

Radish

HEALTHY LIVING FROM THE GROUND UP

Tasty tartelettes

French bakery opens in Davenport

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Winter camping

Simply Native
Nursery

Risotto
over a fire



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from the editor



Gary Krambeck / Radish

As I write this, it is the dead of winter. The days are getting longer, but still are short; and the air is often so bitterly cold, it hurts your face.

With several weeks of winter ahead, though, I figure that it will be easier on me to endure if I just embrace it.

This issue of Radish has been a big help.

In past issues, I'm sure you've read on this very page that I'm not the most outdoorsy gal you'll ever meet, but I'm trying. I like the idea of spending extended periods of time in the great outdoors, but truthfully, it terrifies me. For instance, if you're spending a night or two away from home in a hotel and you forget something, you call the front desk or hit up a nearby convenience store. If you're in the middle of nowhere pitching a tent and you forget something, you might be out of luck.

Now, if you're pitching a tent in the middle of nowhere in the wintertime and you forget something, you might not only be out of luck, but in danger.

Luckily, if you're interested in braving the outdoors this winter with a hike or a camping trip, we've got you covered with everything you need to know before you go on page 22.

Speaking of camping, some of the best parts about it include sitting around the fire, cooking a meal, and chatting with friends and family. One Radish writer started doing this years ago at home, too. She inherited a fire pit from her sister, then bought a Dutch oven, tripod and lid lifter, and has been cooking up dishes over the fire ever since.

She writes about making risotto this way on pages 18 and 19.

Or, if you prefer to eat food that was cooked indoors, perhaps you could check out the sweet treats from the new French bakery Carousel of Delights, in Davenport, whose divine tartelettes grace our cover. Read more about the bakery and its bubbly owner on page 8.

If you'd like to get moving in the weeks to come, indoors or out, area fitness experts say it's easier to do with a friend. Learn more about what they have to say on page 12.

Spring will be here soon enough. In the mean time, let's make the most of winter together!

— *Laura Anderson Shaw*
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

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Gerald J. Taylor
PUBLISHER

Laura Anderson Shaw
EDITOR
309-797-0320
editor@radishmagazine.com

Val Yazbec
CHIEF REVENUE OFFICER

Terry Wilson
BUSINESS DEVELOPMENT /
MARKETING DIRECTOR
309-757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
309-721-3204

Kay Abbitt
ADVERTISING EXECUTIVE
309-757-4914

Kimberly Calhoun
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Sally Hendron
VICE PRESIDENT, FINANCE

Robert Hill
VICE PRESIDENT

Thomas P. Small
SENIOR VICE PRESIDENT

Len R. Small
PRESIDENT

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the grapevine

From our readers

"I love your articles and recipes. Your information on local events has been a lifesaver for us, keeping us up-to-date on all the goings on." — *Trever Grell and John Ditto, Davenport*

"Always look forward to seeing the newest edition of the Radish. Great information on healthy lifestyle living." — *Teresa Balmer, Andalusia*

On the Road
with
Radish

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the **Local/Organic Food Movement: Community Event & Panel Discussion**, presented by Western Illinois University Quad Cities' Social Entrepreneurship Salon, 3:30 p.m. Thursday, Feb. 2, Western

Illinois University Quad Cities Riverfront Campus, 3300 River Drive, Moline. The event is free and open to the public.

For more information, email Ja-rabchuk@wiu.edu or call 309-762-7095.

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

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



Mini review: "The Forager's Feast: How to Identify, Gather, and Prepare Wild Edibles," by Leda Meredith (2016, The Countryman Press)

"The Forager's Feast," by Leda Meredith, is a valuable reference for those who are interested in a healthy, sustainable lifestyle, although preparing to feed your family in the manner being described would take significant effort. Doing so takes a very different mindset from that of many Americans who depend on fast foods and typically processed fare.

On the other hand, there are plenty of options for anyone who spends significant time in the great outdoors.

Arranged in alphabetical order, a reader might be wise to go through the book and list foragables by harvest times, since there are edibles that can be harvested during every season. It would be helpful to know which foods you can find during each particular season. Meredith wisely points out that it's important to be diligent in using the verbal descriptions rather than just photos for proper identification while foraging.

We've enjoyed the highly nutritious purslane in our salads and soups so far, and the addition of mulberries to rhubarb from our yard and garden in a delicious pie. In the future, we look forward to trying cattail shoots and laterals, Jerusalem Artichokes, acorns and pickled redbud blossoms that grow on our property.

While very educational, we believe the book would be even more helpful if it featured verifiable information about the nutritional and health values of the wild plants it describes.

— *Ed and Teri Dickinson, Douds, Iowa*



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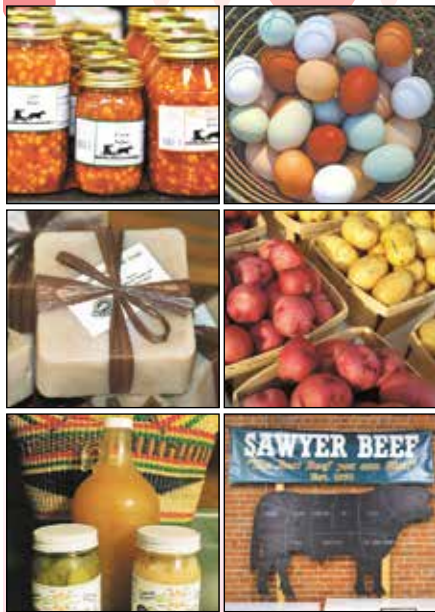
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healthy living from the ground up

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Find tasty tartlettes at the Carousel of Delights. (Photo by Todd Mizener / Radish)

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radishmagazine.com

If you've ever thought that listening to music while you exercise helps to fuel you and motivate you to do more, there could be some science behind it.

Researchers at the University of British Columbia studied volunteers who were new to high intensity interval training (HIIT), CTW Features reports. The volunteers completed a series of questions about their attitudes toward interval training, and listed their favorite songs they thought would be worth listening to during a workout, according to CTW Features.

In one workout, participants did the training without music. In a second session, they listened to their preferred song over the speakers in the lab, it reports.

Read more about the study's findings at radishmagazine.com.



Carousel of Delights

New French bakery serves up tasty, homemade treats

Todd Mizener / Radish
Allison Farrier, owner of Carousel of Delights, 4009 E. 53rd St., Davenport, serves up a tray of mixed berry and multi-fruit tartelettes.

By Chris Cashion

Allison Farrier opened the Carousel of Delights pastry shop in Davenport late last year, and she has been focused on delighting her customers ever since.

“It’s all about making people make that face... The face of delight,” she says.

I briefly wonder what it feels like to make the face she refers to as she runs to the back of the bakery to grab a pastry. She pops one into my hand and explains what it is as I nibble it.

I would have listened more intently, but I ended up devouring it — and making “that face.”

Farrier, 24, was born in France and moved to the United States when she was in high school. She always loved baking, and when she began making her chocolate mousse, eclairs and cakes stateside, she says people were in awe.

“They would ask, ‘What is this?’ They had never tasted things like this before. So many people here are born here and never leave here. They have never experienced the way we bake in France before,” she says.

While working in retail, she saw the need for this kind of shop here. She got her degrees in pastry, ice cream, candy making and chocolateing, and when a space became available, at 4009 E. 53rd St., Davenport, she jumped at the chance to open a bakery.

She’s been hopping ever since.

Farrier is a ball of energy. Her store is open every day, and she works every one of them. While she hired some weekend help, she handles the majority of the shop’s operations. She uses local, organic ingredients, and offers vegan and gluten-free options, too, because she wanted everyone to have options.

She changes her menu daily based on the availability of ingredients and what she feels inspired to create.

The shop opens at 9 a.m. (except on Sundays, when she opens at noon), and stays open until 4 p.m. — or until she sells out, whichever happens first.



Todd Mizener / Radish

Apricot eclairs are among the treats you may find at Carousel of Delights, 4009 E. 53rd St., Davenport.

It's usually the latter of the two.

Farrier says the only thing she would change about her job and work schedule is the amount of sleep it affords her. "I've scheduled a couple of hours for that in May, but we'll see," she says, and laughs. "Sometimes, I'm here at 4 in the morning, and sometimes I'm here until 10 at night. But I'm thankful for what I have."

Farrier says she wanted to be a teacher when she was younger, but life brought her to teach people about French pastries instead. She says she wouldn't have it any other way.

Watching Farrier work is entertaining. Her banter with customers is quick and lighthearted. She tells couples who plan to split a pastry that they must order two, lest they avoid an argument over it later.

She teases about trying her treats each day "for quality control purposes."

