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Kenneth L. Naylor, M.D., was born and raised in Toole, Utah. He graduated from the University of Utah School of Medicine in 1986 and completed his residency in Obstetrics and Gynecology at the University of Iowa Hospitals and Clinics in 1990. Dr. Naylor completed an American Hospital Association Patient Safety Leadership Fellowship through the Health Research Education Trust in 2007. He currently serves as the District VI Patient Safety Committee Chairman for the American College of Obstetricians and Gynecologists (ACOG).

Dr. Naylor and his wife, Sandi have five children. His loves coaching youth sports, running, skiing, serving missions in the Third World, and most importantly, spending time with his family.

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from the editor



Photo by Todd Mizener / Radish

I love a new year. There is something about every January that fills me with hope. Here it is, a whole year ahead, fresh and full of possibility — time to do more of the things we love, and whatever the disappointments of the past may have been, an opportunity to try again and do better. We don't know exactly what will come in the days and weeks ahead, and yet we can be sure there will be time to laugh with friends, to gather around a table and share meals, to work together to see a project through. In many ways, coming as it does after the holidays, a new year always feels to me a bit like discovering one more present tucked away, just waiting to be opened.

Of course, one of the things I look forward to each January is the annual Radish Awards issue in which we recognize individuals and organizations making a positive difference in the communities in which we live. This year, when we sent out the call for nominations, we received more than we ever have before. Although that meant we had our work cut out for us narrowing all the excellent nominees down to our five award winners, I find it uplifting to know there are so many people investing their time and talents to make where we live a healthy, thriving place to be — and that there are so many others who recognize their efforts as worthy of praise. I look forward in the months ahead to bringing you the stories of many of the people and organizations we learned about through your nominations, and I am pleased to present to you the 2014 Radish Award winners on pages 6-15 of this issue.

Every year we commission a different artist to create for us the actual awards we present to the people recognized in the awards issue. This year, we were tickled to be able to enlist the talents of painter Frank Ross, who uses different colors of mud to create his wonderful images of the natural world. You can read more about him on page 16. Just as the Mississippi River and its tributaries flow through the Radish readership area, carrying sediment from one place to another and helping to enrich the soils that support us, so to do the winners of the 2014 Radish Awards enrich the area in which we live.

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

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the grapevine

From our readers

"Your lovely memories and reflections in the December issue gave words to my thoughts. As we watch the escalation of Christmas shopping wars, I feel the true gift of family time together is chipping away. People are skipping the season (in which) we give thanks for all our blessings in the pursuit of mere 'things.' You take us back to the days when 'things' were scarce but truly cherished."

— *Debby Braet, Rock Island*

Homestead holidays (Dec. 2013): "Thanks for such a great article! It gave me some good ideas, too. ... I had a couple people ask me how to make an infused oil, so I posted instructions here: naturallysimple.org/living."

— *Stephany Hoffelt, Iowa City*



We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the **Muscatine Art Center's** exhibit, *The Art of Living Well*, 1-3 p.m. Sunday, Jan. 26, 1314 Mulberry Ave., Muscatine, Iowa. For more information,

call 563-263-8282 or visit muscatineartcenter.org.

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

Radish reads: Check out these free titles!

Looking to curl up with a good book and a mug of cocoa this winter? Radish has a number of recent books about healthy living from the ground up waiting to be reviewed. One of them might be just the book for you!

Simply pick a title from the list below and request it by sending an email to editor@radishmagazine.com. Then, after receiving the book, write a short 200- to 250-word review that may be printed in a future issue of Radish. After that, the book is yours to keep. Titles are available on a first-come, first-served basis, so please limit your request to one book.

