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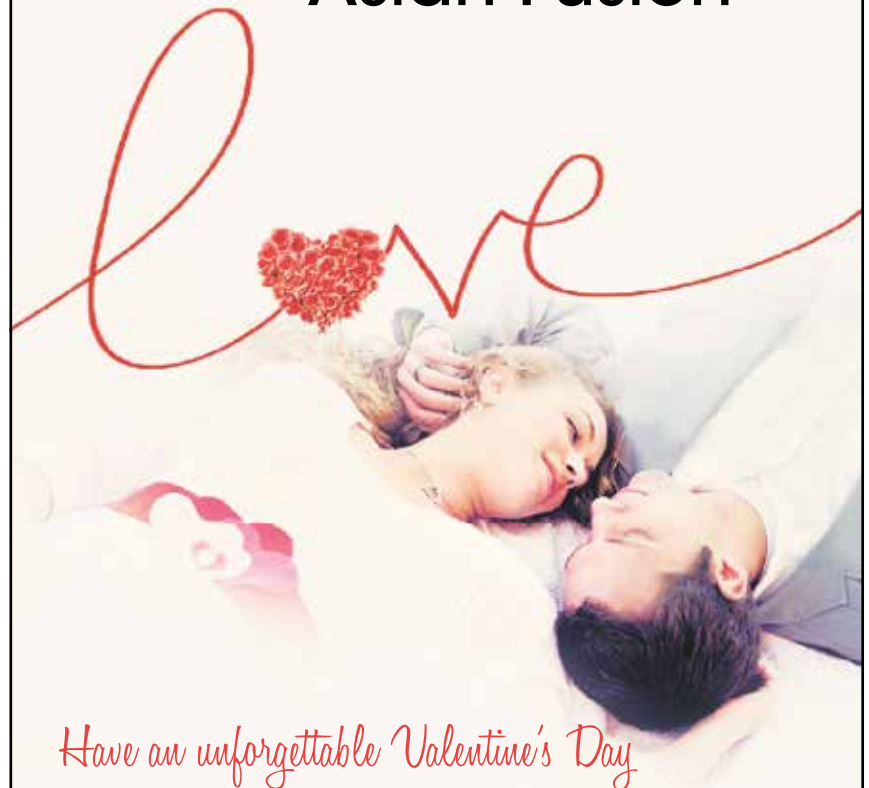
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from the editor



Radish editor Laura Anderson Shaw and this month's cover model and staff writer Chris Cashion outside the Quad Cities Food Hub in Davenport. Photo by Todd Mizener / Radish

It's officially the second month of the new year, but I'm still writing 2015 on everything. Maybe I'm not entirely finished with the year — convenient, because we at Radish aren't finished celebrating our 10-year anniversary, either, which we hit in December.

We've covered a lot of ground in our first 10 years, and thanks to our readers, story subjects, contributors and advertisers, we've become more than just a magazine — we're a community, a group of friends and neighbors working together to make our little neck of the Midwest a better place.

Take a quick spin through the Quad Cities Food Hub at the Freight House in Davenport to get a glimpse of where we've been. The Hub has built a Radish wall, a magnificent space inside its market, clad in more than 40 Radish magazine covers, including our very first, featuring cover model and staff writer Chris Cashion.

For our anniversary edition this month, Chris agreed to pose again — this time in front of the Radish wall.

At Radish, we strive to tell you about people and organizations doing good things, offer recipes you can cook for yourself and for your family, and leave you with little bits of information or ideas to chew on in between.

Back in December, I told you that at the second annual Radish Winter Wellness Festival, which took place Dec. 5, you could vote for your favorite story and recipe that have graced these pages over the years. Now, I'm delivering on that promise! Votes were cast and results were tallied, and in this issue of Radish, you'll find snippets of some of the best of the best stories on pages 6-7, and a few of our most popular recipes on pages 16-17.

On page 26, we also catch up with a couple of groups who were in the very first issue of Radish, as well as the area college that climbed on board with us immediately and purchased the first inside-back cover ad. The school, whose students are greatly committed to health and wellness, has appeared in many issues of Radish.

We also have plenty of newbies in this issue, too. If you're celebrating Valentine's Day with your sweetheart, or simply trying to fight the good, healthy fight, you'll find workouts you can do as a couple on page 12; fair-trade flowers that won't wreck your ethics on page 8; and recipes for delicious, guilt-free cookies on page 20.

If you're like me and in hibernation mode for winter, you can find some ways to chuck the chills on page 18, including a delicious yet simple concoction I'm calling cocoa-coffee.

Until next month, readers — I'm going to get back to my mug of cocoa-coffee and plate of cookies.

— *Laura Anderson Shaw*
editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

Number 2, Volume 12
February 2016

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Photo by Gary Krambeck / Radish
Radish's 10-year anniversary cake, baked by Eastern Iowa Baking Co., out of Eldridge, Iowa.

Radish is a monthly guide to improving your health through the natural foods, products, resources and services of Western Illinois and Eastern Iowa. It is distributed by Moline Dispatch Publishing Co., L.L.C., 1720 5th Ave., Moline, IL, 61265; (309) 757-5041; Fax: (309) 797-0317. To subscribe, send a personal check or credit card information for \$19.95 for one year (\$29.95 for two years) to Radish, 1720 5th Ave., Moline, IL, 61265. No part of this publication may be reprinted or otherwise reproduced without written permission. Send editorial correspondence to Editor, Radish, 1720 5th Ave., Moline, IL, 61265, or e-mail editor@radishmagazine.com. For a list of editorial submission guidelines, visit www.radishmagazine.com.



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the grapevine

From our readers

"Love the recipes!" — *Joan Barrios, Clinton*

"Enjoy reading your magazine." — *Lynette Anderson, East Moline*

"Great stories and recipes here!" — *Marlena Bivens, Moline*

On the Road with Radish

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at:

• **Q.C. Organic Conference,**
9 a.m. to 4:30 p.m. Feb. 6 at the Freight House, 421 W. River Drive, Davenport. Admission is \$25. For more information,

call 309-235-1330, or find QC Organic Conference on Facebook.

• You also will find Radish representatives at a presentation on genetically modified organisms, or GMOs, from 10 a.m. to noon Feb. 20 at Heritage Natural Foods, 1317 6th Ave., Moline. Admission is free. For more information, call 309-764-1912.

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

Radish reads: Living gluten free



Mini review: "The Gluten-Free Revolution: Absolutely Everything You Need to Know about Losing the Wheat, Reclaiming Your Health, and Eating Happily Ever After," by Jax Peters Lowell. (2015, Henry Holt and Company, 656 pages, \$28.)

With a bit of clever and a sprinkle of sass, Jax Peters Lowell covers all her bases in gluten-free living with "The Gluten-Free Revolution."

Forget trying to figure out the 20-plus names for gluten and where you might find it, this book has it covered. Lowell answers every question a newly diagnosed celiac patient could possibly have, from reservations of dining out to the rules of etiquette to inform those you dine with of your allergy.

She even includes allergy dining cards in several languages for your travels. And forget your temptations to cave with that good-looking pastry, and remember to be mindful of cross contamination because that awful backlash of days-long illness is something you want to avoid at all costs.

The book goes so far as to cover what to do if your newborn is diagnosed with a gluten intolerance: how to create an uncomplicated lifestyle, how to deal with play dates without sounding like a snob and finding some sort of normalcy.

The book could have been enhanced by additional family recipes, but nevertheless, the new-found celiac will find some humor, light and answers to all their questions in this lively lifestyle compendium.

— *Katy Williams, Moline*

SAVE THE DATES: July 15-17

Keep this July weekend open! The first Radish Magazine Yoga Fest will take place July 15-17 at the Holiday Inn Rock Island - Quad Cities, 226 17th St., Suite 100.

