are generally the ones without recipes.

That's a tough idea to confront when you make your living, as I do, reading and writing about food. I love and collect recipes, often taking cookbooks to bed with me to read like novels. And I wouldn't go so far as to say all recipes are inherently unhealthy. In fact, many recipes I have worked with over the years have been a gateway for me trying new grains, fruits and vegetables. But still, I couldn't help but wonder what would happen if I put the recipes away. Would simpler meals also be healthier?

### Hits and misses

One month. That's how long I decided to try cooking without recipes. No sooner did I resolve as much then I was filled with panic that I would spend the next month eating nothing but broiled fish. Or sandwiches. I could always make lots of sandwiches. But was it cheating to use bread someone else baked?

Even when cooking with recipes, I do buy basic staples from time to time like bread and noodles. Since the point of the exercise wasn't to make everything from scratch, but to make the things I make from scratch simpler, I decided it was OK to purchase parts of a meal — say, a good loaf of whole-grain bread from the farmers' market for sandwiches



Photo by Paul Colletti / Radish

— so long as I did so in moderation and aimed for healthy choices. An entire frozen TV dinner, on the other hand, would be out of bounds.

As I got started, I was pleasantly surprised to find how many meals I already made that needed no recipes. Roast chicken, for example. It has been a Sunday staple in my home for years: salt and pepper outside, some lemon and herbs inside, all popped in a 450 degree oven. A half hour later, toss in some chopped root vegetables and a cup of wine or broth, then cook a half hour more. Easy enough.

We also regularly eat a number of soups (usually made with stock made from the bones of Sunday's chicken) throughout the week, which are fairly

**But still, I couldn't help but wonder what would happen if I put the recipes away.**

straightforward to make without a recipe. Just add vegetables and pasta or beans (or both). However, midway through the month I found myself craving a more complicated cheese soup. Without a recipe to guide me, though, it was off the list. I settled

instead for an onion soup with some grated cheese melted over the top, which was undoubtedly a lower calorie substitute.

Of course, there were some failures. I quickly tired of boiled rice and decided to make baked rice instead, only to realize I couldn't remember the exact proportions of rice-to-water in this more exacting method. The rice came out rather soupy as a result. I made my peace with using a recipe next time.

Also, my husband, bless him, gave me a cookbook as a gift, which proved too tempting to leave on the shelf for a whole month. So I cheated and made bœuf bourguignon one weekend. The results were heavenly, but the amount of effort the recipe required — five hours of cooking! — definitely satisfied my recipe itch for the rest of the month.

## The boss comes over

The real test came when we decided to have guests over — and not just any guests, but a former boss. It was one thing for my husband and me to eat simply in our month without recipes. But could I satisfy the appetites of guests?

We settled on salmon as the main dish. So far, so good — it was just a matter of putting a few slices of lemon under the fish and a few sprigs of dill on top, then wrapping it in a foil packet to bake. In my month of cooking without recipes, I had realized when the baking techniques are simple, the outcome depends a lot more on the quality of ingredients going into the dish. So we splurged on a really good fillet of salmon, and rounded it out with rice, steamed broccoli and a raw salad of sliced fennel and orange segments as side dishes.

It wasn't until our guests arrived that we realized we had a small problem — thanks to a chart on our stove, we knew the internal temperature to aim for but not how long the fish would take to bake. This wasn't such a big deal when it was just the two of us waiting for dinner to heat up, but I felt we couldn't keep two hungry guests waiting and still be good hosts. So, we instituted a drinks course. While the fish finished in the oven, I poured everyone a glass of wine. It was a cheery solution that set a nice tone for the rest of the meal.

## The results?

If this had been a scientific study of our eating habits, I would have taken my weight or tested my cholesterol level starting out to report any changes over the course of the month. In reality, I did neither. But I can offer some anecdotal evidence that this was a good change. We really did start eating a lot more vegetables — I mean *a lot* — as steamed vegetables, tossed salads and stir-fries are about as easy as it gets without a recipe. And we ate fewer desserts, as most sweets require more ingredients than I can trust myself to memorize.

The biggest surprise for me, though, was how much more relaxed I felt about cooking once I let go of recipes. I didn't spend lunch hours looking at recipes online to figure out what to make for dinner, and my trips to the store became quicker as I rarely had to search for hard-to-find ingredients. We got better about eating leftovers, too, maybe because they are the easiest no-recipe dish of all.

Does this mean I'm done with recipes forever? No. Like I said, I enjoy finding new things to cook, and recipes are a great way to try new foods. But I definitely like the easy, healthful rhythm of cooking without a recipe, especially on weeknights.

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

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healthy living

# Eco-wedding

## From flowers to favors, ways to go green on your big day

By Becky Langdon

When you're saying your vows on your wedding day, odds are you won't be thinking about the environmental impact of the ceremony. In the preceding months, however, there is plenty of time to incorporate a few ideas to make your wedding more eco-friendly. "Greening" your wedding doesn't mean sacrificing elegance or beauty; it just means taking a different approach to get there.

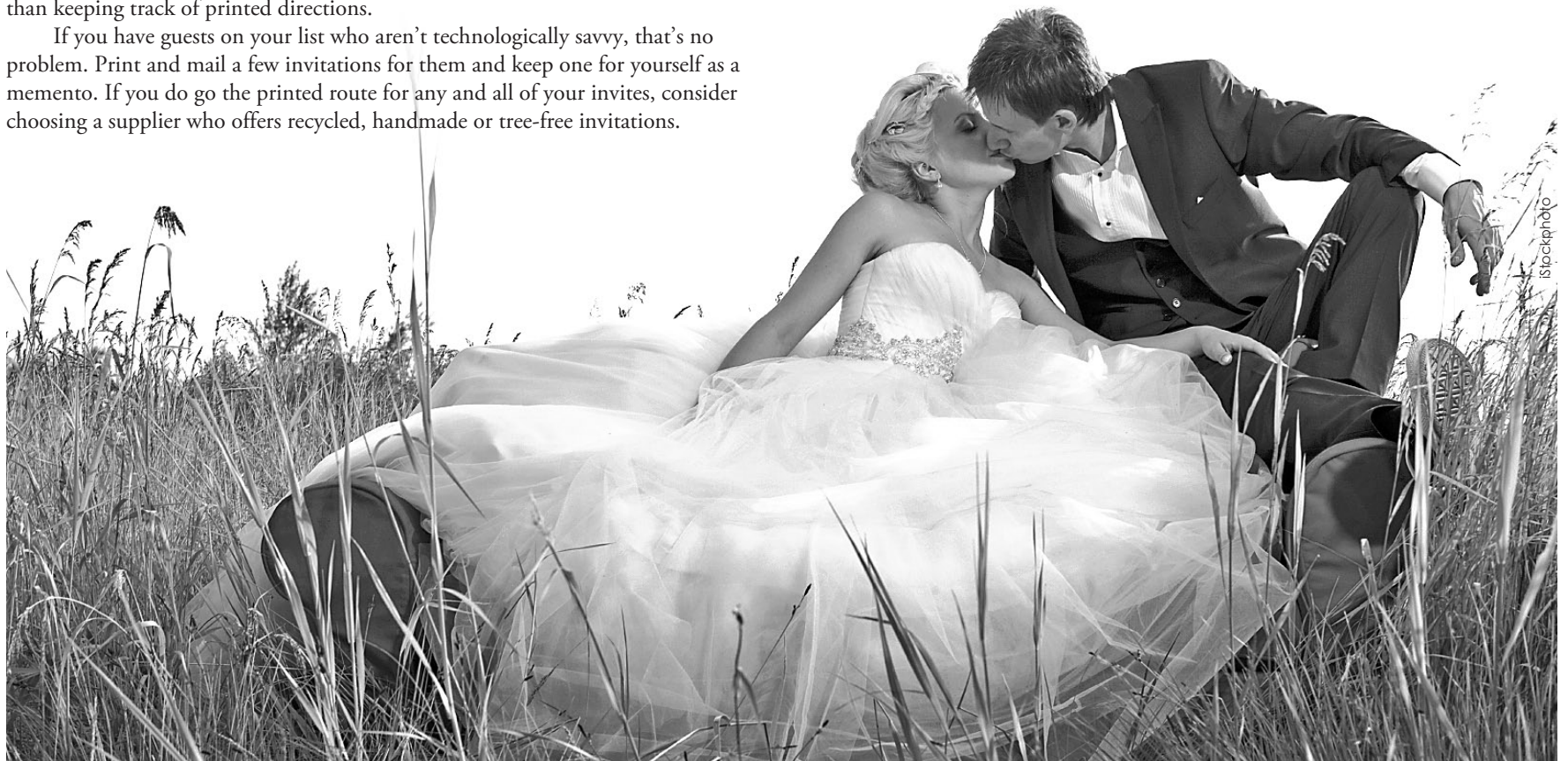
### Easy ideas for anyone

Let's start simple. Traditional weddings rely on paper for communication, but today many people are more comfortable with electronic communication over snail mail. Make sure you have up-to-date email addresses for your guests that you can use for "save the date" messages or even wedding invitations. To supplement your e-vites, you also can set up a wedding website to house directions, maps and pertinent information. Your guests likely will enjoy having this easy resource rather than keeping track of printed directions.