- "Cooking for your Gluten-Free Teen: Everyday Foods the Whole Family Will Love," by Carlyn Berghoff, Sarah Berghoff McClure, Dr. Suzanne P. Nelson, and Nancy Ross Ryan (Andrews McMeel Publishing, 2013)
- "The Non-GMO Cookbook: Recipes and Advice for a Non-GMO Lifestyle," by Megan Westgate and Courtney Pineau (Skyhorse Publishing, 2013)
- "Green Smoothies & Protein Drinks: More Than 50 Recipes to Get Fit, Lose Weight, and Look Great," by Jason Manheim (Skyhorse Publishing, 2013)
- "Rawmazing Desserts: Delicious and Easy Raw Food Recipes for Cookies, Cakes, Ice Cream and Pie," by Susan Powers (Skyhorse Publishing, 2013)
- "Shamanic Gardening: Timeless Techniques for the Modern Sustainable Garden," by Melinda Joy Miller (Process, 2012)
- "Raw Magic: Superfoods for Superpeople," by Kate Magic (Process, 2012)
- "Strengthen Your Back: Exercises to Build a Better Back and Improve Your Posture," edited by Dr. Michael Peters, Dr. John Tanner, and Eva Niezgoda-Hadjidemetri (DK Publishing, 2013)
- "Cooking with Quinoa for Dummies," by Cheryl Forberg (Wiley, 2013)

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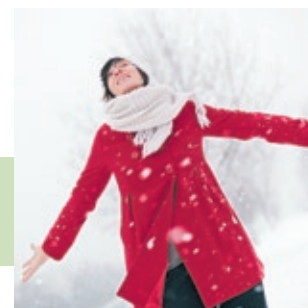
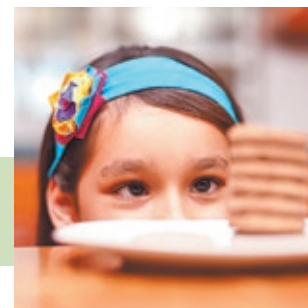
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radish award

WING at work

Dedicated group of volunteers nurture a nature preserve

By Jane Carlson

About 15 years ago, following the closure of two Area Girl Scout camps, a group of Galesburg-area youth leaders and nature enthusiasts started a scouting project of their own.

They formed the nonprofit organization Western Illinois Nature Group (WING) and went on the hunt for a piece of land that could be used as a nature preserve and camping site not just for Girl Scouts, but Boy Scouts and other youth organizations as well.

"We wanted it to be accessible, but rural," says Lora Wright, who has been a leading part of the effort since its earliest days and currently serves as WING's secretary.

Wright says the loss of Piper Hills near New Windsor, Ill., and Shabonee near Port Byron, Ill., had left local troops in the Knox County area without a nearby place for day camping, overnight camping, and nature activities.

While searching for a property to purchase and develop in those early years, the group also focused on fundraising. In addition to wanting a safe facility for youth camping, the group believed the Galesburg area was in need of a year-round nature center for public use that would offer environmental education opportunities to both youth and adults.

In the spring of 2005, they landed the deal that would turn 110 acres of land northeast of Galesburg into Blackthorn Hill Nature Preserve. WING purchased about 55 acres of the land, with an area farmer donating the rest. That farmer also suggested the name for the property, which has an abundance of the blackthorn locust trees.

"We picked it because it has wetlands, hills, farmland, large and small creeks, pristine old woods that have never been logged, and newer woods that have been logged," Wright says.

The first campers would use the property that summer, after a few months of hard labor by board members and other volunteers. The land had been



Members of a Girl Scout troop enjoys a hike through Blackthorn Hill Nature Preserve. (Submitted)

farmed and there were a lot of thick woods. There were briars and barbed wire, tilled ground, remnants of a cattle operation, and, of course, countless spiky thorns from the blackthorn locust trees.

What's there now, thanks to the foresight and hard work of board members and volunteers, is a diverse retreat with a 36-bunk camping site, butterfly

garden, hiking trails and picnic shelter. The spot where the cattle used to go for water is now a gravel parking lot with an information kiosk, and an old deer path is now an access road to the activity area.

"Even though we've put in roads and structures, the wildlife is still there," Wright says. "They enjoy the roads and paths just as much as we do."