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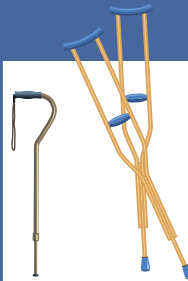
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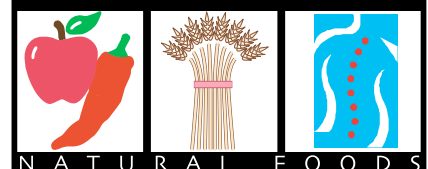
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Radish staff writer Chris Cashion stands in front of the Radish wall at the Quad Cities Food Hub in Davenport. Cashion posed on the first issue of Radish in 2005. (Photo by



Todd Mizener / Radish)

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radishmagazine.com

On Feb. 13, Nahant Marsh will host its first Rustic Relay Winter Games on the grounds around the Nahant Marsh Education Center, 4220 Wapello Ave., Davenport.

It will be a fun and lighthearted adult relay competition to help combat the winter blahs and enjoy the marsh in winter, according to a news release.

Prizes will be awarded for first, second and third places, as well as the most creative team name, best-dressed individual and best-dressed team. Registration is \$10 per person before Feb. 6, and \$15 per person after.

Learn more about the event at radishmagazine.com.



The best of Radish

Voters choose which stories are worth revisiting

Radish staff

From food, local farmers, crafts and the outdoors, to health and fitness, pets, good area businesses, things that make you think and more, you'll find it in Radish magazine. For the last 10 years, the staff behind the magazine have worked hard to make it a publication dedicated to all things healthy living.

Last fall, the staff racked their brains for what they thought were the best, most memorable stories featured in Radish since its inception in 2005. Then, Radish Winter Wellness Festival attendees in December voted for their favorites among the stand-outs.

We promised to publish the results, so here they are, ranked in order of votes — from most to least, including a couple of ties!

- The annual Radish Pet of the Year
- Exploring Milan Bottoms
- Cemetery stroll: Out for a walk? Cemeteries offer beauty and history
- Mad about farming: A new generation settles into hard work, good eating
- DIY Halloween
- SIS International: Fair-trade shop showcases gifts made of recycled goods
- Part of the cycle: Contemplating death can help us appreciate life
- 'Totally turn to fire': Let love renew and transform you this Valentine's Day
- Really big bugs: PROJECT InSECT reveals beauty of microcosm
- High adventure: Dubuque zip-line course offers a unique woodland outing

For years, Radish has hosted its Pet of the Year contest annually at the Healthy Living Fair. During the contest, dozens of dogs strut their stuff on stage



Bear, 2009



Jazzy, 2010



Lucie, 2011



Macs, 2012



Sasha, 2013



Gracie, 2014



Jake, 2015

while their owners talk about how their family keeps their pet healthy, how their pet contributes to their health and well-being and whether they use any earth-friendly practices or products for their pet along the way.

The winner is chosen by audience applause, and then, the winning pup's mug graces the August cover of that year, from Bear in 2009, through Jazzy, Lucie, Macs, Sasha, Gracie and,

finally, Jake in 2015. Find their stories at radish-magazine.com in the edition archives section.

Readers who attended the Winter Wellness Festival also favored the coverage of the 2013 BioBlitz in the July Radish that year. The event was an intensive exercise in finding and identifying as many plant and animal species as possible in 24 hours within a given area — in this case, the Milan Bottoms, an ecologically-rich 92 acres comprised of floodplain forest and wetlands owned by the Natural Land Institute.

The Dispatch and The Rock Island Argus contributed reports from the field, offering a great play-by-play of the event. There were monarchs and minnows, beetles and glow worms, woodpeckers and chickadees, surpassing the organizers' goal of finding 500 species, including hundreds of insects and plants, and dozens of birds, spiders, aquatic invertebrates and more.

Find the full reports on the Radish website.

Attendees also gravitated toward a piece about cemetery strolls, where local cemetery buff Minda Powers-Douglas told of the beautiful spots chalk-full of history, rolling hills perfect for jogs and walks, and winding paths offering glimpses into the lives of the people who filled our towns

before us, including Chippiannock Cemetery in Rock Island.

While many people see cemeteries as places to lament lost loved ones, and Powers-Douglas does not disagree, she also feels they are for the living. While some



File / Chet Strange / Radish

Angella Moorehouse, of the Illinois Nature Preserve Commission, checks on bug traps in the flooded Milan Bottoms during the BioBlitz, a 24-hour event aimed at cataloging the ecological and biological diversity in the Milan Bottoms area.

find it creepy or disrespectful to spend so much time in a cemetery, Powers-Douglas said, it actually is how many cemeteries were intended to be used.

Cemetery walking is a great way to enjoy the outdoors, she says, adding that you'll find wildlife such as rabbits and squirrels. You also can look around and discover something new, such as the symbolism in the carvings and etchings in the stones and statues.



File / Paul Colletti / Radish

Jason Koontz closely examines plants in order to identify them during the BioBlitz.



File / Chet Strange / Radish

Minda Powers-Douglas and daughter Bella in Chippianock Cemetery.

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Fair flowers

Socially-responsible blooms in time for Valentine's Day

By Cindy Hadish

Name any area grocery store or market — nearly all of them will have a floral department, boasting beautiful bouquets and arrangements in any color of the rainbow. But where do those flowers come from?

Anne Armitage sells locally grown flowers at Bark & Bloom in the NewBo City Market, 1100 3rd St. SE, Cedar Rapids, but sourcing local flowers is nearly impossible for Midwestern florists in the winter months.

"It's very challenging," says Armitage, who has to rely on what wholesale suppliers make available in Iowa during cold weather months, particularly for the Valentine's Day rush.

What is available typically isn't the socially responsible and eco-friendly flowers that Armitage prefers, but some of her winter selection is grown in the United States. Customers who are seeking an environmental route when it comes to flowers may ask about the flowers' origin and look for special certifications.

Fair trade-certified flowers offer one way to ensure the flowers you purchase for Valentine's Day or other occasions come from farms where workers are treated fairly.

Nearly 80 percent of cut flowers sold in the United States are grown in Latin America, South America and Africa, where workers often are exploited to keep costs low, according to One World Flowers' website, oneworldflowers.org.

Fair trade certification ensures workers on large-scale flower farms have access to unions, receive better wages and work under safe labor conditions with protective equipment and proper training, Fair Trade USA notes on its website, fairtradeusa.org.

With the fair trade premium, 10 percent of the commercial price of every stem sold is allocated to a development fund that allows workers to invest in their communities, such as building a school or offering day care to workers.

Bouquets sold under the program are marked with the fair trade logo on their packaging, so customers know what they are purchasing.

"One of the biggest problems in that industry is poisoning workers with pesticides," says Becke Dawson, owner of the SIS International Shop in Davenport. That leads to not only health issues for the workers, but also birth defects, as a majority of those workers are women, she added.

Fair trade flower farms, on the other hand, ban the use of dangerous chemicals and train workers to safely handle approved pesticides. Those are among the reasons Dawson has carried fair trade roses for Valentine's Day at her store.

While she was unsure whether she would have the roses in stock again this year, she says she is supportive of the model.

Items at SIS International Shop, 108 E. 2nd St., Davenport, often are hand-crafted by artisans in countries where there are few income opportunities, so fair trade flowers fit the store's mission, Dawson says.



Anne Armitage is shown with a bouquet of proteas, grown in the United States. Armitage sells flowers, including many that are locally grown, at Bark & Bloom in the NewBo City Market, 1100 3rd St. SE, Cedar Rapids. (Photo by Cindy Hadish / Radish)

"It's really a huge plus for the floral industry to use fair trade," she says.

Fair trade-certified flowers can be found at a handful of stores in Iowa and Illinois, including Jewel-Oscos, and online at a variety of websites, such as oneworldflowers.org, 1800flowers.com and FTD.com.

Sourcing flowers locally is another way for florists and customers to know the practices behind the products. When starting Bark & Bloom several years ago, Armitage had hoped to source everything from the United States but soon discovered the challenges.

She cites "Flower Confidential," a book that explored the international floral industry, and says that flowers such as carnations, roses and chrysanthemums are rarely commercially grown in the United States because they can be grown so cheaply in South America.