A salon owner stops in to order some of her confections for a special event, and Farrier responds with bubbling excitement and a promise to stop by. Her smile is quick, and her wit is even faster. Conversations are punctuated with warmth and her infectious laugh.

"It isn't about selling; it's about getting to know people. Sometimes I've sat on the couch and chatted with my customers. I've exchanged cat pictures with a customer. Sometimes, you just click," she says.

The shop is bathed in bright colors, as though they were meant to match her personality. She's chosen accent pieces with history or stories, and arranged the seating in ways she feels will encourage her patrons to relax and enjoy. She says she likes choosing eclectic pieces, and she displays what makes her happy.

Her ever-changing menu makes her happy, too.

She posts the day's offerings on her Carousel of Delights Facebook page, where you also will see her mix of eclairs, macarons, cupcakes, ganache, madeleines — whatever the day's stroke of inspiration has swayed her to create.

Farrier is not afraid to think outside the box.

"Macarons are temperamental. There are 18 documented ways to screw them up. You're not supposed to put things in the shell, but sometimes, I have. I don't like rules," she says.

"I'll never be a wallflower. I'll always be the loudest person in the room, and so will my cakes."

Chris Cashion is a writer on staff with Radish. For more information about Carousel of Delights, visit facebook.com/CarouselofDelights or carouselofdelights.com.

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gardens

Nurturing natives

Alexis nursery offers a variety of native plants

By Ann Ring

A short drive away from the Quad-Cities, just west of Alexis, Ill., sits the Simply Native Nursery, a gardener's delight that specializes in Western Illinois/Eastern Iowa eco-type pollinator plants for prairie, woodland and wetland forbs and grasses.

"I'm a nontraditional nursery," says owner Kathy Hale-Johnson. "Right now, 90 percent of what I grow is native and nativars," she says.

Native plants are just that — plants that grow naturally in a particular region, ecosystem or habitat, and were present prior to European settlement. A nativar is a native plant mutation or a native plant that has been altered genetically.

Native plants are virtually perfect for the newbie gardener or those like Hale-Johnson who like the idea of "no muss, no fuss" gardening because they're more tolerant of seasonal conditions. Since these plants are inherent to our climate and soil types, they can vigorously grow and are more apt to fight off disease, organisms and fungal pathogens. You also may not have to use fertilizers, insecticides or fungicides because these plants should possess a natural immunity.

"It makes sense to use natives," she says. "Most — but not all — are so well-suited to our area; they're symbiotic with other plants and their pollinators."

Hale-Johnson's business started as a hobby 22 years ago when she experimented in her own backyard and studied horticulture at a local college, then through Iowa State Extension's horticulture program. When she really delved into gardening, Hale-Johnson discovered she couldn't find plants she wanted for landscaping projects.

"I hate to water plants," she says, and laughs, noting the irony. "I want to plant it, baby it, grow it, then deadhead — no muss, no fuss — bulletproof."

One conversation with Hale-Johnson, and you will get a feel for her vast amount of knowledge. Simply Native Nursery — whose retail store is at 681 St. Hwy 135, Alexis, Ill. — and the rest of her property, located in the Henderson Creek area, vary in soil content. She can tell you from first-hand experience what works where.

"I'm not afraid to experiment — what grows in clay, shade. I push the limits so I can make recommendations," says Hale-Johnson. "I grow most of what I sell in my own garden."



File /Paul Colletti /Radish

Kathy Hale-Johnson at Simply Native Nursery in Alexis, Ill.

With gardening comes discussion on the Monarch and bee population decline. Hale-Johnson sells trays which work to "create a royal paradise for the nobles of the butterfly world with a Majestic Monarch garden."

The inventive 32-pot trays take the guess-work out of any confusion or indecision on what plants to buy for the adult and their offspring. The 11 plants, including *Liatris* (gay feathers), various milkweeds and several other pollen and nectar plants will persuade monarch butterflies to visit over and over. The nursery also offers Monarch Milk, a milkweed tray with up to three species of 32 milkweed plugs.

A decline in managed bee colonies puts great pressure on the sectors of agriculture reliant on commercial pollination services — and there are no substitutes for what the bee does for world agriculture. According to the U.S. Department of Agriculture, an estimated one-third of all food and beverages are made possible by pollination, mainly by honey bees.

Simply Native Nursery also offers a Bee Garden Tray for your garden. The selected 11 varieties of native perennials (32 pots total) promise you'll see bees swarming to your garden and buzzing all season long. Selected for long bloom times, these plants will provide pollen and nectar for bees from late March and early April through October, when bees are in their most active state. While visiting your garden, bees also will pollinate fruits and vegetables, increasing your harvest.

Other offerings include five types of Blazing Stars; many types of Asters; Spiderwort, Lobelia and Beardstongue for bees and hummingbirds, and Culver's Root and Black Snakeroot for shade.

Hale-Johnson's spouse, Craig Johnson, also has developed a passion and interest in horticulture and is a silent partner who helps out with the business.

"He grows and sells heirloom tomatoes," says Hale-Johnson, who says they own his-and-her greenhouses.

"He's also the maintenance man," she says, with a laugh.

If you buy from Simply Native Nursery, Hale-Johnson says the sale is never over. She promises to be your go-to for any questions. As a customer, you'll appreciate having one person you can count on for all your plant questions and concerns.

"Whatever soil or light, there's going to be a native plant that can grow there."

Ann Ring is a frequent Radish contributor. For more information about the Simply Native Nursery, including a list of what it offers, visit simplynativenursery.com; its Facebook page, [Facebook.com/simplynativenursery](https://www.facebook.com/simplynativenursery), or call 309-371-9598.

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Fitness with friends

Group workouts offer support and more

By Chris Cashion

We find strength in numbers.

It's true in many areas of our lives, but it certainly is the case when it comes to entering a fitness class for the first time — or for the 100th time — when you're digging for motivation to keep at it.

I didn't give company much thought early on in my fitness pursuit. As a runner, I laced up my shoes and hit the pavement alone. Other than joining in a road race here and there, running was a solitary activity for me for many years, and I was fine with that.

When I started writing for Radish magazine, an editor discovered I didn't mind being sent out to try fitness classes and write about them. The group setting was a little out of my comfort zone initially, but I have to say I've never felt alone on these assignments. In my mind, I have always felt as if the Radish readers are along for the ride with me. I haven't been attending these classes solo — all of you have been right there, and a photographer now and then, too, to document the adventure.

After reading my articles about my various outings, friends asked if I would go back to some of the classes with them. As word spread, other friends wanted to come along as well, so I created a Facebook group and extended invitations to various outings about once per month. Whoever is available and interested joins in. We've branded ourselves the "Class Crashers," and even had T-shirts made. Friends who normally wouldn't set foot in a gym have been sweating alongside me, trying out dance routines, mud runs and yoga classes.

So what's the deal? Why are we so much more likely to try a new activity with familiar faces alongside of us, when we'd never even consider attempting it on our own? What is it about this pack mentality that makes us so brave?

I decided to ask a couple of area fitness experts for their thoughts on the matter.

For Rock Island's Michael Kinney, a co-founder of the fitness group Plan for Adventure, one of the

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Submitted

Leah Miller, Bettendorf; Anne Roush, Coal Valley; Radish writer Chris Cashion, Davenport; and Vickie Felger, Princeton, Iowa, raced together in the Junior League of the Quad Cities' I AM Strong 5K Mudventure Race at Case Creek Obstacles, Coal Valley.

answers comes down to simple math.

"Let's say you try a class with five friends. You're dividing your fear with those five people instead of holding it all yourself," Kinney says. "And even if everything else sucks, you're still having fun with those five people."

He says it's that support system that helps us believe in ourselves and conquer what we once thought to be impossible — and, according to Kinney, very few things are truly impossible.

"Even tying your shoes seemed impossible for you at one time. Then, one day, it happened. Now,

you do it every day," Kinney says.

Kinney knows a thing or two about things that once seemed impossible. He began Plan for Adventure with his friend Nathan Tackett a few years ago. Initially, the group did stair climb events every Sunday at the sky bridge over River Drive in Davenport. As time passed, they added other events, including fitness classes at a building they've since secured in Moline.

Kinney says sometimes the big picture can feel impossible, but they continue month after month, and the community has embraced them.

"Now, we're training 70 to 90 people a month," Kinney says.

He says he sees the group mentality spur people on in training groups all the time.

"The support is tremendous. You get there, and someone is always happy to see you," he says, adding that it's this type of camaraderie that keeps his group members improving and coming back for more.

Wellness coach Evangeline Geist, of LeClaire, agrees.

"I do both at-home and group workouts, and you can't beat the energy you find in a group workout. There will be times when I try something at home, and I can't do it. Then, I'll do the same move in a group workout, and because I am so pumped on the energy of the music blaring and following the instructor, I end up doing it without even thinking about it," Geist says.