One early project of which Wright is particularly proud is the prairie plot. With the guidance of Angella Moorhouse of the Illinois Department of Natural Resources and the donation of more than 80 varieties of native wildflowers and grasses, a 3-acre plot of formerly farmed ground has been transformed into a flourishing prairie. Because the prairie is mowed around the perimeter and in an X-pattern through the center, it is accessible.

"You can actually get into it and walk around," Wright says.

While reintroducing native species to the land, WING also has attempted to thin some of the more invasive species that had taken over some areas, such as burdock and foxtail. A recent Eagle Scout project included clearing some of the blackthorn locusts — whose spiky thorns can be inches long — to provide a better view of the scenic area. Because the property still includes some farmland and is bordered by other farmland, it offers a real-life example of how agriculture and nature can coexist.

A space for recreation and education

Blackthorn Hill Nature Preserve is free and open to the public year-round for hiking and exploring and available for a fee to members and youth organizations for camping. The campsite area features three cabins named after the young men who worked on them as part of their Eagle Scout projects, a fire pit, handwash-station and other facilities. Youth organizations are given priority for usage of facilities in case of scheduling conflicts.

In addition to camping, the preserve has been used for weddings, art classes, and bird and wildflower walks. "You can find inner peace when you just go out there and walk," Wright says. "You can't come out of the woods in a bad mood if you go out there. You always see and hear wonderful things and it kind of clears your mind from the clutter."

Wright credits both generous donors and a huge volunteer force for the transformation of the property into a valuable community resource made possible by local donors and volunteers.

These days, the mortgage for the property is nearly in the clear. WING has received grants for structural improvements and continues to participate in a number of fundraising activities to pay off the property.

Looking back, Wright says the board and the volunteer force has changed over WING's history. It was all about fundraising and communication in those early years, when the group was looking for property and funding. In the intervening years, the board and its volunteers were focused on physical labor, hard work, and recruiting people with the knowledge and access to equipment necessary to undertake the big projects necessary to turn the area into a preserve.

Now, with the property nearing completion of the board's structural development goals, the focus is turning toward program development and education. They seek input and participation from local families with children, nature enthusiasts and youth organizations.

"We are always looking for ideas on programs we can offer to educate and explore nature," Wright says. "The more we can tie youth back to our environment, the more aware they are going to be that we need to take care of it. You can teach kids that in a book or a computer, but until they are out there, it just doesn't stick."

Jane Carlson is a frequent Radish contributor. For more information about WING and Blackthorn Hill Nature Preserve, visit blackthornhill.org.

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- 1/4 teaspoon garlic powder
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- 1 small tomato, diced
- 1/2 cup shredded cabbage

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All You Do:

1. Preheat oven to 450 degrees F. Cut potatoes in half lengthwise, then cut each half into quarters. Arrange potato quarters on a parchment-lined baking sheet, skins facing up. Brush olive oil over the skins of the potatoes. Sprinkle salt and pepper over potatoes. Bake about 20 minutes or until potato flesh is easily pierced with a fork and skins are crisp and golden. Allow potatoes to cool to room temperature. Reduce oven temperature to 350 degrees F.
2. Meanwhile, in a small bowl, combine sour cream, oregano and garlic powder; stir until well combined.
3. When potatoes are cool enough to handle, use a serrated knife to remove most of the potato flesh from each quarter, leaving just a quarter-inch of the potato skin. Return skins to the same baking sheet, skin-side-down. Sprinkle cheese over potato skins and bake until cheese is melted, about 5 minutes.
4. Top each potato skin with a spoonful of diced tomato and shredded cabbage. Drizzle sour cream mixture over loaded skins and serve immediately.

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radish award

Time and talent

Photographer gives in more ways than one to Nahant

By Becky Langdon

On a cold Iowa morning, Julie Malake started to wonder if she was crazy. It was 10 degrees below zero. She was waiting outside in the dark hours before sunrise. She'd bundled herself in seven layers of clothing and walked close to a mile to reach open water, all in an effort to catch the sun coming up over Nahant Marsh.

Later that same morning she watched the morning news and saw a live shot of the Verizon parking lot. It was packed with people who had been waiting in line there since 5 a.m. for the release of the latest smartphone.