The book, written by Amy Stewart, notes that wages for floral farm workers in Ecuador average just \$150 per month, and flowers imported into the United States are fumigated with chemicals before being shipped to their destinations.

These are among the reasons Armitage cites for buying locally grown flowers.

While many of the flowers Armitage sells are from Pheasant Run Farm near Van Horne, Iowa, which doesn't use chemicals like those sprayed on imported flowers, she does grow some of her own.

Fragrant lilies, colorful snapdragons, dahlias and zinnias are among the flowers grown at Pheasant Run Farm, while some sold at Bark & Bloom come from a family farm in California during the winter months. The Resendiz Brothers farm, in San Diego County, grow proteas, which Bark & Bloom sells in exotic-looking bouquets.

She cites the family-farm model as a huge selling point, along with the quality of the proteas and growing methods. The same is true of the flowers from Pheasant Run.

"Personally, I don't want to be handling anything with chemicals if I don't have to," Armitage says. "Plus, I like supporting other local businesses and the quality of the flowers. They're just so fresh; there's no comparison."

Cindy Hadish writes about local foods, gardening and farmers markets at HomegrownIowan.com. For more information about Bark & Bloom, visit barkandbloom.com. For more information about SIS International Shop, visit sisshops.com.



and



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Better foods, better access

Stores, markets meet demand for local and organic food

By Lindsay Hocker

As the demand for good-for-you groceries has grown over the last decade, businesses have responded by making organic and local foods more accessible.

Heritage Natural Foods, a grocery store founded in 1967 in Moline, opened a second location in 2006 in Davenport. Ellie DeMay, Heritage Natural Foods assistant manager, says local and organic foods are receiving a well-overdue spotlight, with some fast-food places even taking note.

"It is wonderful that individuals are becoming concerned about the quality of the foods they are consuming, and that the market is reflecting this concern," she says. "The day has come that one can go just about anywhere and at least have the availability of a healthier, less-processed meal option."

Heritage Natural Foods sells organic and specialty food items, herbs and vitamins. Beef, poultry and eggs are locally pasture-raised; the fish is sustainably sourced from Alaska, and there is a wide selection of local and organic produce and more, including gluten-free and allergen-free groceries and minimally processed and raw goods.

The Quad Cities Food Hub in Davenport celebrated its third anniversary in January 2016, as well as the grand opening of its educational center classroom, which is dedicated to holding classes on a variety of topics including organic gardening. The grocery store portion of the hub offers local, regional and organic produce.

"We have nearly 100 farmers and food vendors that we work with that are within 100 miles of the Quad-Cities," says Cody Sanderson, retail manager of the Quad Cities Food Hub.

Food Hub marketing specialist Laura Van Barg says people are becoming more interested in the origin of their food, and there are many benefits of eating locally grown produce: it can be sold sooner so it tastes fresher and has more nutrients; the money spent stays in the community; and it doesn't need to be shipped across the country, which reduces the amount of fossil fuel used.

"Often, farmers will pick produce from their fields in the morning, and by afternoon, we're selling it in our coolers," she says. "You can only get it fresher if you grow it yourself."

The Freight House Farmer's Market in Davenport has grown substantially since it opened in 2008, when 70 vendors participated weekly. Some of the first vendors already had sold their products there for three decades under other market



Elizabeth Round, of Geneseo, shops at the Quad Cities Food Hub in Davenport.

Todd Mizener / Radish

management. Now, more than 225 vendors are active in the market.

"Customer demand (for local and organic products) has increased tremendously in the last decade as evidenced by the increasing number of customers flocking to our farmer's market, and the sheer number of vendors joining our ranks to support the demand," says market chairwoman Darcy Rostenbach.

With the quick amount of growth, the market has been striving to fine-tune its operation days and times to best serve customers and growers, and also recently increased the square-footage it leases from the Davenport Levee Improvement Commission.

"We were at the point as an organization that we were turning vendors away because we simply had outgrown our location," Rostenbach says.

A Saturday market held indoors and outdoors is from 8 a.m. to 1 p.m. year-round, with increased market days beginning in the spring. Last year, the

market had Sunday hours for the first time in response to demand.

Organic options also can be as close as the nearest chain store. Many Hy-Vee stores have HealthMarket departments, which feature organic, natural and gluten-free foods. Hy-Vee first introduced the HealthMarket concept about 15 years ago, and it continues to grow its reach annually.

Tara Deering-Hansen, Hy-Vee Inc.'s group vice president of communications, says in 2015, Hy-Vee added HealthMarket departments to eight existing stores, expanded 52 existing HealthMarket departments and gained six new HealthMarkets when opening new stores.

The first Quad-Cities HealthMarket sprouted up in 2001. Since then, they have become a common sight in local Hy-Vee stores, nestled near the pharmacy and store dietitian.

While the company always has worked with local farmers to sell fresh produce, last summer Hy-Vee launched a campaign to highlight local growers through its Hy-Vee Homegrown program. Homegrown signage next to items lets customers know which were grown within 200 miles or less of the store.

The organic section of the produce departments also offers everything from apples and avocados to polenta and pomegranates.

"We found that our customers (were) asking for more of these products, and this area (the HealthMarket) was our solution to meet their needs," Deering-Hansen says.

Lindsay Hocker is an occasional Radish contributor.

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health & fitness

Two to tango

Partner up for double motivation

By Chris Cashion

Ah, February — a month that seems tailor-made for partners. But we're not talking about the romantic hearts and flowers kind of partners — we're talking fitness partners!

We all know the drill. We start off on Jan. 1 with a bright, shiny enthusiasm, ready to start a new fitness program. This will be the year, we tell ourselves. However, if by the time February has rolled around this hasn't yet been the year, consider grabbing a partner and giving your fitness routine a kick start.

Having a partner to work out with offers us a sense of accountability that we might not otherwise have, says certified personal fitness trainer Neal Turner.

Turner says that's one of four great reasons to partner up.

"You're less likely to skip out if you know someone is counting on meeting you. The second reason is motivation. If you stay motivated, you stay engaged," he says.

"Third is the social aspect. You work out, but the conversation is based on other things. And fourth is experience and knowledge; you tend to team up with someone knowledgeable who can share what they know. Many of these are the same reasons someone would hire a trainer — guidance and accountability."

Turner says there are many ways you can make partner workouts a priority and keep them interesting.

"Make each partner accountable for certain things. Have one partner find two new ab exercises, while the other finds two new healthy recipes. Make sure you identify what you want out of your workouts. Make goals and put them on the calendar. Set a schedule," Turner says.

Another advantage to working out with a partner is that you are able to accomplish things you wouldn't be able to alone. For example:

MEDICINE BALL

1 Sumo squat with press pass (beginner)



From a "sumo" squat position, pass the medicine ball between you and a partner from a standing position, and come into a sumo squat in between the passes. The pass comes from an off-center position in front of either the right or left shoulder. Take turns alternating the pass from the left and right side of your body. Complete eight to 12 passes each person, per side.

2 Single leg lateral hop with cross-body toss (advanced)

Hop together laterally with a partner in the same direction with one leg. As you hop, one partner tosses the medicine ball across their body. The other partner

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prepares to catch the ball upon landing.

Once the ball is received, repeat the movement in the opposite direction. Execute six to eight passes each, per side.

RESISTANCE BAND

1 Backhand (beginner)

For this exercise, one partner holds the resistance band while the other performs a backhand motion, starting at the hip from the opposite side of the body. Start with a light resistance level, and perform eight to 12 repetitions per side.



2 Chest fly with stability challenge (advanced)

For this move, your partner holds a resistance band



Personal trainer Neal Turner and Jackie West demonstrate couple's exercises at the Begin Again Fit For Life Gym in Rock Island. (Photos by Todd Welvaert / Radish)

in the center, as he or she stands behind you. Grasp each handle and place yourself in a lunge position stance with nearly all of your body weight on the forward foot, barely utilizing your rear foot. Then perform a chest-fly movement to the center of your chest by bringing your hands together to the center of your body. Each partner completes 10 to 15 repetitions.