Geist says peer support is a huge factor in overcoming your fears in a class setting.

"I remember the first live class I went to. I was terrified. It seems so silly now. I thought everyone would look at me and make fun of me for messing up or being overweight. If three of my friends hadn't talked me into staying, I would have left before it started and missed out on something I now love," she says.

Geist says there are things about being a part of a group that you simply can't replicate as an individual.

"In groups, there is more energy. You play off of each other, you become more competitive, and it adds a whole new level to the experience," she says.

Geist says if you want to create your own group of fitness lovers, just find a class or activity, invite a friend and go for it.

"That's how I got started. I was challenged to do something I had never done but wanted to. Several friends of mine went to group classes, so I asked if I could tag along. Now, I sign up for classes all the time, and I invite others to go with me," she says.

If you're wondering what sorts of things will make a good group activity, it really depends on the interest level of your group — but don't be afraid to try something outside of your comfort zone.

"It can vary from person to person. I love yoga, but I have friends who don't. I have friends who love 'Insanity' and high-impact, high-cardio classes that I am not into. I say trying anything at least once, twice is even better because the first time you are just figuring it out. The second time you know more of what to expect, so you get a better feel for it and if it will be something you enjoy," she says.

The interesting thing is how contagious the group enthusiasm can be. What began as a way for me to invite a few friends on Facebook to join me for a class has taken on a life of its own. Now, friends post events and see who is available to join them.

The momentum of the group has taken over — because there's strength in our numbers.

Chris Cashion is a writer on staff with Radish.



Submitted
Writer Chris Cashion crawls through tubes with Anne Roush at the Junior League of the Quad Cities' I AM Strong Mudventure Race.



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Organic options grow

Two health-food stores to open in Q-Cs

By Jonathan Turner

More health food stores are on their way to the Quad-Cities. The independent Healthy Harvest Urban Farms Market plans to open by the end of February in downtown Rock Island, and Natural Grocers, a nationwide provider of organic and natural groceries, dietary supplements and body care products, plans to open its first Q-C store this summer off 53rd Street and Interstate 74 in Davenport.

The Healthy Harvest Urban Farms Market, which will be at 1616 2nd Ave., will be 5,400-square-feet, including a warehouse and produce cooler, owner Chad Summers says.

It will be a retail extension of the Healthy Harvest Urban Farms & Garden Center, which opened in 2013 in East Moline, and is closed during the winter, he says.

“We wanted to do just like East Moline; we’ve been hit by all these people who say ‘We’re so interested (in a year-round store),’” Summers says. “I’m so excited. It’s kind of been a godsend, to establish a much larger producer base.”

The store will only sell organic, non-GMO plant-based foods, and beverages such as smoothies, and will have a very small cafe — to expand to the sidewalk in warm weather, he says. Healthy Harvest also will work with growers in the region and some local restaurants to carry their goods, Summers adds.

He currently sells his produce to about 20 restaurants in the Quad-Cities. Among the store staff will be a registered dietitian to answer questions and make recommendations for customers, Summers says.

For more information, visit facebook.com/healthyharvesturbanfarms/?fref=ts.

Natural Grocers, a 62-year-old company based in Lakewood, Colo., has 138 locations in 19 states, and the 15,000-square-foot Davenport store will be its fourth in Iowa. Other Iowa stores include Cedar Rapids, Cedar Falls and Clive. There are no locations in Illinois.

“Our unique stores can provide Iowans with a resource to educate themselves about nutrition so that they can make healthy choices about the foods they eat and the nutritional supplements they take,” says company co-president Kemper Isely.

“Millennials especially are really interested in health. It’s our fastest-growing demographic,” says Jonathan Clinthorne, Natural Grocers’ manager of scientific affairs and nutrition education.

“They’re coming into their own, having families. They want to provide their families with the healthiest food options. We see a lot of millennial mothers who want to buy organic baby food or give their kids a fish oil supplement that is safe.”

The following are among the company’s core principles, according to naturalgrocers.com:

- Free science-based nutrition classes, health coaching, and cooking demos.
- A nutritional health coach in every store.
- No artificial colors, flavors, sweeteners, preservatives and trans-fats.
- All USDA-certified organic produce.
- Meat products raised without antibiotics, growth promoters or feed using



Gary Krambeck / Radish

Building construction of the new Natural Grocers at 53rd Street, just off I-74, in Davenport.

animal by-products.

- Dairy products that come exclusively from confinement-free dairies.
- Eggs that are not only cage-free, but are provided with sufficient space to move — both indoors and outdoors.

Affordability and use of local producers also are company hallmarks, spokeswoman Krystal Covington says.

“We find local products by researching farmers markets, searching online for local companies and visiting neighborhood stores,” she says. “Our goal is to have as many local products as we can upon opening.”

The best way for vendors to apply for consideration is through naturalgrocers.com/products/vendors.

“We use the terminology ‘always affordable,’ to make sure the food we provide, supplements and body care products, are as affordable as they can be for being organic and natural products,” Covington says.

“We have a lot of recognizable name brands, but we’re focused more on the quality of the product,” she says. “The very stringent quality standards we have, some brands we don’t sell because they don’t meet the standards.”

Covington says for those who are worried about the cost of organic produce, the biggest way to save money is to buy what is in season. “Organic produce is very affordable when they’re in season. That’s going to give you healthier food no matter what.”

The Davenport store is being built on the site of the old Ruby Tuesday’s, which closed in 2012. Natural Grocers will hire 18 employees for the store, Covington says.

Contributor Jonathan Turner is a writer on staff with the Dispatch•Argus•QConline.

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healthy living

Campus Kitchens

Augustana students work to feed those in need

By Benjamin Payne

It was just another Friday lunch in Rock Island at the student dining center for Augustana College roommates Ninna Mendoza and Mary Therese Thomas, until something caught their eye: a bowl filled to the brim with ruby red strawberries.

Ripe for the picking as those strawberries were, the bowl wasn't sitting on the produce cart — it was inching toward the trash on the dirty-dish conveyor belt.

"We were dying inside," says Mendoza, who double-majors in pre-med and Spanish. "Why would you waste all that food?"

Says neuroscience major Thomas, "It broke our hearts."

But it didn't break their resolve.

Determined to find a way to cut down on food waste at Augustana, Mendoza remembered a group that her friend back home in Janesville, Wis., told her about: The Campus Kitchens Project. The Washington, D.C.-based nonprofit partners with colleges across the country to recover unused food from campus cafeterias — of which there's a lot. The average residential college student generates about 142 pounds of food waste per year, according to Recycling Works, a recycling assistance program in Massachusetts.

Campus Kitchens Project chapters then repurpose the recovered food into meals that meet the nutritional needs of the local community.

All of the cooking, packaging and distribution is done by student volunteers. But before any of that can be done, a student representative must establish an official chapter on their campus.

At Augustana, that's where Mendoza and Thomas come in.

"We didn't realize how much it entailed," Mendoza says.

First, there was the rush for the roommates to make a video in just two weeks about why Augie deserved a chapter and one of three \$5,000 grants from Evangelical Lutheran Church in America World Hunger.

Then, there was the online voting period in May. Despite representing the smallest college by enrollment in the competition — with about 2,500 students — Augie finished second, beating Casper College in Wyoming, with about 5,000 students; and the University of Nebraska Omaha, with about 15,000 students.

Finally, after hours of phone calls and hundreds of email threads with the D.C. office, Mendoza and Thomas were cleared last November to open the 58th Campus Kitchens chapter — the only location within 120 miles.

"Augie is a very well-funded, private college," Mendoza says. "You wouldn't expect students to struggle with (hunger), but they do."

An estimated 5 to 10 percent of Augustana students are food-insecure, according to a statistical analysis conducted by Mark Salisbury, Augustana's director of institutional research and assessment. To help these students, Mendoza and Thomas coordinate a three-week food-reuse process.

During the first two weeks of the cycle, dining center staff members gather excess food that had been prepared but never set out at the self-service cafeteria, and store it in a freezer.

In the third week, student volunteers transport the food into refrigerators over



Submitted

Augustana College students Mary Therese Thomas and Janelle Norden prepare food for the Augie chapter of The Campus Kitchens Project, an organization that repurposes recovered food into meals for those in need at the college.

the weekend, and draw up meal plans based on the available ingredients, which also are donated by the Rock Island Hy-Vee.

A few days later, the volunteers reheat and repurpose the food into meals and deliver them to the Brew by the Slough, a bustling student lounge in the library that overlooks the Augustana slough.

"Having the food in populated areas like the Brew helps with confidentiality," says Thomas, who explains that because the Brew is occupied by dozens of people at any given time, food-insecure students can pick up what they need without fear of being branded as poor or needy.