If you have guests on your list who aren't technologically savvy, that's no problem. Print and mail a few invitations for them and keep one for yourself as a memento. If you do go the printed route for any and all of your invites, consider choosing a supplier who offers recycled, handmade or tree-free invitations.

Choosing the right flowers is another easy way to make a difference. When possible choose local, fresh-cut flowers, which reduces the use of energy-intensive greenhouses and fuel for shipping. You can reuse the floral arrangements from the ceremony at your reception to cut down on the number of flowers needed, which also saves money. After the wedding, donate your flowers to a hospital or nursing home, or dry them and use them in handmade gifts later.

Speaking of gifts, wedding days are full of them, right? Not just for the bride and groom either. There are gifts for the parents and the wedding party, plus favors for the guests. Some couples are choosing to forgo all these material gifts and favors, instead donating to a worthy cause on behalf of their guests and attendants. You'll cut down on material waste while supporting a charity you love. Don't want to give up gifts entirely? Choose nonwasteful favors, such as edibles, seedlings or soy candles. For attendants, consider organic beauty products, gourmet chocolates, recycled jewelry or bottles of local wines.



## Taking it to the next level

To those looking to have an even smaller environmental impact, the options don't stop there. Consider the wedding-day apparel and jewelry, starting with rings. Popping into the nearest big-name retailer for your wedding rings may be the easiest option, but not necessarily the most green, depending on the store. Choose a ring made with recycled gold and an ethically sourced diamond or gemstone. You can ask your jeweler if they have those options, or find a company online that does. Or skip the natural stones and go for a lab-created diamond instead. While lab-created stones may have once caused some noses to turn up, technology has advanced to the point that these stones compete in their beauty with their natural counterparts, and they don't involve mining a natural resource.

Of course, reusing something old is always green, so if you have an antique ring or family heirloom you love, go for it. The same applies to wedding gowns. Find a good seamstress who can alter a vintage gown to your figure and tastes or one who upcycles previously worn dresses. You also can shop for a once-worn wedding dress or rent one. If you don't have your heart set on a traditional white gown, choose a dress you can wear again and let your bridesmaids do the same.

After the wedding, you can donate your gown and bridesmaids' dresses to any number of organizations and causes. Brides Against Breast Cancer sells previously worn wedding gowns to fund programs for cancer patients and their families. For bridesmaid dresses, The Glass Slipper Project gives away free prom dresses to high school juniors and seniors in the Chicago area who are unable to purchase their own.

When it comes to choosing venues for the wedding day, consider timing the event so that it can be held outdoors or during a time of year when no heating or air conditioning is needed. Hold the reception at the same site as the wedding, or nearby, to reduce travel between the two. For food, choose organic when possible, but be careful to source locally as well. A local microbrewery or winery may be the best choice for your refreshments rather than organic wines and brews from out of state.

## Advanced techniques

So you've done the easy ideas? Here's a bigger challenge: eliminate your gift registry. These days couples are getting married later, and many already have all the goods they need for a house. Instead of incurring the environmental cost of producing, packaging and shipping material goods, ask guests who want to give a gift to donate to a charity. Inevitably, some guests will still bring gifts, but many will happily help fund a project you support.

You can further reduce the environmental impact of your guests by offsetting or changing their travel requirements. Even if you want every distant cousin and friend-of-a-friend there in person for your special day, you can reduce your carbon footprint by paying carbon offsets for their travel. Here's how it works: use a simple calculator online (such as carbonfund.org/weddings) to identify the carbon cost of your wedding, and then make an equivalent donation to a project designed to reduce greenhouse gas emissions. Just make sure the organization you support uses the majority of the money toward the project.

Whether you choose one or many of these nuptial tips to try, you'll be making a positive impact. And the icing on the wedding cake? You'll create unique memories to treasure for years.

*Becky Langdon is a frequent Radish contributor.*



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## HERITAGE





healthy living

# DIY beauty

## Whip up some cosmetics right in your own kitchen

By Leslie Klipsch

Sure, sea salt has found its way into my bathtub on occasion, and it's true I've borrowed a bit of apple cider vinegar from the kitchen counter for my nighttime beauty regimen without giving it too much thought. Yes, I even have used my stand mixer to make body lotion with oils generally reserved for cooking at a high heat. But it wasn't until I found myself schlepping a carton of Greek yogurt, a bowl of fresh squeezed lemon juice, and a dash of olive oil from my kitchen to my upstairs bathroom that I questioned such behavior as perhaps a bit peculiar. Or is it?

It all started simply enough. Several years ago, as I became more informed about the problematic ingredients used to make cosmetics, I began my at-home alchemy with a bit of olive oil. For years I shelled out \$4.28/ounce for eye make-up remover every couple of months. After examining the label, I realized I was paying for something the Environmental Working Group's Skin Deep Cosmetic Safety Database rated as "moderately hazardous." Rather than upgrading to an organic remover that might cost even more, I researched do-it-yourself recipes and found that olive oil (approximately 50 cents/ounce) works just as well.

Obviously, this saved money. But it also gave me peace of mind. Part of the issue is that America's skincare industry is largely self-regulated. Though more products promise to be "natural," there is no standard as to what that means. And even when problematic ingredients are identified, such as the recent focus on parabens (a common and inexpensive preservative used in cosmetics that some studies show plays a role in developing different types of cancers), the price tags for alternatives are high and the fine print difficult to wade through. In a nutshell, I am a wary consumer with a pocketbook that sometimes puts a wrinkle in my paraben-free preferences.

Before long, I followed my initial make-up remover success by adding jojoba oil to my beauty

routine. It costs about \$2 an ounce, and massaged into the skin and then removed with a warm washcloth, it acts as both a cleanser and moisturizer for my typically dry skin. (Someone prone to oily skin may prefer an oatmeal-honey cleanser.) Want to exfoliate? Simply use honey or lemon juice and sugar. With a little online research and trial and error, I found countless other cost-saving, all-natural ideas — and accumulated a repertoire of recipes for skin-care products that range from lip balm to bath salts to deodorant.

Of course, researching, gathering materials, and then cooking up concoctions takes time, and I've

found that some things are worth a premium price. I've read that you can brush your teeth with baking soda, yet I splurge on Tom's Toothpaste. And though I've learned it's possible, I have yet to make any of my own makeup (such as lip balm tinted with beet juice or bronzer made with cocoa powder). However, with the money I save by making a few of my own all-natural skincare supplies, I feel freer to splurge on other products like cosmetics that promise pure, non-toxic ingredients.

These days, apple cider vinegar sees a lot more action in my medicine cabinet than it does in my kitchen cupboard. Forget about dressing a salad,



Leslie Klipsch in her kitchen with the makings of homemade body lotion. (Photo by Todd Welvaert / Radish)

with little effort on my part it removes residue, detangles my hair and makes it shine. (Combine equal parts apple cider vinegar and water; massage into hair.) It also makes a great toner that balances the skin's natural pH-level. (Combine one part apple cider to two parts water; dab onto skin with a cotton ball.) A 16-ounce bottle costs less than \$5 and will last all year.

In experimenting with lotions and salves, I have learned that different essential oils can be added for their different properties. Pure essential oils are natural compounds found in seeds, bark, stems, flowers and other parts of plants. Not only do they have a natural aroma, each has its own set of benefits. Peppermint oil smooths and softens; patchouli and sandalwood aid dry skin; lavender is said to have antiseptic and antibacterial properties; while rose, geranium and chamomile all nourish aging skin. A surprising variety of essential oils exist and you can find many of them at health food stores, some craft stores and online.

I have just begun to scratch the surface, though the effort I put forth in cooking up the items I currently use is all I can muster for now. I desire all-natural skin-care products for my family of five, but I also want to be able to spend time with them and to feed, clothe and travel with them. Perhaps I want to eat my cake and have it, too — and while I'm at it, I'll probably try to turn it into a sweet, inexpensive and paraben-free facial mask.

*Leslie Klipsch is a frequent Radish contributor. Read more of her work at [leslieklipsch.com](http://leslieklipsch.com).*

### Handmade Hand Salve

1/3 cup sweet almond oil	4 tablespoons grated beeswax
2 tablespoons coconut oil	30-35 drops essential oil
2 tablespoons olive oil	

Combine oils over medium heat until melted. Remove from heat and stir in beeswax until melted. Stir in essential oil (I prefer peppermint). Pour into glass container(s) to cool completely. A little goes a long way. Makes 1 cup.