BODY WEIGHT

1 High-five squats (beginner)

In a squat position, you and your partner stand up. Give each other a high-five with the same hand, then lower back into the squat position. Repeat until you have done this for 30 seconds, for three sets. Make sure to pivot naturally on your toe from the side with each high-five you do.



2 High plank tap (advanced)

Both partners assume a push-up position, facing each other. Start by simultaneously reaching out with your right hand to tap your partner's left shoulder. Repeat this movement by tapping your partner's right shoulder with your left hand. This is considered one repetition. Complete a total of 10 repetitions.

Turner says you can turn many other activities into partner workouts, including walking, running and workout videos. Having someone with you certainly ups the fun factor.

"If you can find what you are lacking in someone else, that external motivation can help to replace your internal motivation," he says. "You have to have an internal spark to keep you coming back to fitness, but having a partner helps to fan that internal flame."

Chris Cashion is a writer on staff with Radish.



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Pick a card

Reuse greeting cards for these easy DIY valentines

By Katy Williams

With the season of love looming over our heads, we may be feeling the pressure to send the perfect messages to those who are close to us. We also might be stressing over budgets and generating more waste.

If you're anything like me, you have a box filled with greeting cards from every holiday or event imaginable tucked away in a closet; a box nearly bursting at the seams from the collection of Valentine's Day greetings from elementary school through the grown-up wishes of the last several years. You also might have a supply of ready-to-give cards you've picked up and set aside along the way.

Instead of allowing that pile to consume your closet, or continuing to struggle with the idea of throwing away sweet messages and decorative cards, what if there was a way to spread that joy you've kept to yourself?

Trade red and pink in and go green this month, and save some dollars and some landfills by reducing the pile and reusing what you can from the old cards, and recycling the scraps.

A big heart

The ultimate shape that represents Valentine's Day is the trusty heart. You've seen it everywhere since practically the day after Christmas, from the candies stuffed into your children's school bags, to the box of chocolates left on the kitchen counter.

When considering how to send off your Valentine's greetings, grab a pair of scissors and snip away at an old card cover to reveal a lovely shape with an intricate pattern.

You'll need:

- ♥ Card stock (perhaps white, red, pink or purple)
- ♥ Old Valentine's Day cards or other greeting cards
- ♥ Glue
- ♥ Envelopes
- ♥ Pencil

Start by cutting off the front of the card. Then, place a piece of card stock behind the card front and glue them together. Trace a heart around the outer edges of the card, and cut around the lines, leaving you with a heart-shaped postcard. Then, flip the newly refurbished card over to the blank side, add a message and tuck it into an envelope.

Add a little character

Add character to a new card by borrowing an image or design from an old card.

You'll need:

- ♥ Several old Valentine's Day cards
- ♥ Scissors
- ♥ Glue or scrapbook adhesive
- ♥ Colored card stock and/or scrapbook paper
- ♥ Envelopes

♥ Glitter (optional)

♥ Thick string, such as yarn

♥ Hole-punch

♥ Markers, stamps or any other crafting supplies you have on hand

Cut a piece of card stock or old scrapbook paper to form the cover of the card.

Take old cards, and cut out characters, shapes or images from them, then tack the cut-outs to the front of the new card.

Use markers, stamps, crayons or whatever you have on hand to decorate the rest. This would be a great project for kids, too.

Finish it off by writing a greeting on a separate piece of card stock, cut to the same size as the front.

Punch holes into the pages, and use string to connect the two.



Laura Anderson Shaw / Radish

Becoming Picasso

Use your stack of greeting cards to make a collage.

You'll need:

- ♥ Several old greeting cards
- ♥ Scrapbook paper or card stock
- ♥ Glue
- ♥ Markers

Cut out a variety of shapes from the greeting cards you have on hand. Then, create a card using the scrapbook paper or card stock. Glue the shapes to the front of the card in any random order. There is no right or wrong way of doing things here, so embrace your inner artist. If any of the pieces overhang, trim them flush with the edges of the card.

Contributor Katy Williams makes her Radish debut this month.



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The best of Radish

Readers vote on recipes worth repeating

Radish staff

There have been more than 120 issues of Radish magazine over the course of the past 10 years. With at least one recipe featured in each issue, that adds up to — a lot of recipes!

We at Radish put our heads together last fall and chose 10 that we liked best. Then, we asked the readers who attended the second annual Radish Winter Wellness Festival in December to vote for their favorite.

Here are the contenders, ranked in order by the highest number of votes they received:

- Salad in a Jar
- Homemade Granola Bars
- Baked Rhubarb Doughnuts
- Roasted Sweet Potato, Caramelized Onion & Gorgonzola Quiche

- Midwest Walnut Burger
- No-Snow Ice Cream
- Blender Pesto
- Blueberry Lemon Tart
- Herb Marinated Feta
- Black-Eyed Peas, Dill Potato & Egg Skillet

As each festival attendee visited the voting table, they chatted about which recipes they'd tried, and which they'd liked to make. Several asked whether the Radish staff had any copies of the recipes on hand. We didn't — but we promised to re-publish a winner or two. Recipes also may be found at radishmagazine.com.

As promised, read on to find recipes for Salad in a Jar, Homemade Granola Bars and Baked Rhubarb Doughnuts.

Salad in a Jar

In 2014, former Radish editor Sarah J. Gardner wrote about the simplicity and possibility of salads in jars.

The idea is simple enough, she wrote. You pack a salad in a jar.

Any jar will do, as long as it's clean and the lid has a good seal.

She suggested to put the dressing in the bottom, then layer whatever you'd like, beginning with the sturdiest of ingredients so they'll hold up until lunchtime.

When lunch rolls around, she says to shake the jar to mix the salad a bit, and then pour its contents into a bowl.

Looking for some salad inspiration? Here are some items worth trying in your Mason jar salad.

Protein:

Canned beans (kidney, garbanzo, black beans, etc.)

Diced hard-boiled egg

Crumbled bacon

Nuts (walnuts, pecans, almond slivers)

Seeds (pumpkin, sunflower)

Vegetables:

Bell peppers

Carrots

Sugar snap peas or snowpeas

Strips of summer squash or zucchini

Beets (pickled or shredded raw)

Radishes

Cucumbers

Olives

Tomatoes

Diced onion or scallions

Broccoli florets

Cauliflower, chopped

Edible flowers (violets, edible pansies)

Herbs (parsley, tarragon, dill)

Fruits:

Fresh berries (strawberry, blueberry)

Dried fruits (cranberries, raisins)

Apple slices tossed in lemon juice

Pickled watermelon rind



File / Paul Colletti / Radish

A Mason jar salad consisting of dressing, kidney beans, carrots, sugar snap peas, red bell pepper, ribbons of summer squash, mixed greens and walnuts.

Homemade Granola Bars

2 cups oats
1 cup crushed peanuts
3/4 cup wheat germ
3/4 cup sunflower seeds
2/3 cup brown sugar
1/2 cup honey
4 tablespoons butter
2 teaspoons vanilla
1/2 teaspoon salt
Optional: 8 ounces dried fruit (raisins, blueberries, cranberries, etc.)



File / Paul Colletti / Radish

In a medium bowl, mix together oats, peanuts, wheat germ and sunflower seeds. Spread over cookie sheet and toast in oven for 10-12 minutes at 350 degrees. Line an 11x13-inch pan with wax paper sprayed with oil (this is an important step; without oil, the mixture will stick to the paper). In a saucepan, combine brown sugar, honey, butter, vanilla and salt, and simmer mixture on low heat until melted. When the oat/nut blend is toasted, add to saucepan and mix until dry ingredients are coated. Quickly stir in any other optional ingredients. Spread combined mixture into pan, pressing it firmly with a spatula or a small piece of greased wax paper. When flat in the pan, refrigerate for at least 4 hours. Cut pieces and wrap with wax or parchment paper to grab on the go or store in an airtight container for up to two weeks.