Even with this shield from the stigma, students may be hesitant to take advantage of free meals. That's why Mendoza and Thomas have plans to add dorm delivery, which was suggested by a member of their faculty advisory board.

The two also have plans to expand the Augie chapter's reach off of campus to Quad-Cities food banks. For now, though, Mendoza and Thomas are focused on recruiting more student volunteers at Augustana, and managing their time between school and service. Running a Campus Kitchens chapter, they say, is as time intensive as adding another course to their already full loads.

"If there's something you're passionate about, you're going to make time for it," Mendoza says. "You're going to make it work."

Benjamin Payne makes his Radish debut this month.



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Simple dish, new flavor

Make risotto over the fire in your backyard

By Whitney Carnahan

When you say you cook things over a fire in the dead of winter, people tend to reconsider their opinions of you. As in, just how crazy do you have to be to do that? And, don't you guys have a stove?

We started cooking things over fire about four years ago. Two events coincided: my husband's birthday, in which I bought him (us, really) a Dutch oven, tripod and lid lifter from Cabela's, and the acquisition of a hand-me-down fire pit from my sister.

We decided to place the fire pit as far from the house as possible. Naturally, this ended up under a tree, which perhaps wasn't the best idea, but we haven't had a problem yet.

When we started, we had no idea how long it would take to cook anything over a fire, how high to have the tripod, or how hot the fire would be. (Answers: not long, higher than you think, and damn hot.)

The fire is so hot, in fact, that it can burn off liquid in record time. The first time we cooked, we made a cheeseburger soup with bacon, and while I thought we might need extra broth, I didn't expect to use all four cups in addition to everything I'd already put in the kettle. The heat from the fire just evaporates the liquid.

At the same time, if you make a vegetable stew, you have to account for the liquid the vegetables will give off. We've had thin soup more than once. All of this depends on how hot the fire is, however, and for that, I'll offer these tips:

- Use decent firewood.



Whitney Carnahan, of Davenport, cooks risotto over a fire in her backyard.

Submitted / Whitney Carnahan

- Put that decent firewood in a tent-like configuration to allow air within the fire.
 - Use a fire starter. The small ones from the grocery store will work fine.
 - We like to let the fire starter burn out and get the fire going before we put on the food, so you may have to allow extra time. On the flip side, though, you'll cuss less at your fire. Your call.
- To date, we've made soup and stew of every kind over the fire, but one of our favorite dishes continues to be risotto, which requires a lot of stirring and adding broth in cupfuls to bring out the flavor and texture.

In a rush, I've been known to pour everything into the pan and let it do its work without

me. This way, you'll end up with risotto that has a slightly grainy texture. If you want a more creamy texture, just put in a pat or two of cold butter after you're done cooking and stir it in, along with some Parmesan cheese. I also reserve about a quarter of a cup of broth to add at the end so that it isn't too dry.

Not exactly Italian, but hey, I'm Irish.

Since this dish can handle being left to its own devices, cooking it over the fire is a perfect method for it. Not to mention, the smoke adds a new level to the flavor — something you'll not find in a restaurant or (hopefully) on your stovetop.

Generally, you'll want about a cup of broth to quarter of a cup of Arborio rice. However,

when cooking over the fire, you might need a bit more, depending on how hot your fire is.

You'll want to time it so your food is ready to cook when the fire is going. Plan to start the fire and prep work at least a half hour before you want to start cooking.

While cooking over the fire isn't for everyone, it's become a tradition for us. It's the best part of camping, with the ease of being home.

After you've had your fill of risotto and are dreaming of your next over-the-fire cooking episode, remember to check on a few things. First, check your fire. It's best to let it die down on its own, but you can break up the wood and ashes to help disperse the fire. Then you can douse it with

water, and stir to make sure the fire is burned out. Check on it later to make sure it hasn't reignited.

Next, clean out your Dutch oven to avoid caked-on risotto — never a fun surprise for the next morning.

Also, put those leftovers in the fridge — both of us agree that sometimes risotto is better the next day.

Whitney Carnahan is a former journalist and writes at tinycountercooking.blogspot.com.



Submitted / Whitney Carnahan

Cleaning your cast iron Dutch oven

To clean our Dutch oven, I scrape out any excess food with a metal spatula as soon as it's cool, then wash only the inside of the pot and the inside of the lid with the tiniest amount of Dawn and very hot water.

I rinse it thoroughly with hot water, and dry it right away. Then, I coat both the inside of the pan and the inside of the lid with canola oil on a paper towel. I store the cast iron pot with a loose paper towel inside to absorb any excess moisture.

I do not clean any of my other cast-iron pans with any kind of soap. Instead, I use a chainmail scrubber. However, the Cabela Dutch oven we have seems to have a different kind of finish, so this is what has worked for us. Hot water is important, soap or no, for cleaning, and if you do not want to use a chainmail scrubber, you could use a plastic dish-scrubbing pad as well.

Make sure the pot is dry and lightly oiled before storing to avoid rust. If rust continues to be an issue, consider wrapping the pot in wax paper.

Risotto over the fire

**4 cups chicken stock,
plus 2 additional cups**
3 tablespoons olive oil
2 tablespoons butter
1 onion, minced
2-3 cloves garlic, minced
1 cup Arborio rice
**1/2 cup dry white wine, preferably
chardonnay (or more broth, if
wine is not your game.)**
1/2 zucchini, chopped
**1 1/2 cups cooked cubed chicken,
optional**
1 to 1/2 large red pepper, chopped
**4 ounces packaged baby bella
mushrooms, halved and sliced**
**1 teaspoon Cavender's All Purpose Greek
seasoning**
Salt and pepper to taste
**Parmesan for stirring in, about a 1/2 cup
to 1 cup**
1 tablespoon butter for stirring in

Have on hand:

- **Spoon for stirring (metal is best)**
- **Jar of extra chicken broth**
- **Oven mitts**
- **Lid lifter**
- **A pail of water to douse the fire**
- **A long stick or poker to move logs on the fire**
- **A flashlight if you're doing this in the dark**
- **A tasty beverage**

Simmer or microwave 6 total cups water for stock, and add 6 chicken bouillon cubes, or about 1 1/4 tablespoons of Better Than Bouillon. Pour 2-plus cups of stock into a mason jar to keep by the fire.

Mince and chop all veggies and cooked chicken, if using.

Place butter and oil into Dutch oven. Add rice and stir to coat. Add veggies. Then add the wine and up to 4 cups of broth. Add seasonings and stir well. Place the lid on the Dutch oven.

Make sure the fire is going at a fairly good clip. Set chain so that the fire will just lick the bottom of the cast-iron pot. You don't want the whole thing engulfed in flame.

Carefully carry the pot to the fire pit and, using large oven mitts, place the handle of the oven on the hook for the chain, adjusting for balance. This is best done with a buddy, as sometimes the chain,



Submitted / Whitney Carnahan

Risotto, prepared over a fire

hook or tripod legs can shift with the weight. (You may need to reposition the tripod if this happens.)

Once everything is good to go and the flame is hitting the bottom of the pot, set your timer for about 20 minutes.

Once 20 minutes has passed, use the lid lifter to check the risotto. Once the steam clears, you should see the rice bubbling at the edges of the pan, if not across the entire surface. If you do not observe this, your fire is too low. Add or restack wood to ensure plenty of air for the flame.

If your risotto is boiling like crazy, take the fire down a notch, or reposition the chain to make sure the pot is above the flame somewhat. Remember to use those oven mitts!

Also, check the liquid level. If it looks dry — as in you can see several individual grains not immersed in liquid, which may be the case if the fire is roaring — then add some chicken broth. Likely, you won't add too much in this case; the fire will burn it off if you do.

Set the timer for another 10 to 20 minutes and check it again, stirring and adding liquid as needed. At this point, if your stock has absorbed, you can remove the pan from the heat. If not, keep checking every 5-10 minutes to see where it's at.

Once you take it off the fire, let it sit about 10 minutes, and then take it inside. Taste for seasoning and add as needed. If it seems dry, add more hot chicken broth. Stir in the cold butter vigorously, then top with Parmesan. Replace the lid and let it sit to cool while you enjoy the fire.

I like to serve this with another vegetable, and chicken or fish, if I didn't add any meat. It also goes well with a glass of white wine, which is convenient if you've opened a bottle for the dish.

healthy living

And on that farm ...

Couple opens Iowa's first farm animal sanctuary

By Cindy Hadish

Carl the cow roams the barnyard with Matty the sheep, while four ducks follow in a row to splash through the mud. Sammy, a large red Duroc pig with drooping ears, gets a belly rub in the pen he shares with a handful of other pigs.