— Recipe source: [thehappyhousewife.com](http://thehappyhousewife.com)

### DIY Deodorant

1/4 cup coconut oil	4 teaspoons baking soda
2 tablespoons arrowroot powder	20-25 drops essential oil or cornstarch

Melt coconut oil in a small, microwave-safe bowl. With a whisk, combine starch and soda. Stir in oil and transfer to glass container.

— Recipe source: [fortheLoveoffoodblog.com](http://fortheLoveoffoodblog.com)

### Handmade Body Lotion

1 cup organic coconut oil	A few drops essential oil
1 teaspoon vitamin E oil	

Whip the coconut oil in your stand mixer at high speed until its consistency is light and fluffy (about 5 minutes). Add vitamin E and essential oils (I prefer lavender), mixing until combined. Store in a glass container. Makes 1 cup.

— Recipe source: [blog.radiantlifecatalog.com](http://blog.radiantlifecatalog.com)

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outdoors

# Tested by tandem

## What you need to know when buying a bike for two

By Laura Anderson Shaw

There's definitely something romantic about riding a bicycle built for two. Well, if the two of you can figure out how, that is. Tandem bicycles are a wonderful way to ride and spend time with your partner, Radish region cycling enthusiasts say, but they're not for everyone.

If you're kicking around the idea of purchasing a tandem bicycle, you definitely should test ride one first, says Jerry Neff Jr., manager at Jerry & Sparky's bicycle shop in Davenport. "That's probably the most important thing," he says.

Tim Phlypo, owner of the Let's Ride Inc. Bicycle Shop in Silvis, agreed, and says folks should also consider their athletic ability. While it's alright for one rider to be a bit more skilled of a cyclist than the other, both riders must work to keep the bike going.

If the test ride goes OK, Phlypo and Neff say it's important to be properly fit for a tandem, which is a tad different than being fit for a standard bike.

Like standard bicycles, prices will vary depending on the type of tandem. Serious riders looking for more higher-end road bikes could pay around \$6,000, while those looking for a little bit of riding-around-the-neighborhood fun would pay around \$1,000.

Experts say riding a tandem bike is all about being in sync. The "captain," who sits in front and is typically the stronger rider of the two, has to communicate with the "stoker," the person who sits in back. When the captain stops pedaling, the stoker must stop pedaling, too, Neff says.

Tandem riding also requires trust. Because the captain is the only person steering, the stoker must "sit back and relax and trust them," Neff says.

Phlypo says that steering takes some getting used to. Figuring out how to turn corners is sort of tricky until the stoker learns not to lean. That's something to "figure out pretty quick," he says.

Navigating hills can be difficult on a tandem, Neff says. On straightaways, tandems offer "the power of two and the wind resistance of one. (But) on the hills, it doesn't work out that way," he says.

But if you can get in the groove of it, "you can cook on a tandem," Phlypo says. "You can cover

some distance, and you can maintain a higher speed because it's only one vehicle instead of two."

If you're hesitant on whether a tandem is right for you, it's worth giving it a shot. If it doesn't, odds are you could find someone to sell it to. Unfortunately, that's what happened to Todd Welvaert, of Moline, a photographer at Radish.

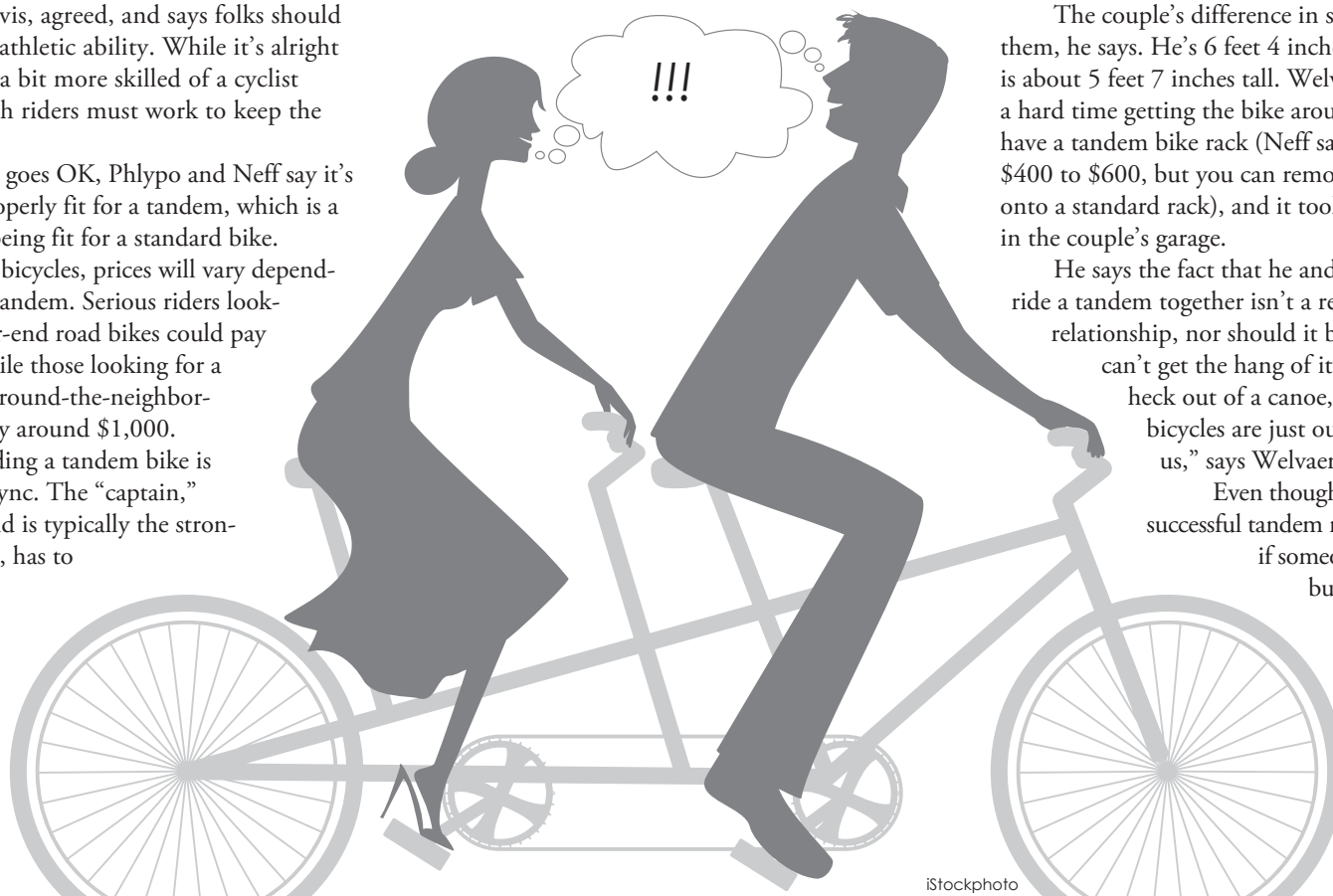
Welvaert says he and his wife, Lisa, road bicycles together all the time, "and there was always kind of a complaint that our paces didn't match each other." So, the couple bought a tandem about 10 years ago, and "initially, it was fun." But the more time they spent on it, he says, the more problems they ran into. For them, he says, "it was like wrestling a monkey."

The couple's difference in size worked against them, he says. He's 6 feet 4 inches tall, and his wife is about 5 feet 7 inches tall. Welvaert says he also had a hard time getting the bike around. The two didn't have a tandem bike rack (Neff says they cost about \$400 to \$600, but you can remove the wheels to fit it onto a standard rack), and it took up too much room in the couple's garage.

He says the fact that he and his wife couldn't ride a tandem together isn't a reflection on their relationship, nor should it be on yours if you can't get the hang of it. "We paddle the heck out of a canoe, but I think tandem bicycles are just out of the realm for us," says Welvaert.

Even though the two were never successful tandem riders, Welvaert says if someone is interested in buying one, he wouldn't hesitate. "For some people, it's a perfect match."

*Laura Anderson Shaw is a frequent Radish contributor.*



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health & fitness

# Go with the flow

## Ai chi combines Eastern practices, warm water exercise

By Ann Ring

In the warm, shallow pool, a dozen women stand with their arms extended. As they sweep their palms underwater, gentle ripples rise to the surface and crisscross hypnotically. You could almost mistake the routine for a synchronized swimming rehearsal, except no one dips her head beneath the surface of the water. What they are practicing is ai chi.