Baked Rhubarb Doughnuts

1 1/4 cups all-purpose flour
1 cup sugar
1/2 teaspoon baking soda
1/2 teaspoon kosher salt
2 tablespoons buttermilk powder
2/3 cup canola oil
1/3 cup water
1 egg
1 teaspoon vanilla extract
1 cup finely diced rhubarb
1 tablespoon cinnamon



File / Todd Welvaert / Radish

Heat oven to 350 degrees. Using a whisk, combine flour, 3/4 cup sugar, soda, salt and buttermilk powder in a bowl and mix until uniformly blended. In a separate bowl, whisk together oil, water, egg and vanilla extract; add to flour mixture and mix to create a thick batter. Fold in diced rhubarb. Grease a doughnut pan well. Spoon batter in the molds, filling each halfway (this will not seem like much batter, but that is OK). Bake until doughnuts are lightly golden, edges are just starting to pull away from the pan, and a toothpick inserted midring comes out clean, about 18-20 minutes. Run a thin, plastic spatula or the dull edge of a butter knife around the outside of each doughnut to help release them from the pan, then invert onto a wire rack. Combine remaining 1/4 cup sugar and cinnamon in a shallow bowl. Dip and twist each doughnut in the cinnamon-sugar mixture, coating the top and bottom. Return to wire rack to cool completely. Makes 12-14 doughnuts.

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Stop the shiver

Try these three things to warm up this winter

Of the many things I whine about, cold is definitely at the top of the list. It's only February, and already, I've had my fill of the snow and bitter cold. And we still have several weeks to go before it's warm!

I could bury myself beneath blankets for the next several weeks, but I decided there has to be better and more enjoyable ways to warm up while I wait. If you're in need of a good thaw, here are a few ideas to help you find some warmth.

Laura Anderson Shaw is the editor of Radish.

Spruce up your rub-a-dub. This isn't your 6-year-old's bath. Draw a bath for yourself as warm as you'd like and add something special, such as some local bath salts or a DIY bath bomb. I snagged the Muscle Relief Synergy Blend spa salts from Wild Ivy Soap Co., out of Davenport, at the Quad Cities Food Hub in the Freight House, 421 W. River Drive, Davenport. With camphor, winter-green and pine essential oils, these bath salts make your bathroom smell like winter but feel like summer. If you'd like to add a little fizz to your bath, whip up an easy batch of homemade bath bombs using ingredients you may already have in your pantry. If you make your own, you can choose whichever scent you'd like by mixing and matching essential oils.



Todd Mizener/ Radish

Make your own bath bombs

Ingredients:

Just less than 1 cup baking soda

Slightly heaping 1/2 cup epsom salts

1/2 cup citric acid

3/4 cup corn starch

1 tablespoon water

3 tablespoons oil, such as almond, avocado, olive or fractionated coconut oil

20-30 drops of essential oils

3-5 drops food coloring (optional)

Mix dry ingredients in a large bowl with a whisk or wooden spoon to break down clumps, and set aside. Combine the wet ingredients in a small mason jar, close the lid, and shake vigorously.

While mixing the dry ingredients, slowly pour in the liquid. If you add too

much liquid at once, the mixture will fizz. Stir more quickly to stop the fizzing. The mixture is ready when it may be pinched and retain some shape. If you need a little more liquid, add a little more oil.

Press the mixture into molds. I used miniature muffin pans and a fancy cupcake pan. You also may use a measuring spoon or a melon-baller. Pack the mixture into the molds very tightly. Flip the pan over, and tap the back to remove the bombs. Let the bombs dry overnight on a paper towel.

Store in a cellophane bag or container without a lid as they will release air.

Source: onegoodthingbyjillee.com

Cocoa with a kick. On chilly mornings, I find myself in the middle of a struggle. My body craves warmth and comfort, but my to-do list beckons me from the bed. The perfect solution? Cocoa coffee. Rather than stirring creamer into my coffee, I add a little cocoa or hot chocolate mix. It gives me the soothing warmth of cocoa and the caffeine boost of coffee. Give it a try with whatever cocoa or hot chocolate mix you have on hand, and make it as chocolatey as you like.



Todd Mizener/ Radish

Rockin' massage. Turn up the heat on a massage with hot stones. "Basically, it's the same as any massage, except the massage is done with the hot stones," says Pam Fisher, owner of Two Rivers Massage in Moline. "It's wonderful." Fisher says stones also may be placed between the massage table and a blanket or sheet, so you may lay on them and draw in their warmth. She also uses small stones between the toes and stones in either hand. "The heat is just so profound; it warms you up to the bones," Fisher said. Karah Rehnberg, a massage therapist at The Spa at The Hotel Blackhawk in Davenport, says hot-stone massages are a "wonderful way to warm up in the winter. The heat of the stones instantly relaxes the muscles." Those who are pregnant or sensitive to heat should not receive one, she says. But for everyone else, they're "one of the most relaxing massages you can get."



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Better bites

Coconut adds crunch, nutrition to cookies

By Brandy Welvaert

Coconut always has been one of my favorite foods, so you can imagine how excited I was when all things coconut suddenly became popular and even recognized as good for you. Coconut oil? Check! Coconut water? Yep! Coconut cookies? Hmmm.

Adding a dose of flaked coconut to my favorite cookie recipe in place of the usual pecans tasted great, but I wanted to do better. Healthier. I wanted a cookie recipe full of coconut flavor. Something to satisfy a sweet tooth without ruining any New Year's diets.

Surprisingly, this turned out to be not such a tall order. Coconut provides light sweetness and unbeatable texture in baked goods. It's fast and easy to toast coconut yourself, and toasted coconut lends a warm, nutty crunch that's hard to beat.

Matched with dark chocolate, also known for its health benefits, it's so satisfying you might not believe that toasted coconut chocolate chip cookies have fewer than 100 calories each. In fact, one tester thought she was breaking her fitness coach's orders by indulging in a bite from a practice batch. She was glad to learn that she could enjoy a real, homemade cookie in place of the packaged, 100-calorie "treats" that she had been eating with little relish.

Coconut macaroons, too, have been a popular dessert in recent years, featured in magazines and food blogs. Despite all the hype, until now I've missed two important facts: One, that macaroons are incredibly easy to make; and two, that they require just a handful of ingredients.

Better yet, they're actually smaller and lighter than you might think, with just 52 calories apiece. The macaroons recipe below is a snap to prepare, and the final

product makes for a showy presentation: a white cookie flecked with delicately browned coconut. These are cookies you'll want to eat and share.

Interestingly, coconut is one of the few plant-based foods that contain saturated fat. For this reason, for years it was thought to be unhealthy. The good news? The fat in coconut actually raises good cholesterol.

Coconut also is an excellent source of calcium, iron, magnesium and zinc. The plant growth hormones present in coconut have been shown to be anti-carcinogenic and anti-thrombotic, discouraging the formation of blood clots.

So bake up a batch. Your tastebuds — and your New Year's diet, if you're still hanging on — will thank you!

Brandy Welvaert is a former editor of Radish.

Toasted Coconut Chocolate Chip Cookies

1 cup flaked sweetened coconut
1 cup all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/8 teaspoon salt
3/4 cup packed brown sugar
1/4 cup unsalted butter, softened
1 teaspoon vanilla extract
1 large egg
1/2 cup dark chocolate chips (I used Hy-Vee brand 60-percent cacao)
Cooking spray



Brandy Welvaert / Submitted

Heat oven to 350 degrees. Arrange coconut in a single layer in a small baking pan. Bake for 7 minutes or until lightly toasted, stirring once. The coconut can toast as you prepare the rest of the ingredients.

Lightly spoon flour into a measuring cup; level with a knife. Combine flour, baking powder, baking soda and salt in a medium bowl. Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended. Beat in vanilla and egg. Add flour mixture, beating at low speed just until combined. Stir in toasted coconut and chocolate.

Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake for 10 minutes or until bottoms of cookies just begin to brown.

Source: *Slightly adapted from Cooking Light magazine*

Coconut Macaroons

2 egg whites
1/2 teaspoon vanilla
2/3 cup sugar
1 1/3 cups flaked coconut

Heat oven to 325 degrees. Lightly grease a cookie sheet; set aside. In a bowl, beat egg whites and vanilla with an electric mixer on high speed until soft peaks form (tips curl). Gradually add sugar, about 1 tablespoon at a time, beating until stiff peaks form (tips are straight). Gently fold in coconut.