The idyllic scene looks like a clip from “Charlotte’s Web,” or a throwback to a bygone era, but it happens every day at the new Iowa Farm Sanctuary in rural Marengo, Iowa.

Jered and Shawn Camp spent two years planning the farm sanctuary — the first of its kind in Iowa — and just last summer, the two purchased an acreage to pursue their dream.

“Farm animals don’t have the same protections as dogs and cats,” said Shawn, 30, whose interest in starting the sanctuary was sparked after reading “My Gentle Barn,” a book that details author Ellie Laks’ experience in founding an animal sanctuary in California.

The Iowa Farm Sanctuary’s mission is to provide a safe haven for rescued farm animals in need of love and compassion, while providing humans the opportunity to experience the animals’ unique sentience and intelligence.

A native of Solon, Iowa, Shawn initially had hoped to volunteer at a farm sanctuary. Then, she and her husband discovered there weren’t any in Iowa, a state that touts itself as an agricultural leader.

Jered, 35, spent his youth on the family’s small farm in Utah, where he fed calves and other animals, even though he wasn’t particularly enamored with the daily chores.

“Now, I’m glad that happened,” said Jered, who works as a paramedic at the University of Iowa Hospitals and Clinics. “It gave me a lot of practical experience.”

The two solidified their goal to launch Iowa’s first farm sanctuary after visiting the Heartland Farm Sanctuary in Wisconsin and began to pursue a nonprofit status for the Iowa Farm Sanctuary.

After a long search, they found a 10-acre farm with a home and outbuildings in Eastern Iowa, not far from the Amana Colonies, which they are purchasing on their own. Shawn has cut back on her work as a manager at Reds Alehouse,



Cindy Hadish / Radish

Shawn Camp and her husband, Jered, recently opened the Iowa Farm Sanctuary in rural Marengo, Iowa. In the photo, Shawn is with Sammy the pig.

in North Liberty, Iowa, to focus on the sanctuary.

The couple’s first two rescues, Monkey and Marley, were runts that would have been slaughtered if not for the sanctuary. They share space with Sammy and the other rescued pigs, including Kayla, who suffered road rash after falling from a semi-trailer truck on the interstate.

“We think it’s fitting that our first two rescues were pigs,” Shawn said. “Being in Iowa, we tell people we could just be a pig sanctuary, with all the calls we get.”

Within months of the initial rescues last July, the sanctuary’s menagerie has grown to more than 20 animals, with frequent requests to take in more.

Each has its own personality, as exemplified by one of the sanctuary’s goats, Bennie, who was rescued from a farm where he would have been raised for meat. The runt of the litter, Bennie would have required bottle feedings, which the previous owner didn’t have

time to do. His life was spared when he was surrendered to the farm sanctuary, where he often follows Shawn and Jered around as a pet dog would do, and nuzzles visitors for attention.

Some animals are referred to the sanctuary by the Animal Rescue League of Iowa, and others come through phone calls, emails and the Iowa Farm Sanctuary’s Facebook page.

Unusual requests have included calls about cockatiels and baby mice, neither of which fit the sanctuary’s mission. Space is limited by the number of stalls in the barn, but the couple hopes to construct new stalls and buildings to house more animals.

“It’s so hard,” Shawn said, noting the sanctuary has to turn away many more animals than it can take in. “Right now, all of our stalls are full.”

The couple, along with the Iowa Farm Sanctuary’s Board of Directors, prioritizes emergency rescues, such as animals that have been removed from abusive situations. “It’s really case-by-case who gets to come here and who can’t,” Jered said.

Their first cow rescue, Carl, was saved from a veal auction, where he likely had been taken immediately after birth. Unable to stand and suffering from severe



Shawn Camp / Submitted

Hope the pig at the Iowa Farm Sanctuary in rural Marengo, Iowa.

diarrhea, Carl initially required near-constant care, including medication and feedings during the night.

Against all odds, the black-and-white calf pulled through and has grown steadily in his time at the sanctuary.

Other rescues include domesticated ducks that were abandoned at a pond in Iowa City and could not survive in the wild, a variety of chickens and three pygmy goats.

Shawn and Jered are vegan, so eggs serve as food for the ducks and chickens, and the two are pondering an appropriate outcome for the wool when the sheep need to be sheared.

Their vegan lifestyle serves as the underlying thread to the sanctuary's mission.

"Saving a handful of animal's lives may not make a big impact on the agricultural industry here in Iowa, but it will be the biggest impact possible for every single animal that is saved," the sanctuary's website states. "Giving farm animals a home where they can live a life free of confinement is the least we could do for these sentient beings."

The Iowa Farm Sanctuary is hosting gatherings that provide an opportunity for people to interact with the farm animals and while raising funds, with proceeds going to the care and feeding of the animals.

The sanctuary has partnered with Amazon Smile to receive donations from Amazon customers who choose the nonprofit as their charity. Opportunities also are available to sponsor individual animals, and the farm has accepted donations of food for the animals, such as a truckload of cucumbers and a farmer's donation of corn and soybeans.

Their Facebook page is attracting a growing following, and tickets to their inaugural event in October quickly sold out.

While caring for the animals is time-consuming, the Camps are certain they made the right choice.

"There's always something to be done, but it's fun," Shawn said. "The late-night moments, like feeding Carl with a bottle, become our most special memories."

Cindy Hadish writes about local foods, farmers markets and the environment at homegrowniowan.com. For more information about the Iowa Farm Sanctuary, or to sponsor an animal, visit iowafarmsanctuary.org.

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February 2017 **Radish** 21

Cold weather camping

How you can bundle up and get outside

By Todd Welvaert

It's often said the best three things about winter camping are: All the mosquitoes have frozen to death, all the mosquitoes have frozen to death and all the mosquitoes have frozen to death.

Seriously though, if you're getting a little cabin fever after the holidays and need to get a little time away from the hustle and bustle — and you are prepared to put up with a tinge more difficulty — winter camping might be a good fit for you.

The night sky seems clearer in the cold, winter-silenced wood; there's an excellent chance you will have the trails and campgrounds to yourself, and gorging on carbohydrates is almost a requirement — and did I mention the mosquitoes have frozen to death?

Here's a collection of tips that will help your winter camping experience be a good one.

- **Check the weather before you go.** You really don't want to get surprised out there. A storm might make your camping trip a downer in the summer, but an ice, snow or even wintry rainstorm can create conditions that quickly will threaten your life.

- **Know the symptoms of frostbite, hypothermia and dehydration,** and how to treat them.

- **Bring a lot of water — and drink it.** Dehydrating while winter camping isn't hard to do. You don't feel like drinking water like you do in the summer. Trying to walk off cramps is no fun in the cold.

- **Think layers for tops and bottoms,** such as



If you're getting a little cabin fever after the holidays and need to get a little time away from the hustle and bustle — and you are prepared to put up with a tinge more difficulty — winter camping might be a good fit for you.

a wicking layer next to your skin, a wool or fleece layer over that, and a water-resistant shell or parka with rain or snow pants. Avoid cotton. Keeping dry is of the utmost important. Make sure you're dry an hour before going to bed, and change into dry clothes before getting into the sleeping bag.

- **Boots are a must.** Beware of wearing too many pairs of thick socks, though — prohibiting circulation to your feet will get them just as cold as wearing fewer pairs of socks. Instead, get a good pair of liner socks and a good pair of wool socks. Change them during the day, and let them dry overnight.

- **Bring a thick hat** or two that covers your ears. Sleep in it.

- **Mittens or gloves?** I have mixed feelings on this. Mittens are warmer, but you need to take them off for anything requiring a modicum of manual dexterity, so I usually wear gloves — and then complain endlessly about how cold my hands are.

Hypothermia Symptoms:

- ♦ Shivering.
- ♦ Slurred speech.
- ♦ Noncommunication.
- ♦ Lethargy.

How to avoid it:

- ♦ Stay warm.
- ♦ Stay dry.
- ♦ Stay hydrated.
- ♦ Eat well.

Remedies:

- ♦ Put on dry clothing.
- ♦ Eat and drink warm foods and fluids.
- ♦ Put the person in a sleeping bag pre-warmed by another person — a hypothermic person doesn't have enough heat to warm the bag.
- ♦ Put warm water in bottles and place them in the sleeping bag with the person.
- ♦ Use another person to warm the hypothermic person.


In severe cases, careful evacuation to a medical facility is required.

Tip: Carry a small vacuum bottle with a hot drink or soup — it'll warm you up when you're getting cold.

- **Bring a handful of those eight-hour hand-warmers.** Activate them and throw them into your sleeping bag and boots before crawling into the sack.