A simple water exercise and relaxation program, ai chi uses a combination of deep breathing and slow, broad movements of the arms, legs and torso in flowing, continual patterns, performed in shoulder-height water at a temperature of 88 to 90 degrees.

Ai chi instructor Jane Kropp at the Two Rivers YMCA in Moline signed up for her first ai chi class at the Y during a period when yoga wasn't offered and really enjoyed it from the start. After taking classes for a while, Kropp was asked to fill in for an instructor. Her students thought she did such a great job that Kropp kept at it.

As someone who's been physically active nearly her entire life, Kropp finds ai chi to be different than other water

classes. "I love it," she says. "It gives my body time to relax and reap the benefits."

The Y's ai chi class description promises that "you will improve your range of motion and overall mobility, deepen your relaxation and reduce stress."

In her classes, Kropp gently guides students through various movements of the arms, legs and torso, while also concentrating on deep breathing. There are 19 poses in all, and Kropp reminds her students not to move too quickly.

Jun Konno, one of Japan's top swimming and fitness authorities, developed ai chi in the early '90s as a water relaxation exercise. Ai chi, meaning "love" and "life force energy," is influenced by the flowing and graceful movements that typify many Eastern physical disciplines, including tai chi and qi gong. Konno asked Ruth Sova, founder of the Aquatic Therapy and Rehab Institute, to help him spread this new form of exercise. In 1999 they published the book "Ai Chi: Balance, Harmony & Healing" and developed an optional certification program.

Like other relaxation techniques or forms of meditation, at first it may not appear as though much is happening. But ai chi provides many benefits associated with mind-body practices, such as effective

stress management and better sleep. People of all ages, skill levels and physical abilities can participate, and you don't have to know how to swim. Due to its gentle and soothing technique, many older adults and those with chronic physical conditions particularly will benefit. But virtually anyone can derive benefits from its mind-body-spirit results.

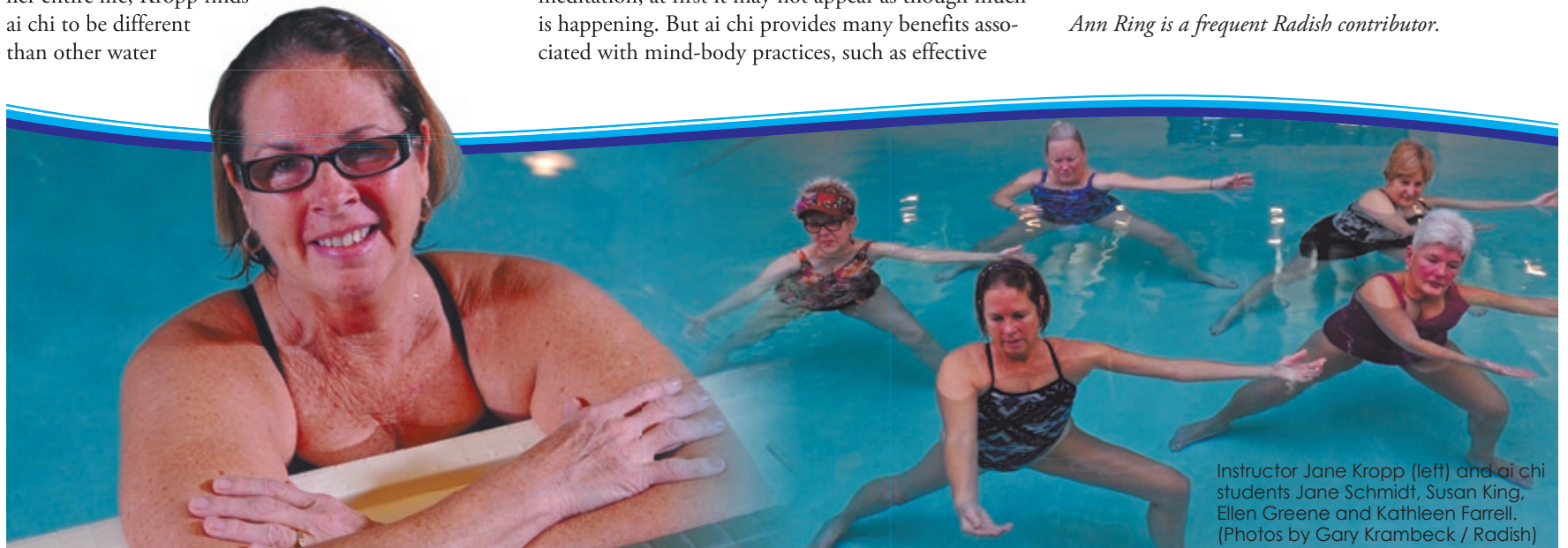
Kathleen Farrell, 64, has taken ai chi classes for at least 10 years. She says that when she started, she focused on the movements and positions. But now, "You turn everything off, except for what's going on at the moment," she says.

While she's in the water, Farrell says, "I let it work. I don't do anything except accept the movements." As to benefits, she says, "My energy level is up, and I have better balance, strength and flexibility."

One reason Farrell likes the class and Kropp's instruction so much is that "it's never boring because it can be approached differently each week."

Two Rivers YMCA offers two ai chi classes. A current winter/spring schedule can be found online at [tworiversymca.org](http://tworiversymca.org).

*Ann Ring is a frequent Radish contributor.*



Instructor Jane Kropp (left) and ai chi students Jane Schmidt, Susan King, Ellen Greene and Kathleen Farrell. (Photos by Gary Krambeck / Radish)

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environment

# Tankless wonders

## Intellihot water heaters save money and resources

By Jane Carlson

The spark for Intellihot's line of tankless water heaters came from a dark, wet basement in central Illinois. Sridhar Deivasigamani, then an engineer for Caterpillar, returned to his Peoria home after a 2005 vacation to find a faulty water heater had flooded his basement.

Looking at the unwieldy tank and the mess it had caused, Deivasigamani began thinking of a way to make water heaters — something most of us take for granted until they stop working — a more efficient and eco-friendly product.

For the next few years Deivasigamani and fellow Caterpillar engineer Sivaprasad Akasam tinkered with a different concept for a water heater. Their new model eschewed burning gas 24 hours a day to heat a large tank of water and instead used condensing technology, less natural gas, and a computer that learns when you are going to want hot water and delivers it on demand at an exact temperature.

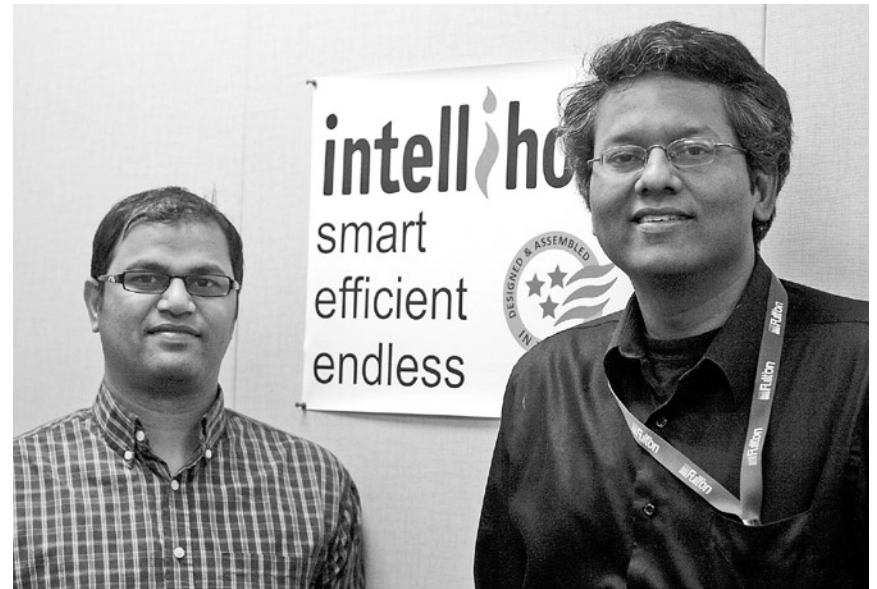
The pair formed Intellihot and took the tankless water heater from concept to production at the NEXT Innovation Center in Peoria. When Caterpillar offered an early buy-out option on their contracts, the two took the plunge full time into their new business. Then they moved production to Galesburg.

Seven years after that flooded basement, Intellihot is a burgeoning eco-friendly company with 12 full-time and 2 part-time employees, including the staff that manufactures the tankless water heaters at the headquarters in Galesburg's Sustainable Business Center. Deivasigamani serves as CEO/president and Akasam is vice president of the company.

Intellihot officially launched its line of commercial and residential tankless water heaters in 2012. Nursing homes, hotels, hospitals, car washes, laundromats and other businesses that use a large amount of hot water are among its growing customer base, as are residential users wanting a different option. With widespread distribution on the horizon and new products in development, Deivasigamani says Intellihot is poised for significant growth in 2013 and beyond.