No, she realized, she wasn't crazy.

"I'll be out there thinking I must be insane. I shouldn't be out here doing this," she says. "But you know there's going to be a time when there's a band of colors that comes over you, and you get to go through the violets and the golds.

Pretty soon the sun's coming up and everything is ruby and orange."

Malake has always had a passion for photography. When her kids were young, she would take them during summer breaks to see the mountains, caves, beaches and badlands. Everywhere she went she took pictures, but it was Nahant Marsh that really captivated her with its beauty.

Nahant Marsh is the 265-acre nature preserve that's part of a wetland complex in Davenport along the Mississippi River. Many people in the Quad-Cities have driven past it without even realizing it, which is why it's been called one of the area's "hidden treasures."

"I've traveled all over the place, but the sunrises and sunsets are prettier here than any place I've been, and it's five minutes from my house," she says, adding that it's the humidity in the air that really makes the difference.

Malake began taking pictures at Nahant Marsh in 2006 after her kids were grown and she had more free time outside of her full-time job as a file manager at



Julie Malake, center, and some of the images she has captured with her camera at Nahant Marsh. (Portrait of Julie Malake by John Greenwood / Radish)

Genesis Health System. She sees the outdoor time as an “antidote” for the time spent indoors at work. Though there are moments when she wonders if she’s crazy, going to great lengths to capture a picture, in the end it’s worth it.

“Nahant Marsh is awesome,” she says. “Sometimes it’s cold. Sometimes it’s hot. Sometimes it’s buggy. Sometimes it’s muggy. You’ve got to give a little, but the payoff is always good.”

Malake can be found out at the marsh most Saturdays and at odd times during the week. Brian Ritter, facilitator for Nahant Marsh says, “I’ll come to work at 7 in the morning and she’ll be walking out of the bush in full camouflage after sitting there since 4 in the morning.”

Throughout the years, Malake has given the marsh permission to use her photography free of charge to help raise awareness about one of the last big urban wetlands of the Mississippi. Her pictures have appeared on their website, in a documentary about the marsh, and in other materials designed to raise awareness.

“She just spends countless hours out here taking awesome photographs,” says Ritter. “I can talk till I’m blue in the face about how wonderful this place is, but a picture does so much more.”

In addition to taking thousands of pictures of the marsh and offering free use of them, Malake is also a member of Friends of the Marsh, the nonprofit organization of individuals who donate time and energy to raise money, to help at community events, and to restore the marsh.

“I was one of the early people who came on board with Friends of the Marsh,” she says. “I’ll go down there and help them plant trees or pick up trash, but a lot of times I’m the one with clean hands taking pictures of the people doing the dirty work.”

Though she downplays her efforts by saying she spends a lot of time “just hanging out, kind of being a slacker,” Brian Ritter has nothing but positive things to say about the impact her “hanging out” has on the marsh.

Malake sees her volunteer time at the marsh as a way to give back for the wonderful access to the beauty of nature Nahant Marsh offers. That’s why any Saturday she’s available, she volunteers to open the education center from 9 a.m. to noon, when the staff is mostly off work for the weekend. “Because I appreciate the access, I want to see them do well,” she says.

While she says her photography is still an “after-school project” at this point, in 2011 she published a book of her pictures and writings called “Nahant Marsh.” It’s available for purchase at various local stores and organizations and through her website, NahantMarshGallery.com. Ritter says the book is basically a field guide to the marsh, and that Malake donates a portion of the proceeds from book sales back to the marsh. “She’s very generous with that,” he adds.

Malake hopes that her photographs will show people what Nahant Marsh is, what it looks like, what plants and animals live there, and why it’s important to take care of it. “Every year I learn more,” she says. “I became fascinated with all things prairie just by going down there.”

Through her book and photography contributions, Malake hopes that other people will be inspired to take a moment to look up once in awhile — to notice the geese flying over the parking lot while they’re walking into work. So many people don’t take the time to — in her words — “slack off” and appreciate the world around them. Fortunately, Malake does and has given everyone a chance to see the beauty and importance of one of the Mississippi River’s hidden treasures.