- **Bring a flashlight and your phone into the sleeping bag with you.** Batteries don't like the cold. Bring a tightly sealed bottle of water into your bag too, but stop drinking an hour before bed.

Continued on page 24



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Friday, February 10
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Saturday, February 11
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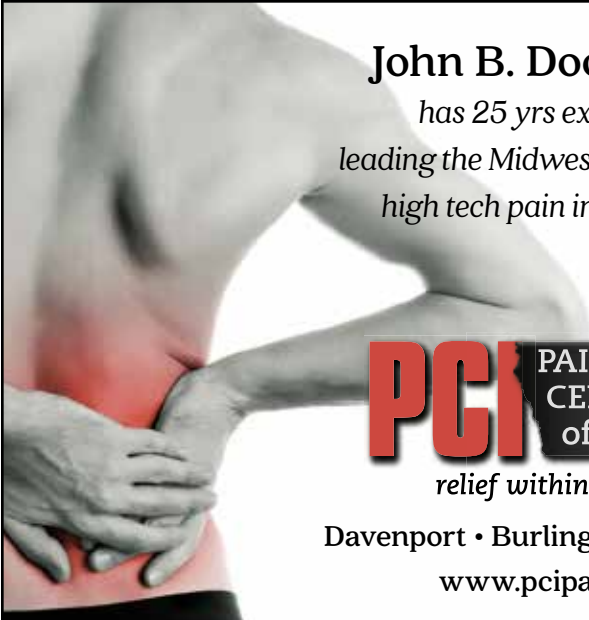
8:00-9:00 AM	Registration - Time with Exhibitors	FREE
9:00-10:00 AM	Speaker: Cheryl True, MD <i>I don't have time to take care of myself, DO I?</i>	
10:00-10:15 AM	Break (visit the Exhibitors)	
10:15-11:15 AM	Speaker: Jon Turnquist, MOL, OTR/L, ATP <i>There's no place like home: home adaptations to enhance safety and independence</i>	
11:15 AM-Noon	Time with Exhibitors who can guide you through the maze of caregiving issues, information and resources.	

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▪ **Nearly everyone believes mummy bags are the warmest**, and I won't argue that, but I don't care to be that confined. I bought a cheap, fleece bag that will fit into my regular bag, and found it probably gave another 10 degrees of warmth.

You also can invest in a bivvy bag, which is a bag that goes on the outside of your sleeping bag. A dedicated winter bag is probably worth it, if winter camping is something you are going to do a lot of.

▪ **Bring a pad to put between you and the ground.** I bring two pads — a closed cell pad and a self-inflating pad, and I found this made a big difference in my overall comfort while camping cold.

▪ **If you're tenting it, bring a tarp to stop moisture from getting past the fabric.** If there's snow, stomp it down under the tent; don't clear it.

▪ **Always eat hot meals.** Oatmeal, soups, hot chocolate, coffee and tea are great, but bring food that doesn't require cooking to enjoy, too, just in case. Be sure to prepare meals at home — it's tough to chop vegetables at 10 degrees.

▪ **White gas stoves are best for winter**, but in most conditions, alcohol or canister stoves work fine. For cartridge stoves, avoid 80/20 butane/propane canisters and use isobutane. Warm cartridges in your sleeping bag or parka before firing it up, but never bring a stove into a tent.

▪ **Pick a campsite out of the wind, if at all possible.** Pay attention to which part of the campground will get morning sunshine. It's usually coldest right before dawn. Mornings are the toughest in winter camping. If you wake up too cold, bundle up and go for a walk before trying to cook food or pack up gear.

▪ **Check with the campground if pit toilets will be available.** Many campgrounds will not offer running water. Bring hand sanitizer and a plan for dealing with your own waste, which usually includes bagging it out, if facilities are not available.

▪ **Check about firewood, too.** At this time of the year, some campgrounds don't have a stock of it, which means bringing your own if you want a fire.

▪ **Don't forget sunglasses and sunscreen.** Reflective snow can cook you, especially from late February and on.

▪ **Plan hikes accordingly.** If you are going to do any hiking and there's snow on the ground, you won't cover ground like you do in the summer time, so take that into account when planning your hikes. Consider gaiters, the calf-high style nylon ones can really help keep your boots and feet dry by blocking the snow from getting in from the tops.

▪ **Don't let yourself get sweaty.** Peel layers if you start sweating, put them back on when you get chilled. When you return to camp, put warm dry clothes on right away; don't lose the heat you spent all the effort building up.

▪ **Let people know when and where you are going**, and let them know if



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Pick a campsite out of the wind, if at all possible. Pay attention to which part of the campground will get morning sunshine.

Frostbite

Frostbite is a freezing of the tissues usually on the fingers, toes, nose or face. It is a result of heat being lost faster than the blood can circulate. In severe cases, appendages may have to be amputated.

Tip: Use chemical heat packs to help stay warm and to avoid getting frostbite.

Symptoms:

- ◆ Numbness to an area.
- ◆ Loss of sensitivity to touch.
- ◆ Tingling that feels like burning.
- ◆ Shivering.
- ◆ Skin appears red and then white-to-purple.

Prevention:

- ◆ Don't put yourself in that position.
- ◆ Be aware of your body signals.
- ◆ Stay warm and dry.

Remedies:

- ◆ Place the cold/frostbitten appendages against warm skin, such as your feet against a companion's stomach or armpits, or your fingers in your own armpits.
- ◆ Use warm water — 99 to 104 degrees — on the afflicted area.
- ◆ Do not use fire to thaw area — speedy relief can increase the injury.
- ◆ Do not rub because the abrasive action could damage tissue more.
- ◆ Evacuate to a medical facility.

Dehydration

Even when the temperature is low, you can still get dehydrated and that's not good for your kidneys, heart or brain. So drink plenty of water — even if you're not thirsty. Drink before you become thirsty.

Tip: Keep the fluids flowing in freezing weather with an insulated reservoir and tubing. In extreme cold, leave the reservoir at home and use a water bottle cover for your bottle. Turn the bottle upside down. (Water freezes from the top down, so by turning it right-side up you'll be able to unscrew the cap and drink.)

A good way to determine if you're drinking enough is to check the color of your urine. If it's dark, you are dehydrated. If it's pale in color, you're doing a good job hydrating!

Other symptoms of dehydration in extreme temperatures:

- ◆ Increased heart rate.
- ◆ Dry mouth.
- ◆ Dizziness.
- ◆ Muscle cramps.
- ◆ Confusion.
- ◆ Weakness.

the plan changes.

▪ **If it's your first winter camping experience, there's no shame in staying close to the car.** Get a feel for it. Test your gear and figure out what you would do different next time. Not working out? Throw your gear into the trunk and take off.

Todd Welvaert is a regular Radish contributor.

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Prep Time:
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- 1 teaspoon garlic salt
- 1 egg, beaten
- 2 tablespoons soy sauce
- 1 tablespoon Hoisin sauce
- 2 green onions, sliced

All you do:

1. In a medium skillet, heat 1 tablespoon oil over medium heat. Add garlic and sauté for 1 to 2 minutes, stirring frequently until garlic begins to brown.
2. Add “Fried Rice” Blend and garlic salt. Cook, stirring frequently, for 5 to 7 minutes until vegetables soften.
3. Stir in egg; stir constantly 2 to 3 minutes until egg is scrambled and incorporated into vegetables.
4. Stir in soy sauce and Hoisin sauce; mix well.
5. Garnish with green onions.

Nutrition per serving:

50 calories, 2.5g fat, 0g saturated fat, 0g trans fat, 480mg sodium, 5g carbohydrate, 1g fiber, 3g sugars, 2g protein. Daily Values: 20% vitamin A, 40% vitamin C, 2% calcium, 2% iron.

Adapted from Green Giant



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outdoors

National parks adventure

Submitted

Bettendorf man pens first book

By Jonathan Turner

In early 2015, Rob Erwin felt directionless and unfulfilled in a 9-to-5 office job. So he quit, got lost in some of the most famous national parks in America, and found a new purpose, passion and material for his first book.

The 29-year-old Bettendorf man recently released “Lost With Directions,” which recounts two weeks of hiking and camping in the Smoky Mountains, Yellowstone, Rocky Mountains and Grand Teton National Parks. The self-published book spent some time as the No. 1 Amazon best-seller for all travel books about Wyoming, and No. 1 for Jackson Hole, Wyo.

“I’ve always loved out West,” he says.

Erwin majored in math at Augustana College, Rock Island, and graduated in 2008. There, he was a student football coach for two years. He also has been an assistant football coach at schools in Montana, Michigan and South Dakota.

He had worked at Yellowstone National Park in Wyoming in 2013. “I put that math degree, magna cum laude and all that to work as a dishwasher,” Erwin says.