Purchasing tankless water heaters can cost 30 percent less for commercial users compared to conventional models, says Deivasigamani. Operational efficiencies can then save users 40 percent in energy costs. Additionally, the stainless steel tankless water heaters can last up to 20 years, double the life expectancy of most conventional water heaters.

Deivasigamani compares the efficiency and return of a tankless water heater to the benefits of driving a hybrid car. The largest savings go to the consumers already using a lot of resources. For the water heaters, those would include facilities or large families with high demands, just like the most savings on a Prius go to someone already driving a lot of miles. The more hot water that is being used, the more rapidly and significantly consumers will see savings with the tankless water heaters, Deivasigamani says.



Intellihot vice president Sivaprasad Akasam and CEO/president Sridhar Deivasigamani. (Photo by Jane Carlson)

But even for residential and commercial consumers not using a huge amount of water, the tankless system is a greener choice. They are smaller and use fewer materials than traditional water heaters, and they are made from 99 percent recycled materials.

Intellihot takes a holistic approach to product development, looking for innovative ways to lessen consumer energy needs. They aim to create products and solutions that save money and help raise awareness about energy usage and waste.

For instance, with a conventional water heater, there can be 45 seconds or longer between the time a faucet is turned on and when the water reaches the desired temperature. Consumers are faced with a choice: Do they jump into a cold shower, or wait, and allow gallons of unused water to simply go down the drain.

Following a year of devastating drought and concerns about water shortages, that kind of waste motivates Deivasigamani and Akasam to continue refining their current products and to develop new ones that help reduce customers' carbon footprint. Their tankless system conserves both water and energy: without a tank to be kept at the ready, energy is only heated when hot water is called for, and the water that comes out is hot the instant it leaves the faucet.

"We should not be letting 45 seconds of good, clean water go down the drain," Deivasigamani says.

*Jane Carlson is a regular Radish contributor.*

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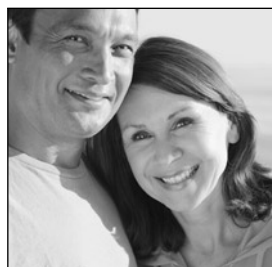


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food

# Oh so sweet

## Treat yourself to a little honey in your baked goods

By Erin Alderson

Local, fresh honey always fascinates me. I love speaking with the bee keeper about the flavors of the season. The taste of the flowers comes into play with each delicious flavor. When bees are left to roam, each batch of honey will taste just a touch differently and honey colors will vary depending on the season.

It's a sweet treat with a rich history: For thousands of years before sugar cane was imported to Europe from Asia, honey was the only sweetener available to people living in Europe and North Africa. As a result, it was highly prized. Depictions of gathering honey in the wild can be found among ancient cave paintings in Spain, and references to honey are found in sacred Hebrew, Hindu and Egyptian texts.

The individual histories of any given jar of honey are no less fascinating. A colony of bees can travel an area of 40 square miles in their hunt for nectar, with each individual returning to the hive carrying up to 70 milligrams of nectar to be converted into honey. Even though that is a miniscule amount, compared to the bees' body weight, it's the equivalent of a 150-pound person ingesting 127 pounds of liquid. When the bees finish converting the nectar for storage (a process that involves fanning it with their wings to "dry" it), the resulting honey is naturally antimicrobial and energy dense.

As part of a move to a diet based more on whole, less-processed foods, I weeded out conventional sugars and began replacing those with maple syrup and honey in what I eat. When substituted correctly, honey makes a great addition to cakes, muffins and even scones. I find that honey is slightly sweeter than sugar. For that reason, I often substitute  $\frac{3}{4}$  cup of honey for 1 cup regular sugar and, at the same time, for each  $\frac{3}{4}$  cup of honey I use I also reduce any liquid in a recipe (milk or water, for example) by  $\frac{1}{4}$  cup.

Substituting honey in baked goods, such as muffins and cakes, makes two changes: flavor and texture. The texture of the baked good often ends up denser and a bit more moist compared to the recipe made with granulated sugar. The honey also adds a bit of a floral note to the flavor that works particularly well when paired with baked goods containing fruit (like banana muffins).

Of course, if baking math isn't your thing, not to worry. Honey also makes a great addition simply drizzled over desserts such as berry crepes or a bit of plain yogurt. And you always can stir it into beverages like tea to add a touch of sweetness. If you are looking for a local honey to try, be sure to check out the farmers' market or your local health food store.

*Erin Alderson is a regular Radish contributor. Find more of her recipes and musings at [naturallyella.com](http://naturallyella.com).*



Photo by Erin Alderson

### Honey Banana Muffins

1 $\frac{3}{4}$ cup whole wheat pastry flour	$\frac{1}{4}$ cup pecan pieces, plus extra for topping
$\frac{3}{4}$ teaspoon baking powder	2 ripe bananas (about 2 cups)
$\frac{1}{4}$ teaspoon baking soda	$\frac{1}{2}$ cup honey
$\frac{1}{4}$ teaspoon salt	$\frac{1}{3}$ cup walnut oil
2 teaspoons cinnamon	2 eggs
$\frac{1}{2}$ teaspoon nutmeg	

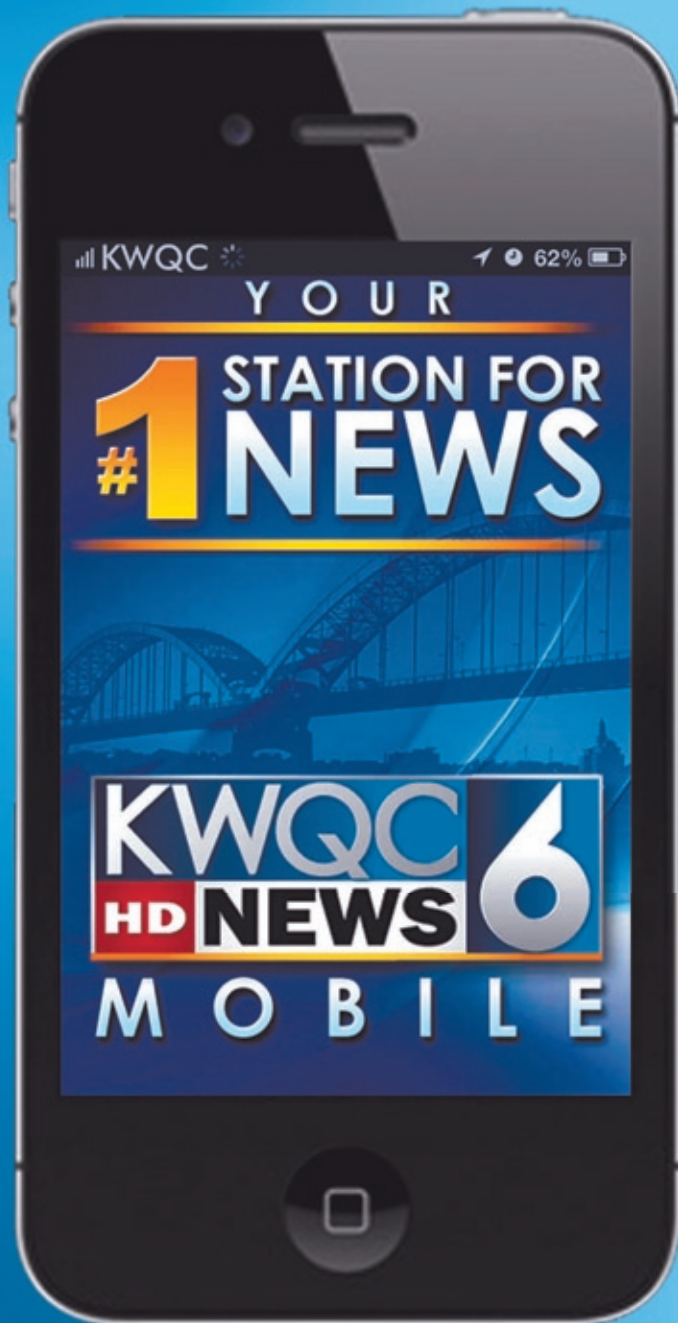
Preheat oven to 350 degrees and lightly grease or add liners to a muffin pan. In a large bowl, stir together pastry flour, baking powder, baking soda, salt, cinnamon, nutmeg and pecan pieces. In a separate bowl, mash bananas into a puree; whisk in honey, oil, and eggs.

Combine wet ingredients into dry ingredients and stir until just combined. Scoop batter into muffin pan, filling each muffin  $\frac{3}{4}$  of the way full. Sprinkle with pecan pieces.