Becky Langdon is a frequent Radish contributor. To see more photographs from Julie Malake, visit nahantmarshgallery.com.



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radish award

Planting the seeds

Garden by garden, reverend advocates for better food

The Rev. Dr. Jacqueline Cunningham-Walls and Donald Johnson pick Brussels sprouts in a Rock Island community garden. (Photo by Paul Colletti / Radish)



By Laura Anderson Shaw

When the gardens are in full bloom, there is a sea of greens, carrots and radishes. Bounties of corn, tomatoes, cucumbers, squash, watermelon, beets, broccoli and cauliflower. Patches ripe with blackberries, raspberries and blueberries. Orchards wild with peaches, plums, cherries and apples — all sprinkled around Rock Island like tiny, homegrown oases among bustling city streets.

“You name it, we have it,” says the Rev. Dr. Jacqueline Cunningham-Walls, of Rock Island, who started it all. “It just brings joy to your heart.”

The founder and president of the Positive Empowerment Group, a community activism group in the city, says she saw a need for healthy fruits and vegetables — grown without chemicals — in Rock Island several years ago while working as a parent coordinator for the school system. As part of the job, she visited students’ homes to meet with parents about programs that would help their families and raise their children’s test scores, and saw that many weren’t getting the nutrition they needed, she says.

She later began studying for her master’s degree in community development at Iowa State University when she became interested in sustainability. One of her professors would travel to South America to help grow crops, and Cunningham-Walls says she thought, “We can do (that) right here.”

And as part of her course work, that’s exactly what she decided to do. Cunningham-Walls says she knew how to grow and tend to a garden, but she didn’t know whether she could grow one to a large enough magnitude to benefit the community. She began teaching classes about sustainability and simple things folks could do to be more green at the Martin Luther King Jr. Community Center, and in 2006, she started gardening a plot of land across the street from Second Baptist Church.

Helpers would come and go, she says, but “I just kept on going. It was a need that needed to be met.”

Working with the city, she began branching out and starting gardens on other lots, creating spaces for area residents to grow their own produce, and the original lot across the street from Second Baptist was moved to Franklin Field at 12th Avenue and 9th Street, Rock Island. "It's been an adventure," she says.

For the first few years of the endeavors, Cunningham-Walls says the Positive Empowerment Group gave away whatever produce it grew to area food pantries, women's shelters, and people in the communities from which it was grown. But teaching people how to grow food for themselves would help them to be self-sufficient, she says. "I've seen people coming out and wanting to garden," Cunningham-Walls says, so "we've taught families how to do it."

To do so, Cunningham-Walls gives gardeners some seeds or plants to grow and a plot in the garden, and shows them what to do from readying the soil and planting to picking. If she continued to grow all of the food herself, "I'm not teaching anybody anything," she says. "I want to empower them to do for themselves."

She also firmly insists that the gardens remain chemical-free. She says she believes chemicals in our food system, from genetically-modified produce to antibiotics in livestock, are "affecting our children and how they process things." People might not be able to eliminate all chemicals from their food, she says, but growing their own food, chemical-free, is a start.

Everything a person grows in the community garden is theirs to keep, Cunningham-Walls says. Growers also may choose to sell their produce at one of the group's farmers' markets at either Franklin Field or 4th Avenue and 9th Street.

Seeing the city's children and elderly eating better, she says, "that will keep me going."

In addition to generating interest in urban gardening with adults, Cunningham-Walls also works to get children involved. She says she has worked with kids from the Rock Island Academy elementary school, which "lets us come in and talk to the kids about gardening." Students from the school also have taken field trips to Franklin Field to learn more. "They were just so happy to be in the garden," she says.

To help spread the word about urban gardening and its possibilities, Cunningham-Walls says she enjoys motivating the older people in the community who know how to garden to help teach others how to do it, too. "We're losing a lot of knowledge with our older people," Cunningham-Walls says. "They're not teaching like they need to."