“I tell everyone it was the best job I had my entire life.”

Erwin says the people he met out there were genuine. “They were all

looking for a little adventure in their lives, looking to do something different, wanted to get away from the status quo,” he says.

In the spring of 2015, after a four-month stint at an office job in residential life at Augie, he applied that principle and was on the road to the Smoky Mountains in Tennessee.

“I wanted to get off the beaten path, where you do get that true national park experience — wild, untamed, adventurous, discovering stuff,” Erwin says, adding that he hiked and camped half the time solo and half with friends.

He camped one night in a massive canyon at the bottom of Yellowstone, five miles from a trail, on a 100-foot-high cliff overlooking the Yellowstone River.

“That’s a grueling hike, especially on your way up,” Erwin says, adding that he carried a 40-pound pack on his back. His favorite experience was at the Lamar Valley of Yellowstone, with wolves, grizzly bears and mountain lions.

He saw a wolf chasing an antelope. “It was awesome,” he says. “It suddenly became very real, not a TV show. You know there’s a hungry wolf out there, and probably a dozen others in the valley that are all hungry.”

He took bear spray and a machete, but that night, he never saw a wolf and slept 13 hours. “It was definitely the low point of the trip at the time. But I wanted the experience. If I wanted to be safe and comfortable, I would have just stayed in the Quad-Cities,” Erwin says.

“In retrospect, it was my favorite part because it was a scary thing that I got through.”

Another challenge was scaling 11,000 feet up to Haynack Lake in Colorado’s Rockies. “It’s one of the

prettiest, least-visited places in the park.”

Unfortunately, he and friends never saw it. They hit waist-deep snow, and then stepped close to a sinkhole. Freezing and frightened, they turned around.

“I was so far outside my element. I was clueless; I was lost for all practical purposes,” Erwin says, of some of his trip. “There’s a lot of trial by error.”

He called Jackson Hole in Grand Teton the most scenic of his visits.

“Live life the best [you] can and not get stuck in these routines. While you’re young and active, why not see what’s out there?”

— Rob Erwin

Erwin came home after just two weeks because he wanted to write, look for a new job and was to be married that July to his now-wife, Kellie.

At the book’s end, he writes that “for the first time in a long time, I felt invigorated and ready for whatever chal-

lenges lie ahead. If I could make it from the Appalachians to the Rockies in one piece, in spite of all my screw-ups and mistakes along the way, I knew I’d be able to make it through just about anything.”

Since last fall, Erwin has been working as a substitute teacher in Orion, and wants to get back into coaching. He already is planning his next book, “Lost on the Rails,” after taking the train to Theodore Roosevelt National Park in North Dakota, Glacier National Park in Montana and whitewater rafting in Oregon.

He hopes to inspire others to take similar adventures, to “live life the best we can and not get stuck in these routines. While you’re young and active, why not see what’s out there?”

Contributor Jonathan Turner is a writer on staff with the Dispatch•Argus•QConline.

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healthy living

For the love of chocolate

8 varieties put to the test

By Laura Anderson Shaw

Ah, February. The month of love, flowers — and chocolate. It's everywhere you turn, it seems, and it's as easy as can be to snag for ourselves or our loved ones.

But we don't want just any chocolate; we want chocolate that tastes good — really good — and is as planet-friendly as possible. Choosing the perfect chocolate, however, can be a daunting task, so we at Radish decided to take one for the team and host an in-office taste test.

Since the closest tree that produces cocoa beans is in the tropics, we dropped about \$25 at Q-C health and grocery stores for a few as-local-as-it-gets chocolate bars to put to the test.

Similar to just about everyone else, some of our staffers prefer milk chocolate while others prefer dark, so we grabbed four of each to try. Before tax, each cost about \$2-\$3 and some change.

We gathered around the conference room table and everyone had a taste — first the milk varieties, then the dark — and we ranked them, one through four, by what we liked best.

We learned that all milk chocolates are not created equal, and the same goes for dark chocolate. Just because you're a fan of milk or dark chocolate doesn't mean you'll like all of the varieties that are out there.

We also found that just because a candy bar costs nearly four bucks, that doesn't mean it tastes like it. (What a let down, for both your taste buds and your wallet!)

And, though it was rare, we saw that like all other foods, one person's favorite milk or dark selection was another person's least favorite, so keep that in mind while making selections of your own!

So here are the chocolates we tried, complete with our thoughts on each. May you find it helpful, or at the very least, entertaining!

Milk chocolate

1. Chocolove milk chocolate (33 percent cocoa), made with cocoa farmed in a socially responsible and ethical manner, according to the label.

Testers said this chocolate was very good and “melty.” It has a light brown appearance and has a nice, smooth texture.

One tester said that out of all of the chocolates we sampled, milk or dark, this was the only one he would purchase. (Many continued to return to this — especially after sampling a not-so-tasty variety — until the whole bar was gone!)

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Todd Mizener / Radish

2. Dagoba milk chocolate (37 percent cacao — say kuh-KAH-oh), organic.

This chocolate tasted a bit more bland than the Chocolove variety, testers said, and it is a bit crumbly. It has a bit of a darker appearance, too.

It was all right, one tester said. “Nothing special.”

3. Endangered Species Chocolate natural milk chocolate (48 percent cocoa), fair trade.

Testers said this chocolate was darker yet in appearance, and bitter with a weird aftertaste.

“Tastes like a plant and not a good plant,” one tester said. “Pretty gross.”

4. **Green & Black's milk chocolate** (34 percent cacao), organic, fair trade. While nicely milky in color, it certainly wasn't in flavor, testers said. Instead, they said it had a strange taste. "Didn't really taste like chocolate, either," one tester said.

Dark chocolate

1. **Dagoba dark chocolate** (59 percent cacao), organic. Dark in color, testers said this chocolate had a good texture and an "OK" flavor. Some, however, mentioned a weird aftertaste, one describing it as "licorice," and another described it as "nail polish remover."

2. **Chocolove strong dark chocolate** (70 percent cocoa), made in part with cocoa farmed in a socially responsible and ethical manner, according to the label.

This chocolate has a good, smooth texture, and it looks pretty, testers said. Its flavor was quite strong "without being bitter," though.

It too, however, seemed to have a bit of an aftertaste.

3. **(Tie!) Endangered Species Chocolate natural dark chocolate** (72 percent cocoa), fair trade; **Green & Black's dark chocolate** (70 percent cacao), organic.

Two of our eight testers seemed to enjoy the Endangered Species' take on dark chocolate — but the remaining six disagreed.

"Gross," one tester said. "I can't pinpoint what is wrong with this, but something is."

One tester said that while it looked pretty in appearance and had a nice texture, they needed to rinse out their mouth after sampling it.

The reviews of Green & Black's chocolate bar were a bit more harsh.

One tester simply said, "Awful."

This chocolate bar was described as crumbly and almost crunchy, certainly not smooth or creamy.

"I don't know what this flavor is," one tester said.

"That made me want to never eat chocolate again," said another.

Laura Anderson Shaw is the editor of Radish.



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Do you need that protein shake?

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Once used mainly by body builders, protein powders are now mainstream and being marketed as a supplement to help lose weight and build muscle. While protein is an essential element for the human body, nutritionists say it's already available in many common foods and that most people already might be receiving their required daily intake. A little extra protein might benefit highly active individuals, but experts say consuming too much protein could have unintended side effects.

Made in a variety of tasty flavors, these powders now make it easier than ever for people to consume large amounts of protein. There are dozens of brands and types, ranging from whey protein and isolate proteins to "protein blends." Most are designed to be mixed with water or milk and contain an average of 24 grams of protein.

Dr. Cate Shanahan, author of "Deep Nutrition: Why Your Genes Need Traditional Food," says protein is one of the three essential macronutrients, along with carbohydrates and fat. She says proteins supply amino acids that our bodies can't synthesize on their own, and that they help make muscle, skin, bone and other tissues.

Shanahan says there are a "lot of myths" around protein, often involving the belief that those who exercise more need more protein or can build more lean muscle by consuming more protein. While body builders and endurance athletes may have a need for more, it's questionable for others. For an ordinary person who exercises moderately, Shanahan says there's "no benefit" in consuming extra protein beyond that found in a well-balanced diet.

"There's no evidence that habitual exercise increases protein requirements. And in fact, protein metabolism may be more efficient as a result of training," Shanahan says.

Protein does help build muscle, but there are conflicting studies on how much people need and how excess protein can impact the body. According to the National Institutes of Health, the Recommended Daily Allowance (RDA) for protein

is .8 grams per kilogram of weight, roughly 46 grams per day for women and 56 grams per day for men. Yet most Americans already receive more than their minimum RDA. A 2015 analysis of the 2007 to 2010 National Health and Nutrition Examination Survey found that American men already consume a daily average of 100 grams.