Bake until muffins are golden brown and spring back when touched, 15-18 minutes. Let cool slightly and remove from muffin pan. Makes 12 muffins.

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# Smells fishy

## Many fragrances contain hidden chemicals

By Annie L. Scholl

Roses. Candy. Perfume. The standard fare for Valentine's Day gift giving. This year, though, you might want to think twice before you buy a gift of scent. It seems that behind that sexy fragrance is likely a hodgepodge of secret chemicals — some that are associated with health concerns, including allergic reactions, endocrine disruption or reproductive toxicity — according to the Campaign for Safe Cosmetics. Many of these chemicals do not appear on the product label.

Health risks from the chemicals depend on the product's mixture, the chemicals' hazards, the amount absorbed into the body, and an individual's susceptibility to health problems. According to a study published in the *Journal of Environmental Health* in 2009, fragrance allergies most often affect the wearer, but a growing number of people report adverse reactions to scented products — whether they're worn by others, displayed in stores, or added to air fresheners and other household products.

Fragrance chemicals are inhaled — and absorbed through our skin — and can then accumulate in the body. Many of the chemicals in perfumes and colognes also are found in other household products, thus increasing your exposure to and risk for developing allergies. For example, limonene is commonly listed as “citrus oil” in cleaning products and degreasers. Even products labeled as “unscented” may contain fragrances used to mask the smell of other chemical components.

Beyond causing allergy issues, a significant number of fragrance chemicals also can act as hormone disruptors. The Campaign for Safe Cosmetics cites several studies that indicate exposure to hormone disruptors has been linked to health issues, including an increased risk of cancer (particularly breast and prostate cancers); reproductive toxicity and effects on fetuses; and predisposition to metabolic disease, such as thyroid problems and obesity.

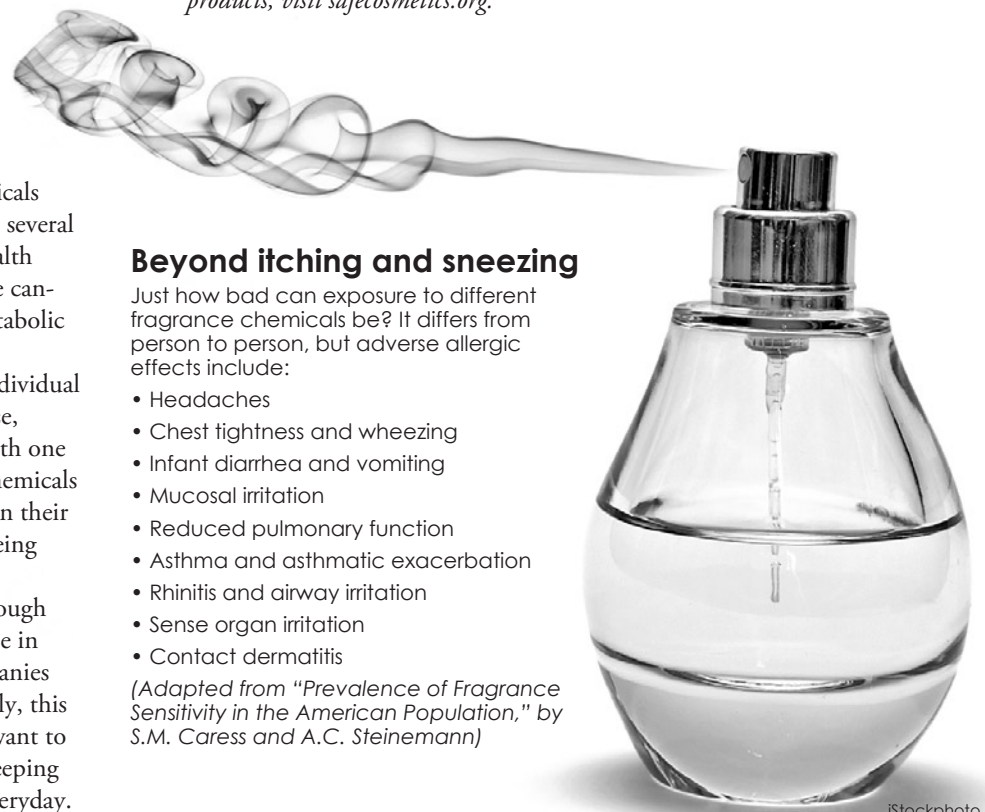
An added concern is that although studies have been conducted on individual chemical components found in fragrances to assess the health risks they pose, very little research has yet been done on those chemicals in combination with one another. So, while we may know that phthalates and BHT (two common chemicals found in fragrances known to disrupt hormone balances) are problematic on their own, we do not know if their deleterious effects are further magnified by being combined in the same product.

Given these concerns, how can these chemicals remain secret, even though they present potential health risks? Apparently, it's because of a big loophole in the Federal Fair Packaging and Labeling Act of 1973, which requires companies to list cosmetic ingredients on labels. Fragrance, however, is exempt. Initially, this was done to protect perfume manufacturers from competitors who might want to duplicate signature scents, but it has had the unintended consequence of keeping consumers in the dark about the chemical make-up of products they use everyday.

So what are you to do? Since it may be impossible to identify which chemical ingredients trigger issues, the safest choice is to avoid scented products altogether. Doing so, however, can be nearly impossible. Even looking for products stamped “natural,” “pure,” or “organic” hold no guarantee, since these terms do not have an enforceable legal definition.

If you — or your significant other — just can't do without your favorite fragrance, consider using it less often and eliminating other scented products from regular use. Another suggestion: consider essential oils. They come in a wide range of scents, are botanically sourced, and can be produced using sustainable methods. It is important to remember that they are commonly sold at a very high concentration, which can be irritating to the skin. To use them safely, dilute a few drops of the scented oil in a neutral “carrier” oil such as almond or grapeseed oil before dabbing them on the skin. A complete list of tips for using essential oils can be found at [auracacia.com](http://auracacia.com).

*Annie L. Scholl is a frequent Radish contributor. For help finding safer fragrance products, visit [safecosmetics.org](http://safecosmetics.org).*



### Beyond itching and sneezing

Just how bad can exposure to different fragrance chemicals be? It differs from person to person, but adverse allergic effects include:

- Headaches
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- Rhinitis and airway irritation
- Sense organ irritation
- Contact dermatitis

*(Adapted from “Prevalence of Fragrance Sensitivity in the American Population,” by S.M. Caress and A.C. Steinemann)*

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outdoors

# Hungry birds

## Tips on feeding our fine-feathered neighbors in winter

By Julie Barton

Winter can be a hard time for our bird friends. Many of the insects normally in abundance during the warmer months have died, and other food sources have gone dormant or can be covered by snow and ice. In the winter, a thoughtfully located bird feeder can be a bird's best friend.

Birds are warm-blooded creatures that need to maintain their body temperature in a certain range regardless of the cold outside. Fluffing up their feathers to create pockets of warmth and eating high-calorie, high-fat seeds to keep their energy levels up helps regulate their body temperature, according to Brian Blevins, operator of Pete Peterson's Wild Bird Shop in the Village of East Davenport.

The black oil sunflower seed is what Blevins's father, Del, referred to as "Black Gold," as it seems to be the sought-after seed for birds. It has a high calorie and fat content and a thin shell, making it less messy and more nutritious than the striped sunflower seed. Suet, a high-energy, pure-fat substance, makes it highly valuable as a feeder to birds that lose their insect supply in the winter.

Which should you put out for your birds? That depends in part on what kind of birds you hope to feed. "Our most popularly requested bird to feed is the cardinal, and they prefer black oil sunflower seed, safflower, and white proso millet," explains Blevins. "However, placing a variety of seeds in a ground feeder will attract sparrows, juncos, and mourning doves. Sparrows can be picky, they will sift through the other seeds to get to the black oil sunflower."

Peanuts, another protein-filled item on the bird menu, will draw blue jays, says Blevins. And how you dispense the food changes with what you are putting out, too. Peanuts, for example, work best in a long, round, wire feeder, while thinner seeds like nyjer are best dispensed from feeders with small openings.

Pete Peterson's Wild Bird Shop, located in the Village of East Davenport since the early 1980s, was opened by Pete Peterson, an avid international birder who held classes at the Putnam Museum in Davenport and wrote a local weekly column on birds and birding. When Peterson passed away in 1997, Lewis "Del" Blevins took over the shop. His son Brian Blevins, Pete Peterson's godson, now operates the shop with his mother, Scharlott Blevins. Brian Blevins, himself an ornithologist, carries on Pete's legacy of caring for and educating the public about our bird population.

The Blevins sell mixes geared toward attracting certain species. The back room of the shop is filled with names of regular customers and the mixes they prefer, and with a few hours' notice to get a special order ready, Blevins will make custom mixes for customers based on the birds they want to attract.