Cunningham-Walls says the Positive Empowerment Group plans to start teaching folks in the community how to freeze, can and cook the produce they grow, as well as offer recipes. The group also will apply for nonprofit status in hopes of getting grants to help fund the gardens and to purchase a tractor. Several seeds and plants in the gardens are donated, Cunningham-Walls says, but many come from the pockets of the Positive Empowerment Group.

Seeing the city's children and elderly eating better, she says, "that will keep me going."

Laura Anderson Shaw is a writer on staff with Radish.



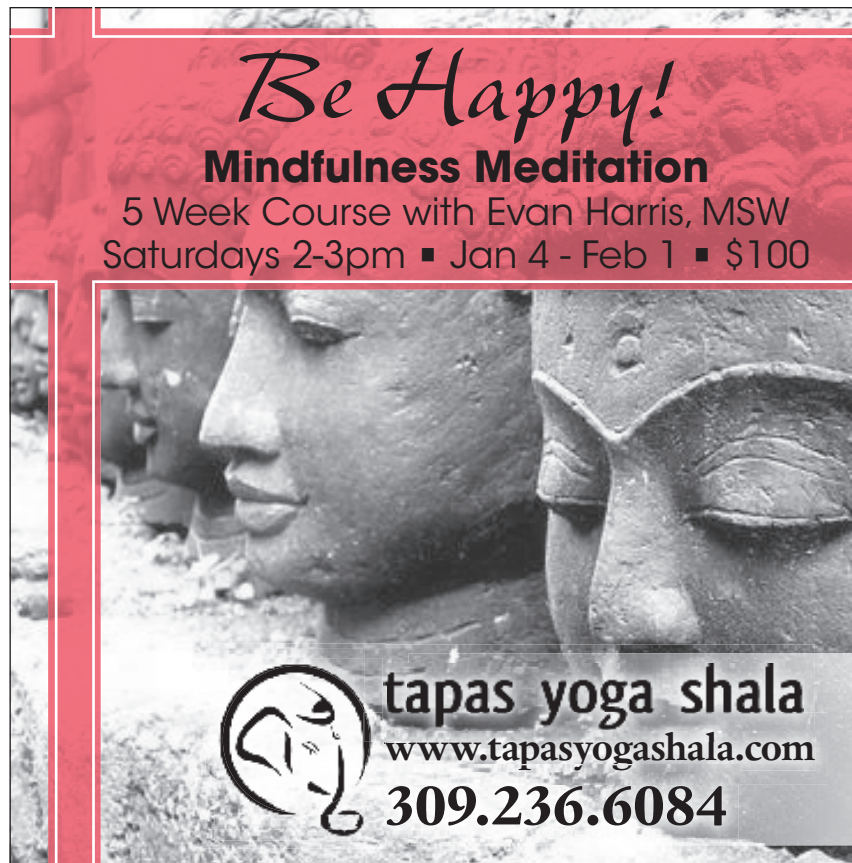
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Waste not

Dubuque reaps rewards of food-scrap composting

By Will Hoyer

“It’s not waste until it’s wasted” and “Waste is a verb, not a noun” are two phrases often uttered by Paul Schultz. They are also the basis of a successful program that he designed and implemented during his tenure as resource management coordinator for the city of Dubuque — spurring it to become the first city in Iowa to offer a curbside food-scrap recycling program.

The program started small, distributing 250 “GreenCarts” in 2006 to Dubuque residents who signed up to sort their kitchen scraps and have it collected from the curb for a \$1 per month fee. As Schultz prepared to retire from his position at the end of 2013, the program expanded to allow all residents of Dubuque to add kitchen scraps to their yard debris containers or paper yard-waste bags. The organic

waste is picked up curbside as usual, at no additional cost to the residents.

A few vegetable peelings and half-eaten sandwiches tossed in with the leaves and grass trimmings may sound like a relatively minor change in how municipal waste is managed, but in the first year alone the expanded program will allow an estimated 155 tons of food scraps to be composted rather than sent to the landfill, at a savings of \$33,000 to the city — a fitting capstone achievement for the career of a man who made it his work to build up Dubuque’s sustainability efforts.