Drop by rounded teaspoons onto cookie sheet. Bake for 20 minutes or until edges are slightly browned.

Source: *Better Homes & Gardens New Cookbook*

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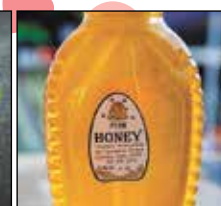


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Practicing self-care

The secret to happiness lies within us

By Ann Ring

We live in a culture where our priorities lie in having someone there for us. It's in our music, on TV and embedded within social media. Some would say the "Me Decade" came and never left.

However, in her practice, licensed independent social worker Candice Kundert, founder and director of The Healing Heart Center Inc., in Davenport, notices an irony. "It is always so much easier to care for others than for ourselves, particularly for women, but men fall into this as well," Kundert says.

"Women are socialized to care for their families and take care of children and put everyone else's needs first. But what often happens is that their own needs get sadly neglected. Men often neglect their needs as well, providing for the family, and couples without children often put each other's needs ahead of their own."

Caring for ourselves — self-care — is not only valuable to our well being; it can make a genuine difference in our lives. Self-care can not only make the difference between a bad day and a good day; it can literally transform how we see ourselves, how we value ourselves and how we ultimately live our lives.

But what does self-care mean? Kundert says that self-care is about how we deal with ourselves — how we talk to ourselves, treat ourselves and allow others to treat and talk to us. "It's about the choices we make for ourselves," she says. For example,

we do self-care when we wake, brush our teeth, eat breakfast, go to school or work, take a walk. All of these are well and good. However, adding flossing and a swirl of mouth rinse to our daily routine would decrease our chances of getting gingivitis and periodontal disease, which in turn promotes a higher level of caring for ourselves.

A small dose of self-awareness is all that's needed for change. For example, I sure love Pepsi, but since drinking water is, of course, a much better choice, I may just have a Pepsi when I eat out. Or, I might take an extra minute to lie in bed and appreciate a warm breeze in late November as my neighbor's wind chime sounds to begin my day, stress-free.

Taking care of ourselves spiritually is just as important. Sister Bobbi Bussan, director of Benet House Retreat Center at St. Mary Monastery, Rock Island, says it is essential to being a whole person that we attend to our "selves."

"Spiritual self-care is nourishing your soul or your inner self. It is a link to being a truly whole person. Just like we must nourish our physical self, through good nutrition and exercise, or our psychological and emotional self through forgiveness and working through our issues ... so we must attend to our spiritual nature, where we connect with a presence greater than ourselves that points to our sacred self."

Bussan says it can be greatly beneficial to attend retreats with spiritual topics, or meet with a director to discuss your spiritual movements or your prayer life.

Learning to care for ourselves is so important that The Healing Heart Center Inc. soon will be working with children and teachers to help children learn to quiet their minds through guided meditation techniques.

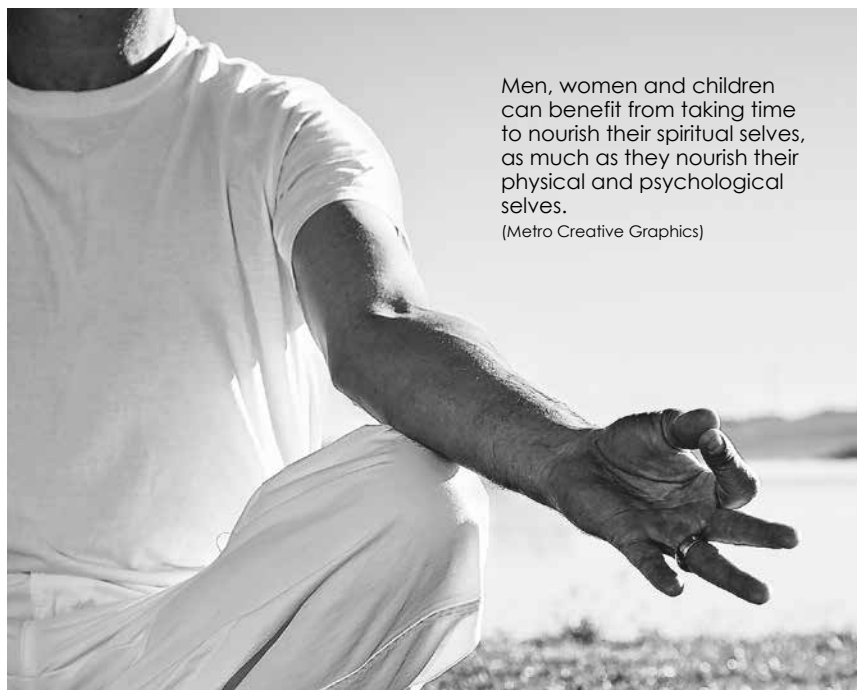
Kundert is excited about this new direction for children because enabling them to learn techniques of good self-care will have positive effects throughout their lives.

"They can learn how to calm and soothe themselves, which will have ripple effects on all aspects of their lives."

To improve your own self-care practices, Kundert offers a few suggestions:

- **Stop apologizing** unless you do something really hurtful. Listen to how many times you apologize just for being you.
- **Practice gratitude** for many things as often as you can. Even things that are upsetting can teach us something.
- **Practice offense** rather than defense. You do not need to defend the truth. Your position needs no defending; let it stand alone.
- **Practice noticing the little things**, including the person at the check-out counter, or sunshine.
- **Monitor your self-talk**, and keep it kind.
- **Be in charge of you**. Pretend you are talking to the most important person in the whole world.
- **Practice kindness** in actions and words toward yourself.
- **Accept gifts and favors** with a simple "thank you."

Ann Ring is a frequent Radish contributor.



Men, women and children can benefit from taking time to nourish their spiritual selves, as much as they nourish their physical and psychological selves.

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Take a hike

Bundle up and enjoy the outdoors this winter

By Anthony Watt

Winter may bring snow and chilling temperatures, but it doesn't mean you have to spend the season inside on house arrest. With a little preparation, hiking in deep winter can be as fun as it is in the warmer months, and there are several places in the Radish region where you can give it a try.



Be prepared

Being ready for a winter hike depends on just how wintry it is, but the basics for any outdoor activity still apply.

Here are some safety tips from the Centers for Disease Control, available at emergency.cdc.gov/disasters/winter/duringstorm/outdoorsafety.asp.

- ❄ Before you leave, tell someone where you're going, and the route you plan to take.
- ❄ Avoid ice and situations that will get you wet.
- ❄ Dress with warmth and dryness in mind. The CDC recommends several layers of loose-fitting clothing; head, face and hand coverings, including mittens, which are warmer than gloves; a hat; scarf or knit mask to cover face and mouth; sleeves that are snug at the wrist; and a water-resistant coat and boots.

You are going to generate heat through your efforts, so layers allow you to adjust to prevent yourself from getting too hot.

Typically, when I venture out in winter, I wear overall-style snow pants over my pants, insulated boots and thick socks, flannel shirt, sweatshirt, hoodie and a sturdy jacket. I also make sure I have gloves, a scarf and a stocking cap.

If I am going to be out for a good while, I also pack granola bars or breakfast bars, water, and a small thermos of hot tea, which not only is refreshing but comforting when you feel like an icicle.

Walking can be a challenge in snow. It increases the difficulty of movement, and there can be icy patches that could cause a fall. I like to bring a walking stick to help me up hills and keep myself stable in slick areas, though it is no sure guarantee against a tumble.

Some might ask about other equipment, such as snowshoes or skis. I haven't used either, but I have encountered skiers in Wildcat Den State Park, and found their tracks in Loud Thunder Forest Preserve. I have hiked each of these parks without either in heavy snow, and did fine.



Metro Creative Graphics



Take the plunge

Yeah, it's cold. And there could be snow, ice, mud or a mixture of all of the above to contend with — but if you are willing to tackle those challenges, winter hiking is a rewarding experience.