Recently, the price of bird seed everywhere has increased. This is due to two factors. The drought hit moisture-rich items like millet hard, and farmers who normally grow sunflowers or millet are dedicating that farmland to higher-yield commodity crops like beans and corn.



GateHouse News Service

Blevins says they go through about two tons of seed in a standard week, but after a large snowstorm a couple of years ago they sold eight tons in a week, much to the joy of birds everywhere.

"Placement of the feeder is important," Blevins notes. "Look for protection from wind and keep it sheltered from the extremities. You can always plant nearby to create a better habitat as well."

Landscape your property to help birds though the winter and you can be rewarded with their songs. A good spruce tree will provide shelter from the cold winter wind, and the tree absorbs sunlight in its dark boughs. Berry trees, vines and bushes can provide food and protection from predators.

When it comes to storing your bird seed, remember seed is food, so it doesn't last forever. How long it stores without going bad depends on the time of year, the moisture content, the temperature, and insect infestation. Certain seeds will last longer than others. Storing bird seeds in the refrigerator until ready to use can help because it locks up the moisture content of the seeds.

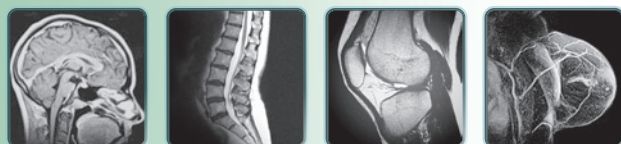
*To learn more about feeding birds and upcoming birding classes at Pete Peterson's Wild Bird Shop, contact the shop at (563) 323-2520. Julie Barton is a regular contributor to Radish. She blogs at [adayinthewife.com](http://adayinthewife.com).*

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# Stay well this winter

Nutrition, exercise and relaxation all play a role in health

By Deborah Huso, Mother Earth Living

For most of us with busy schedules, a bout of the common cold or flu can totally throw us off track. But ironically, the best way to preserve our health and maintain our on-the-go lifestyles is to give ourselves the time we need to slow down, treat our bodies right, and get the nutrition and rest we need.

## Eat to beat illness

Although eating a wide range of healthy foods, including  $4\frac{1}{2}$  cups of fruits and vegetables daily, will go a long way toward maintaining your health, certain foods and minerals pack a bigger punch than others.

“Vitamin A is crucial for the immune system,” says Joan Salge Blake, registered dietitian and spokesperson for the Academy of Nutrition and Dietetics. Vitamin A acts as a barrier against harmful bacteria, increases white blood cell counts, and is a potent antioxidant, helping the body defend against the harmful free radicals that can damage cells and weaken the immune system, Blake says.

But health experts recommend against superdosing with vitamin A supplements: Too much vitamin A can be toxic and lead to hypervitaminosis. To safely boost your vitamin A intake, eat foods rich in beta-carotene such as carrots, sweet

potatoes, pumpkins, cantaloupe, and other fruits and vegetables with a deep orange or red color. Beta-carotene can be stored in the body until it’s needed and poses no risk of hypervitaminosis. “When your body needs the nutrient, it will convert the beta-carotene into vitamin A,” Blake says.

## Work it out

Fitness enthusiasts may wonder whether to exercise or rest when a sickness is coming on. As a general guideline, if symptoms are from the neck up (such as the common cold), moderate exercise is acceptable or even beneficial, according to a report by the Department of Health, Leisure and Exercise Science at Appalachian State University. If illnesses are systemic, meaning they affect the entire body (for example, the flu), bed rest is best, followed by a gradual progression back to normal training, as physical activity can worsen systemic illness.

Although moderate exercise can help maintain a healthy immune system, prolonged heavy exertion lasting longer than 90 minutes can weaken immune function. Long, intense exercise can create an “open window” of impaired immunity, lasting from three to 72 hours, during which time it can be easier for illnesses to gain a foothold. Data from some studies have shown that athletes who ingest carbohydrates during periods of intense physical activity (such as running a marathon) will experience a lower disturbance to the immune system than those who avoid carbohydrates.

## Reduce stress

One of the many reasons exercise may be so beneficial for the immune system lies in its ability to help reduce stress. In numerous studies, stress reduction has been found to enhance immune function. When we experience stress, our bodies increase the output of neuroendocrine hormones, which have detrimental effects on immune function.

In addition to stressful circumstances, researchers have found a link between repressed immune function and lack of social support. In a 2005 study of college students, health psychologists found that social isolation and feelings of loneliness each independently weakened first-year students’ immunity, as reported by the American Psychological Association. It appears that finding ways of managing stress and enhancing our social networks may both be vital to maintaining our health.

*Excerpted from Mother Earth Living, a national magazine that provides practical ideas, inspiring examples and expert opinions. To read more articles from Mother Earth Living, please visit [www.MotherEarthLiving.com](http://www.MotherEarthLiving.com) or call (800) 340-5846 to subscribe. Copyright 2012 by Ogen Publications Inc.*



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## resources

### PAGE TURNERS

(Story on page 6)

**“Barnheart: The Incredible Longing for a Farm of One’s Own,”** by Jenna Woginrich (2011, Storey Publishing, 184 pages, \$14.95 paperback)

Woginrich first introduced readers to her homesteading dreams in “Made from Scratch,” and she continues the journey in “Barnheart.” The book details her cross-country move to Vermont and her attempts to rebuild what she had started in Idaho.

While some of her stories are lighthearted, much of the book deals with her struggles to live the life she wants on a rented homestead. She writes about the heartache of not having someone to share that life with, besides her animals. Her foray into the world of sheep leads to a sad setback when it comes to a sheepdog. A skirmish with a neighbor who overreacts and doesn’t get the true story causes a chain reaction that throws her life into chaos and makes the reader want not only to keep reading, but to have a few choice words with that neighbor as well.

The book isn’t all bad news. After watching her whole world nearly collapse, Woginrich shows that she truly has a Barnheart as she picks herself up and starts another chain of events that leads to a delightful ending. There are surprises, too: Her efforts to ensure a happy, safe life for her animals cause her to rethink her long-time vegetarianism. A turkey chick that she bought on a whim ends up as a Thanksgiving story that her family will probably retell for years.

• **Favorite Sentence:** “And when you find yourself sitting in your office, classroom, or cafe and your mind wanders to dreams of the farming life, know that you are not alone.”

• **Perfect snack pairing for your book club:** Crudités, preferably organic and grown by you, in honor of Jenna, the former vegetarian.

— Sharon Wren

**Spicy Kale Chips** (enjoy with “The Wisdom of the Radish”)

1 bunch kale, washed and patted dry, stems removed	Salt, to taste 1 tablespoon red pepper flakes
Olive oil	¼ teaspoon cayenne pepper

Place dried kale leaves in a bowl. Slowly drizzle olive oil over the leaves 1 teaspoon at a time, stopping to toss the leaves before adding another teaspoon, until the leaves are all lightly coated. Lay flat in a single layer on a baking sheet and sprinkle with red pepper flakes, cayenne and salt. Bake at 350 degrees for 7 minutes, then use a spatula to toss the leaves gently for even baking. Return to oven and bake 5-7 minutes more, until leaves are crisp.

**Oatmeal-Maple Syrup Drop Cookies** (enjoy with “The Feast Nearby”)

½ cup salted butter, soft	½ teaspoon ground cinnamon
1 cup pure maple syrup	¼ teaspoon ground cloves
1 egg	¼ cup whole milk
1½ cups whole wheat flour	1½ cups rolled oats
2 teaspoons baking powder	½ cup dried cherries
½ teaspoon salt	½ cup chopped walnuts

Preheat oven to 350. Prepare two cookie sheets by greasing lightly or lining with parchment paper. In a large bowl, beat the butter, maple syrup and egg until the mixture is light and fluffy. Set aside. Sift together the flour, baking powder, salt, cinnamon and cloves. Add to syrup mixture alternately with milk. Mix well. Stir in the oats, cherries and nuts. Drop by rounded tablespoonfuls onto the prepared cookie sheets, leaving 1 inch between each cookie. Flatten the mounds with your fingers or the oiled bottom of a drinking glass. Bake for 15-20 minutes, one sheet at a time, until the cookies are golden and look dry. Cool on the cookie sheets for 5 minutes, then transfer to a wire rack to finish cooling.

— Recipe source: Robin Mather, “The Feast Nearby”

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body, mind & soul

# Healing touch

## Reiki can help restore relaxation, balance and calm

By Laura Anderson Shaw

Though her hands never made contact with my torso, I felt their warm, calming presence. With my eyes closed, I laid on my back on a padded table one recent afternoon at The Reiki Studio in Davenport experiencing reiki (pronounced RAY-kee) for the first time.