Some servings of protein powders have as much as 60 grams, the equivalent of 9 ounces of tuna or chicken. Many nutritionists and doctors also are worried that these products are relatively new and there are no long-term studies on how these protein powders can impact the body. Shanahan says the unnecessary intake may not only cause the person to gain weight, but could also increase the workload on their kidneys.

A number of large observational studies have linked high-protein diets with a high incidence of heart disease and cancer. One study by the Longevity Institute at the University of Southern California examined a sample of 6,300 adults and found those who ate a high protein diet between the ages of 50 and 65 were four times more likely to die of cancer than those who consumed less. Yet other health professionals, like Stuart Phillips, professor of kinesiology at McMaster University in Hamilton, Ontario, says the risks of a high protein diet are "overblown."

Shanahan says those too focused on protein may also be shorting themselves of other macronutrients they need, such as vegetables, fruits, whole grains and good fats. Even most protein powder labels encourage consumers to use it in combination with high protein foods to meet daily requirements. Many also state that it is a "food supplement only" and "not to be used for weight reduction."

While there may be a need for elderly and sickly to consume protein supplements, many younger and healthier Americans are likely receiving the protein




Do you really need added protein powder?

CTW Features

they need. A protein shake here and there may not do much harm, but excess consumption combined with a typical American diet may result in more fat than muscle.

"If you're getting more of anything than you need, you're going to gain weight by definition. You can already get (protein) through foods. I'm hard-pressed to find anyone I imagine really needs this," Shanahan says.



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healthy living

The buzz on beekeeping

What you need and where to find it

By Dylan Davis

Everybody loves Morgan Freeman, right? He's an actor who just keeps on giving, and he's got that voice that everyone seems to know. But do you know what one of Freeman's hobbies is? Beekeeping!

Since 2014, Freeman's 124-acre ranch in Mississippi has been a sanctuary for wild bees, and he keeps very close tabs on the project. We also have a handful of beekeepers throughout the Radish region, some of whom have been featured on these very pages. If you're looking for a new hobby for 2017, perhaps you could join the indomitable Morgan Freeman in the keeping of bees!

It's easier than you may think, and there are resources in the Quad-Cities and throughout the Radish region to help you get started. You can pick up the essentials at many area Blain's Farm & Fleet locations. (Check with your local Blain's Farm & Fleet to learn which products are available!)

"Blain's Farm & Fleet is very excited to have more hobby farming options," says Kristin Mickelson, public relations manager. "Beekeeping can be educational, fun, entertaining and, believe it or not, something for the whole family to be involved in."

Blain's Farm & Fleet partners with Miller Manufacturing and stocks a wide variety of beekeeping equipment. Products include "Beekeeping for Dummies," a useful launching point for beginners; beehive logs, feeders, smokers and extractors, as well as hive bodies, frames, strainers, gates and filters.

Of course, beginners also will need beekeeping clothing, including jackets, veils and coveralls, which Blain's Farm & Fleet stocks in a variety of sizes.

The impact of these tiny creatures is enormous, which influenced Freeman's decision to create a sanctuary for bees. News has circulated over the past few years about a massive dying-off of honeybees, with rates between 20 to 30 percent each year. This significantly can affect agriculture and the economy.

According to a White House fact sheet, "Honey bees enable the production of at least 90 commercially grown crops in North America. ... Pollinators contribute



Photos/Thinkstock.com
Beekeeping essentials, including clothing and equipment, are available at area Blain's Farm & Fleet locations.

more than \$24 billion to the United States economy, of which honey bees account for more than \$15 billion through their vital role in keeping fruits, nuts and vegetables in our diets."

Bees play "just as big of a role as any human does, if not more," Mickelson says.

"Bees are actually in danger, and if mankind doesn't step up, we can really be the ones losing out," she says. "If honeybees would become extinct, humans could be in that same danger within a seven-year span as well."

So, how does one actually get the bees? Blain's Farm & Fleet locations will take bee orders until Feb. 28, and live bees will be available for pickup on April 29 from stores in Dubuque, Iowa; and Morton and Woodstock, Ill. The stores also will offer a 20-percent discount on bee supplies and accessories, excluding live

bees and queens.

According to a news release, once you've set up a hive, the bee colony constantly will work to pollinate, make honey and wax. For the keeper, just check on the hives for about a half an hour once each week, and collect the honey and wax twice each year.

Bees sold at Blain's Farm & Fleet are Italian bees bred in Georgia. The available packages are three pounds and contain approximately 10,000 bees.

"Beekeeping is not for everyone, but if you can't help by having your own hive, you could also do your part by growing wildflowers or leaving honeybees alone when you see them," Mickelson says. "They are too busy with their work to bother you, so if you leave them alone, they will do the same to you."

Before you invest in bees or beekeeping equipment, make sure to consult your city ordinances to verify that you are allowed to have beehives on your property.

Dylan Davis is a regular Radish contributor. For more information from Blain's Farm & Fleet or Miller Manufacturing, contact Eric Lamberg, at elamberg@ffn-store.com; or Jason Wildung, at jwildung@miller-mfg.com.



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food for thought

Learn to love yourself

That's where all love begins

By Annie L. Scholl

Recently I had a long talk with a relative I love — a boy on the edge of manhood. Just days shy of his 13th birthday, he was wondering what we have all wondered at some point in time: Will anyone ever love me?

Immediately I showered him with “of course,” and told him how this person and that person in the family didn’t fall in love until they were in their 20s. He seemed surprised, in a good way, but I’m certain most of what I said wasn’t at all helpful.

After that conversation, I thought back to my 13-year-old self. I was in love with a boy then — a boy I was certain I would marry one day. But he wanted sex and I didn’t (well, I wouldn’t), and so we broke up. I remember sitting on my bedroom floor crying and listening to my Bread album over and over and over while looking at photos of the two of us.

I didn’t think I’d survive that break up — or the next, or the next. But with each crack of the heart, I learned something about myself: I wasn’t willing to do something for someone else just so they would love me.

But it’s taken nearly five decades and the end of two marriages for me to realize something else about love: It’s an inside job. We have to love ourselves before we can fully, deeply love another.

We have to be happy within ourselves before we can find happiness with another.

No one — no one — will ever complete us.

When I was growing up, my father would buy my mother expensive gifts on Valentine’s Day, her birthday, Christmas — jewelry, coats, chocolates. Each one came with a beautiful card. I watched my mother open those gifts and read those cards, but nothing she received could fill the hole she had inside.

My dad couldn’t. Gifts couldn’t. Vodka couldn’t. I couldn’t. No one could.

My mom, I’m certain, never fully loved herself, so no matter how much love was directed at her — in the form of a kiss, a hug, a word, a gift — she never felt she was loved.

Sure, I hope my 13-year-old loved one finds love one day, but mostly what I want for him is to fully, deeply, completely love himself.

I want that for all of us.

This Valentine’s Day, instead of (or in addition to) finding that perfect gift for someone else, I hope you’ll consider turning some of that love on yourself. Here are just a few ideas:

- **Write yourself a love letter.** Tell yourself what you love about yourself. Send it in the mail. Open it when you really, really need to know what’s so great about you.

- **Heal your deep wounds.** That’s the greatest gift we can give ourselves

— and ultimately another. Make an appointment with a therapist, a spiritual adviser — someone who can help you mend.

- **Enjoy your own company.** Go on a trip by yourself. Take a journal. Write. Reflect. Turn the cellphone off. Stay off of social media. Be fully present with you.

- **Look in the mirror.** Take a good long look. Look right into your eyes and say: I love you. Say it until you mean it. Say it as if you mean it. Scan your body. Find love for the parts you hate.

- **Get a massage.** Ring out all of the stress. Leave it all on the massage table.

- **Take a day off.** Don’t spend it with anyone else; don’t use it to run errands; don’t paint that spare bedroom or clean out that closet. Spend it doing something you love — alone.

- **Do forgiveness work.** One book that helped me tremendously in this department was “Radical Forgiveness,” by Colin Tipping. Find some way to forgive — yourself or others.

- **Mind your thoughts.** How often do you beat up on yourself? Call yourself an idiot? Criticize your body? Pay attention to your thoughts, and change those negative ones into positive ones.

- **Tend to your body.** Do whatever you need to do to be healthier. Take yourself on a walk, eat a piece of fruit, drink more water.

- **Be kind to yourself, whatever that looks or sounds like to you.** Treat yourself like you’d treat someone you love.

I surely don’t have love all figured out. What I know for sure, though, is it starts right here with me.

Happy Valentine’s Day.

Annie L. Scholl is a frequent Radish contributor.





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