You're working against the snow and other winter conditions, and it can really make you sweat, which makes for great exercise. You also are likely to run into fewer people, or anyone at all. I've hiked several times in recent winters and have not met a soul, so if you are looking for a beautiful sense of solitude, you could very well find it this way — at least for a little while.

Then consider that you'll see the landscape differently than you do when the weather is warm — a trail you know every inch of in the spring or summer becomes a new experience. The snow doesn't just sit there. It hugs the trees, fills in hollows and muffles familiar features. It drifts into strange scul-

tures and patterns on the ground. Some of these, like snow rollers, are quite rare. If ice has coated the trees and the sun comes out, the entire landscape will glitter.

Finding animals is another plus. Many are as active now as they are during any other time of year. Sure, you won't need your butterfly guide, but there could be mammals and birds a-plenty, and you'll have the advantage of walking about without undergrowth or foliage obscuring your vision.

The scarlet flare of a cardinal or the black-and-white dazzle pattern of woodpeckers flash in snow-laden woods. Spotting deer is another possibility along the edges of the woods.

Even if you don't see them directly, you have the opportunity to experience animals through their tracks. That's a cool thing about snow — anything that wanders through can't help but leave a calling card.

And those tracks tell all kinds of stories if you know how to read them. You can see where a squirrel dug for nuts before leaping onto a tree. Another spot might show where a fox, dog, coyote or maybe even a wide-ranging house cat was on patrol.

Elsewhere, a mouse popped from a tunnel in the snow, bounded across an open space, and dove back underneath to safety. You might come across a splash of blood and a scatter of fur or feathers where something predatory had a meal.

Continued on page 28

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Growing good business

A look back at three featured in the 2005 Radish issue

By Lillian Zier Martell

It's been a busy and productive decade for some of the businesses that were part of Radish magazine's first edition in 2005.

The time that has passed has brought about major changes in business plans for two longtime plant and food producers, and a period of expansion for one center of higher education.

Allen's Grove Greenhouse near Donahue, Iowa, was featured in 2005 as one of several CSAs (Community Supported Agriculture) offering products to local customers. Nostalgia Farms near Walcott, Iowa, was part of a story about using organic foods for holiday meals. And Palmer College of Chiropractic purchased the first back-cover ad of the magazine.

Here's a look at what those organizations are doing today:

Allen's Grove: CSA and beyond

Allen's Grove Greenhouse is in its 17th year of business, and every year brings innovation.

And it's quite intentional. Gwen Coobs, who owns the greenhouse with her husband, Doug, actively seeks out the newest developments in plants the greenhouse can offer to customers. She does this by attending field trials during the winter months while the greenhouse is vacant, as the family does not grow winter plants.

"Our business grew out of my love of plants and my husband's desire to be a farmer," she says.

Ten years ago, Coobs operated a CSA, but within a couple of years, she transitioned to a new marketing system. She offers 25 percent value-added vouchers to customers; a customer who comes in at the beginning of the year planning to spend \$100 will get a voucher for \$125 that is good for the rest of the growing season, through Oct. 31.

"It's more flexible for us, and we feel it's more flexible for the customer," Coobs says.

Coobs uses natural methods in the greenhouse. For example, if aphids invade, she orders a batch of ladybugs and turns them loose to eat the aphids. Emptying and vacuuming the greenhouse in the winter also helps control pests, she says.

During May through October, Allen's Grove Greenhouse sells on Tuesdays



Lynn Schurr, Portraits by Lynn / Submitted
Doug and Gwen Coobs own Allen's Grove Greenhouse in Donahue, Iowa.

and Saturdays outdoors at the Freight House Farmer's Market, 421 W. River Drive, Davenport.

"We love plants," Coobs says. "We share a common joy with our customers, and that's part of the fun. I love having customers that I hug."

Several years ago, Coobs opened an indoor booth at the Freight House. She and her daughter, Alexa Scherer, who turns 25 in February, bake and sell their items at the booth, along with a variety of other products made by various vendors in the region.

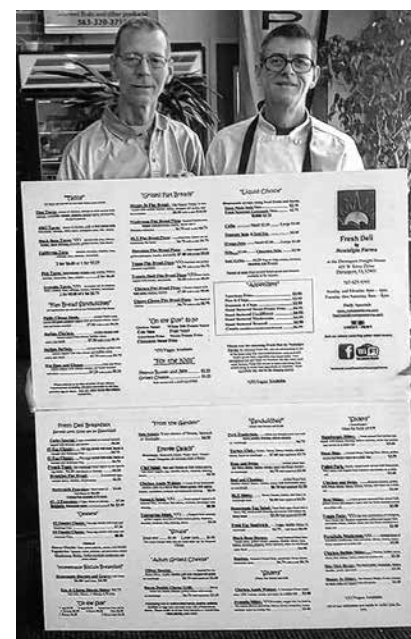
For their outdoor plant market, Coobs continuously looks for the latest trends in the plant industry that she can offer to her customers. And for the indoor booth, she and her daughter are always looking for something new, and seeking out regional vendors who make unique food items that they can sell through their booth.

Nostalgia Farms: From farm to deli

Among the businesses featured in the 2005 Radish, Nostalgia Farms has undergone perhaps the most profound evolution. Ed Kraklio Jr. and Joe Dennis recently sold their farm near Walcott so they can concentrate their attention on their restaurant, Fresh Deli by Nostalgia Farms at the Freight House.

One of the things the farm was known for was its organically raised poultry, including turkeys, chickens, ducks and geese. Kraklio and Dennis got out of the poultry business in 2014, selling the last turkeys in preparation for that Thanksgiving. They continued to grow produce at the farm until the sale was completed at the end of 2015.

With a small team of people, Kraklio and Dennis worked to create the Freight House Farmer's Market. After opening the deli, they decided to concentrate on that end of the fresh food market, Kraklio says.



Submitted
Ed Kraklio Jr. and Joe Dennis, owners of Fresh Deli by Nostalgia Farms at the Freight House, 421 W. River Drive, Davenport.

Continued on page 30



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Mustard-Crusted Salmon
Serves 4.
Active: 10 minutes Total: 20 minutes

All you need:
1 1/4 pounds center-cut salmon fillets,
cut into 4 portions
1/4 tsp salt, or to taste
Freshly ground pepper, to taste
1/4 cup reduced-fat sour cream
2 tbsp stone-ground mustard
2 tsp lemon juice
Lemon wedges, for serving

All you do:
1. Preheat broiler. Line a broiler pan or baking
sheet with foil, then coat it with cooking spray.
2. Place salmon pieces, skin-side down, on the
prepared pan. Season with salt and pepper.
Combine sour cream, mustard and lemon juice
in a small bowl. Spread evenly over the salmon.
3. Broil the salmon 5 inches from the heat
source until it is opaque in the center, 10 to 12
minutes. Serve with lemon wedges.
Nutrition Facts per serving: 225 calories, 10g
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Source: adapted from Eating Well, Inc.

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Winter hike,
continued from page 24



Make a plan

There are three parks in the Radish region where I've enjoyed hiking in winter. I've used them for everything from casual strolls to hefty hours-long marches. That being said, if you'd like to give winter hiking a try, don't overdo it, especially if you're new to it. Trying to do the whole Sac-Fox Trail your first time out probably is not a good idea.

Also, each park has its own rules and hours, which may be found on their websites. The sites also offer tips about specific activities, and there may be notes about availability of access and amenities such as bathrooms.

❄ **Wildcat Den State Park**, 1884 Wildcat Den Road, Muscatine.
563-263-4337, iowadnr.gov/Places-to-Go/State-Parks-Rec-Areas/iowa-State-Parks/ParkDetails/ParkID/610122

Wildcat, between Davenport and Muscatine, is comprised of a portion of a stream valley edged with some significant hills.

Perhaps the best feature of this area are the rock formations that dominate the central area of the park: a jumbled broken-up cliff face and a rocky canyon. Beautiful in any season, these areas have the added bonus of giant ice pillars in the winter in the spots where runoff drains into them.