Reiki master teacher Pat Deaton was quietly at work. She started by gently touching the top of my head, then my ears, then my collarbone area. Then she raised her hands and hovered them over my chest. Finally, she gently rested her hands on my belly and hips, finishing at my knees and ankles.

I felt something warm gently swirl inside of me. When her hands cupped my ears, I heard sounds similar to those of the “ocean” when you put your ear to a seashell.

At the end of my short session, I felt simultaneously relaxed and awake, much like I feel after yoga practice, so it wasn’t surprising to learn the two practices have some things in common. For example, a reiki practitioner will use a dozen or so hand positions during a session, mainly centering on the body’s seven chakras or “main energy centers,” Deaton says.

Although reiki practitioners each may approach the discipline with their own perspectives and insight, they share a belief in reiki as a healing energy that brings the mind, body and spirit into balance. “I’m just sending reiki and it does the work,” says Deaton.

Candida Maurer, Ph.D, a licensed psychologist, reiki master and practitioner of other bodywork modalities, says her goal during a reiki session “is to be as open of a channel for reiki as I can be.” To do this, she quiets her mind, grounds and centers herself, and works to be “in-tune” with what the receiver is experiencing.

Maurer is co-founder of Eastwind Healing Center and Eastwind School in Iowa City. Like Deaton, she says reiki is great for everyone. “I think anyone could benefit from it,” Maurer says.

As a practice, reiki can complement chiropractic or medical care, and aid people with physical, mental or emotional problems, regardless of their faith or walk of life, Deaton says, explaining, “All it is is something that’s going to balance the energy in the body.”

Maurer says that “reiki heals what is up to be healed.” Whether on the giving or receiving end of reiki, “you need to let go of your expectations,” Maurer says, “and just trust that (the) reiki is doing what it’s supposed to do.”

For those on the receiving end, Deaton says to “relax.” Deep healing can occur “when you let go,” Deaton says.

Maurer says she hopes reiki recipients move into a “progressively deeper state of relaxation, calm and balance” during their sessions, and leave feeling “very relaxed, but peaceful and refreshed.”

The ability to practice reiki is passed down from the teacher to the student,



Reiki practitioner Pat Deaton works with a client. (Photo by Todd Welvaert / Radish)

according to Deaton. It isn’t really any special knowledge, Deaton says, but “you can’t learn it on the Internet. You can’t read it in a book.”

Deaton says there are three levels of reiki training. In level one, students will learn the history of reiki, what it is, and techniques to practice it. It also includes an “attunement,” which essentially opens up the students’ energy channels so they may “channel reiki and give reiki,” Deaton says. Deaton and Maurer say that at their centers, level one requires a one-day class.

For most people who are interested in learning reiki, “this is all they need,” Deaton says. They then can use reiki on themselves and on their family and friends.

Level two introduces some more advanced elements, Deaton says. At the end of the training, the student is attuned to receive these abilities. This also requires a one-day class at Deaton’s and Maurer’s centers.

The third level and beyond are reiki master and teacher levels. This requires more of a two-day class, Deaton and Maurer say, involving advanced training that includes how to pass abilities to other people during attunements and more.

The two say that the teachings of reiki are never really complete. “I’m a reiki student for life,” Deaton says. “I’m always learning, and that’s kind of how a lot of people (who) work with this every day feel.”

*Laura Anderson Shaw is a frequent Radish contributor. For more information, visit [reikirenovations.com](http://reikirenovations.com) or [eastwindhealing.com](http://eastwindhealing.com).*

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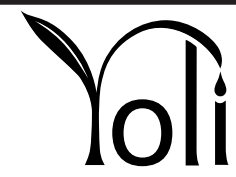
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food for thought

# The ick factor

## Are we shortchanging ourselves in our food choices?

By Rachel Morey Flynn

The first time I dropped a ham hock in my black bean soup, I really didn't understand that I was eating the kind of meat that some people consider inedible or just too gross to consume. The black bean soup recipe that I love has evolved from so-so to nurturing, delicious and magical over the years. Those ham hocks were the final touch. They infuse the soup with an impression of hearty pork-filled goodness, yet the meat itself is nearly invisible.

Organic ham hocks are an inexpensive addition to what must be the tastiest low-cost soup on the planet. Yet the eater never feels cheated. Somehow in this equation, cost doesn't equal taste. The inequality is welcome in my kitchen, where we rely on strict budgeting and feats of trickery to turn out amazing, full-flavored, nutrient-dense meals night after night.

**Even upon careful consideration, I still can't quite feel repulsed by less desirable bits and organ meat.**

I have been so in awe of the power of the ham hock, I must have forgotten to contemplate that fact that it is actually the foot of a pig. Even upon careful consideration, I still can't quite feel repulsed by less desirable bits and organ meat (otherwise known as offal) of most of the animals that we consume regularly. To me, if we eat the rear end, should we not eat the heart, as well? Why is the fat of the underside of a hog considered delicious, but the thought of eating calves' brain cause for many human inhabitants of the first world to roll their eyes back into their heads and gag? I struggle with questions about why we believe it's OK to throw away nutritious food just because of where it is positioned on the animal.

It's not just offal that often gets deemed off-putting, either. At a recent visit to the pumpkin farm near the town where I grew up, I observed the farm's resident ostrich as she was laying an egg. It was hard not to notice, and as much as I would have liked to give her the privacy owed to any bird in the process of laying an egg, she didn't give me a choice. She turned her hind end towards me in the middle of her enclosure and very suddenly dropped an egg on the ground beneath her.

I considered it a sign and went to find the matriarch of the establishment so as to inform her of the event. She was unimpressed. Apparently, while an ostrich doesn't lay an egg every day like a chicken, they do occasionally drop this 8-pound wonder to the ground. She told me some people eat ostrich eggs and then went to retrieve it for me.

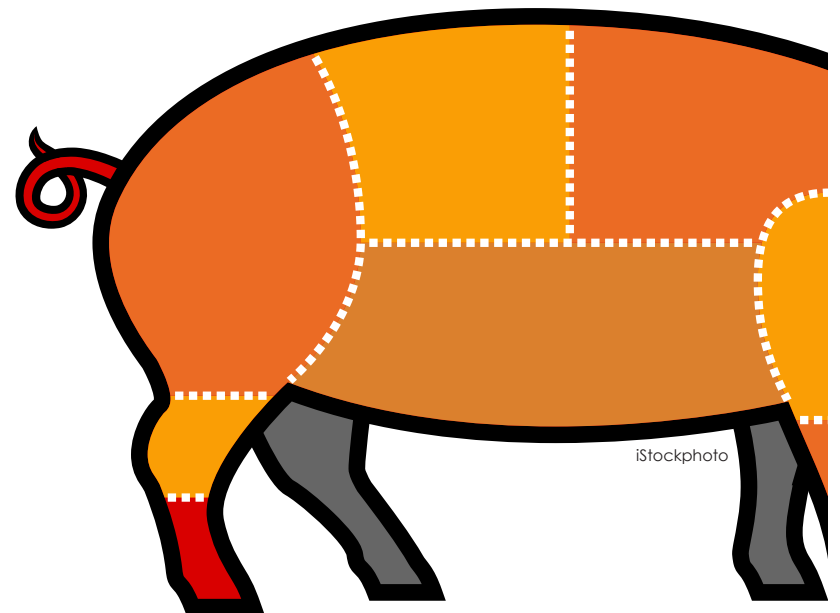
I ran to find my husband, who declared with the kind of decisive tone that

can't be argued with, "I am not eating that." So I went to show my children. They both promptly declared that they also were not eating it. I was confused. "But it's a gift!" I argued. "Of course we'll eat it! It's just like a giant chicken egg!" They formed a wall of resistance. No one wanted to share my ostrich egg. I don't really understand why.

My brother-in-law grew up in Peru. When I asked him about a soup that he once mentioned made of cow intestines, he said that it was very good. I asked him if he thought people would eat it around here. He shrugged and said, "If you are hungry, it is good." So that's it. Maybe we just aren't ever really hungry — but could it be that in being so satiated, we're actually missing out on something, like the full spectrum of tastes and textures the world has to offer?

When facing the really hard questions in life, I tend to seek counsel with children for their honesty and for their clarity. As it turns out, the first graders that share a lunch table with my daughter don't understand their own aversion to certain parts of an animal any more than I do. When I put the question to them, there was much disagreement about exactly how gross various parts are, but one unanimous opinion: Even while eating meat, meat is too gross to really talk about. Also, not one first grader was willing to share my ostrich egg. And so it is with adults, too. Beef tongue taco, anyone? The silence is deafening.

*Rachel Morey Flynn is an adventurous eater and a regular Radish contributor living in Cedar Rapids, Iowa.*



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