There also is a large stand of evergreen trees on the western edge of the park that is quite beautiful in winter.

❄ **Loud Thunder Forest Preserve**, 19406 Loud Thunder Road, Illinois City, 6 a.m. to dusk. 309-795-1040, ricfpd.org/Parks-Preserves/Loud-Thunder-Forest-Preserve.aspx

West of Andalusia, this park is part of the Rock Island County Forest Preserve District. It has several trails of varying difficulty that wend their way through a mix of deciduous and evergreen stands. Some of the trail markers are not always easy to find — or at least they were not the last time I hiked this park. The northern end of the park has access to the Mississippi River, which should give you an opportunity to see bald eagles this time of year.

❄ **Black Hawk State Historic Site**, 1510 46th Ave., Rock Island, sunrise to 10 p.m., year-round. 309-788-0177, blackhawkpark.org

A smaller park than the other two, Black Hawk is mostly deciduous trees, but snuggled up against the Rock River. You get broad views of the Rock River valley, though be warned: a good deal of development is visible.

I've found Black Hawk to be another good place for bald eagle watching!

For more ideas for winter hiking destinations, check out a story previously published in Radish, at radishmagazine.com/stories/display.cgi?prcss=display&id=703891.

Anthony Watt is an occasional Radish contributor.



Maybe you'll spot a seasonal visitor at Loud Thunder Forest Preserve or Black Hawk State Historic Site.
(Photo by Todd Welvaert / Radish)



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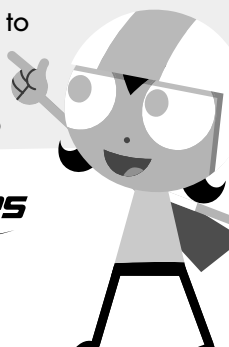
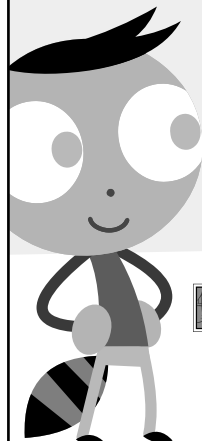
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Growing good business,
continued from page 26

"Now, other local farmers can benefit and grow food for us," he says.

Fresh Deli offers a breakfast and main menu. The main menu includes a variety of tacos and flatbread sandwiches, pizzas and various side dishes. Drinks include handmade sodas, and desserts and baked items also are available.

"We do everything from scratch," Kraklio says. Along with buying from local farmers, they raise produce for the restaurant in gardens and greenhouses at the Freight House.

A big part of their mission is to help small, local farmers and provide information when they can. Kraklio has traveled widely to speak on food issues, including sessions before Congress, the U.S. Department of Agriculture and the Department of Human Services, with the goal of making food stamps an accepted currency at local markets. Kraklio says the effort was successful, and many more markets are able to accept food stamps.

For more information, call the restaurant at 563-424-4561, or visit the Fresh Deli by Nostalgia Farms' Facebook page.

"We're here to educate, train and help promote local farmers," Kraklio says.

Beyond the classroom: Palmer boasts clinics, research program

Palmer College of Chiropractic purchased the first back-cover ad of Radish in 2005. In the last 10 years, the college has grown and progressed, according to Lori Leipold, the college's public relations manager.

One thing hasn't changed — as the founding college of chiropractic, it remains the largest such school in the world. The Davenport campus has 1,000 students, 72 faculty members and 200 staff members, according to Leipold.

Palmer also is a leader in research with an annual budget exceeding \$5 million and \$35 million in grants from sources such as the National Institutes of Health, the U.S. Health Resources and Services Administration and the Department of Defense, Leipold says.

Founded in 1995, the Palmer Center for Chiropractic Research, based on the Davenport campus, is the largest research program in chiropractic education.

Leipold says the college also has reached two other milestones — the opening of two centers in the past decade. In 2007, it opened the Palmer Academic Health Center. It houses the Davenport Clinic, which is one of two outpatient clinics in the Quad-Cities; the expanded Chiropractic Rehabilitation and Sports Injury Department; digital X-ray equipment; clinical resources for student interns; and a student assessment area, Leipold says.

In 2008, the college opened the Palmer Center for Business Development, which provides students and alumni with business skills for free.

Lillian Zier Martell is a regular Radish contributor.



Submitted
The entrance to the Davenport Clinic in the Palmer Academic Health Center off Perry Street.

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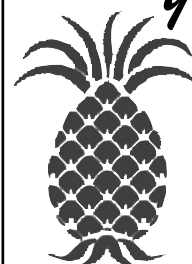
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Leaping for leap year

How will you spend your 'extra' day (besides working)?

By Julie Stamper

We live in a culture where our priorities lie in having someone there for us. It's in our music, on TV and embedded within social media. Some would say the "Me Decade" came and never left.

On busier days, I find myself wishing for an extra hour in the day to get things done.

This year, my wish comes true, since 2016 is a leap year — 24 whole extra hours to spend!

Leap year, also known as an intercalary year or a bissextile year, is a year with one additional day, added to keep the Gregorian calendar synched with the seasons and astronomical calendar. This is done by adding a day to the end of February, making this cold, Valentine's Day month finally feel like it can eat at the big kid's table with the other months. It's called a leap year because a normal calendar year will move a date to the next day of the week, but after Feb. 29, the calendar moves two days, or "leaps" a day for the rest of the year. For instance, July 4 fell on a Saturday in 2015 but will fall on a Monday in 2016.

Because it only happens every four years, leap day is special. Those born on Feb. 29 finally get to celebrate on their birthdate, but for the families of those who die on that day, like my grandfather, the actual date only comes up every four years.

Famous people who have celebrated their birthdays on Feb. 29 include Dinah Shore, Tony Robbins and Ja Rule. The Texas town of Anthony has declared itself the "Leap Year Capital of the World" and started an international "leapling" birthday club.

According to the highly reliable media source Wikipedia, there are long-held traditions associated with leap day. In Ireland and Britain, it was the only day a woman could propose to a man. If the man refused marriage, he was to compensate the asker with a pair of leather gloves, a single rose, a pound note and a kiss. (The last

three items make sense, but I'm having trouble with the leather glove connection.)

In Greece, marriage in a leap year is considered so unlucky that one in five Greek couples avoids marrying during one. In France, a satirical newspaper called "La Bougie du Sapeur" is only published on leap day; this year, there will be more than 200,000 copies printed.

So what does one do with an extra 24 hours? Since leap day falls on a Monday this year, I imagine I will celebrate mine by working and then making dinner. In my fantasy leap day, though, when the world has the day off to observe the re-alignment with the stars on the Gregorian calendar, here are some things I would do:

- **Have a day of zen.** What better way to align with the calendar than to get my spine adjusted at a local chiropractor, or a massage?
- **Manicure/pedicure**, but leap over one finger or toe.
- **Volunteer at a local shelter** or food bank. Giving back always makes me feel a little more in harmony with the world.
- **Clean out your closet.** A friend sent this tip: Turn all of your hangers facing backward. When you wear anything, turn the hanger back to normal. Six months later, anything that is still facing backward should be donated to Goodwill, a women's shelter or a clothing drive. It's a win-win.
- **Start seeds!** According to Farmer's Almanac, you should start your garden seeds six weeks before planting in Zone 5, so take this day to get your asparagus, beets, cauliflower, cabbage, kohlrabi, kale, peas and, of course, radish in seed containers and start their journey toward deliciousness! You also can use this day to get your seed-start containers ready for your other garden vegetables, which will be ready to plant in the next few weeks.
- **Write birthday cards.** In this electronic world, isn't it fun to get a paper card in the mail? Buy all of the birthday cards you need for the rest of the year, write a nice note in them, address and stamp them, and they are ready to pop in the mail a few days before the birthdate.
- **Nap and read a good book.** Or a bad one. It doesn't matter; it's an extra day.

So let's leap for leap day! I may not get those extra hours I'm looking for, but perhaps leap day can be a day to do something special to get myself in alignment with the universe. I think I'll take a nap and contemplate the possibilities.

Julie Stamper is a regular Radish contributor.



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