Growing up, Schultz was taught an appreciation for gardening and a connection to the earth by his grandmother. He learned early on how food scraps are a resource and can be recycled as he raised worms on a steady diet of food scraps in bins under the stairs of his home. Following a stint in Chicago studying

to enter the Catholic priesthood, Schultz changed course and went back to the land, becoming an entrepreneur and organic farmer. In 1995 he found himself in Dubuque with a new job and an opportunity to change the way garbage, recyclables and food scraps were perceived in the community.

Ten years later, a change in Iowa Department of Natural Resources rules allowed communities to process up to two tons of food material with yard debris each week for composting. There are many benefits to composting food scraps, including greenhouse gas reductions, improved soil quality, improved water infiltration and reduced erosion. According to a Dubuque Metropolitan Area Solid Waste Agency (DMASWA) analysis in 2010, almost 30 percent of the materials going to its landfill could be composted. Bringing this number down through composting of food scraps would delay the need for additional

landfill space and significantly reduce the fugitive methane emissions — a very potent greenhouse gas.

At the program's inception there were concerns that the curbside carts filled with kitchen scraps would attract animal pests or create unwanted odors, but these concerns have proven unwarranted. After seven years of the program, there have been zero complaints from city residents and new carts continue to be distributed as they become available.

Schultz notes that the cost for residents is minimal, and the additional costs to the city are minimal as well. The city already owned the trucks and did not add to the fuel costs or labor costs as the routes were being driven weekly anyway. "People just need to get over the 'yuck factor' and get comfortable with the conceptual change that food scraps are a resource," he says. "Recycling and composting are some of the simplest and most direct acts that people can do (to) benefit the environment. The natural world doesn't produce waste and neither should we."

From refuse to valuable resource

One of the significant successes that the food-scrap composting program has had in Dubuque is how it has spread to the schools. Currently 14 community schools are participating in a composting program and two have on-site composting. Bev Wagner, DMASWA communication and education coordinator, says that this "opens the doors and gets kids interested in composting and helps them understand the process." After this exposure kids can bring the idea home and engage their families to do it, too.

Traditionally, backyard composting is limited to fruits, vegetables and leaves and a few other items. An advantage to composting on an industrial scale as Dubuque now is able to do is that items like meat, bones, fat, paper towels, paper plates, Popsicle sticks and a whole host of other items can be included.

Opportunities to make use of discarded food in the Dubuque area are poised to grow as a new, privately-owned facility outside the nearby town of Farley is permitted to accept up to 40 tons of food material per day.

Schultz notes that there is a rapid expansion of similar programs nationally as landfill tipping fees creep higher and higher. However, the inexpensive local tipping fees are not high enough to drive program expansion. Instead, it is a growing awareness that things that have long been considered waste are actually valuable local resources driving the change: Many years ago, DMASWA gave away the finished compost to anyone who wanted it. They now sell it for \$20 per ton, with most of the finished compost going to landscape contractors.

It is a hard and slow process to shift the thinking of a community, much less a country or the world, but as we all search for ways to become more sustainable and more resilient, changing cultural mindsets about waste is critical. Dubuque, through its curbside food-scrap composting and other programs, is taking small and not-so-small steps toward a greener and better future and showing other communities just what is possible when it comes to turning what has long been thought of as trash into treasure.

Will Hoyer is a frequent Radish contributor.



Paul Schultz, recently retired resource management coordinator for the city of Dubuque. (Photo by Will Hoyer / Radish)

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radish award

The village market

Homestead growers unite community with local foods

By Cindy Hadish

Andy and Lalanya Bodenbender aren't intentionally trendy. What some perceive as the latest craze — from their tattooed wedding bands to the hearty kale they grow — the Bodenbenders embrace as their way of life. That goes for the local foods emphasis at their store, Henry's Village Market, too.

Handwritten signs note that all produce sold at the store in Homestead, one of Iowa's Amana Colonies, is locally grown in backyards and family-owned market gardens.

"So many of our friends specialize in certain products," says Andy. "So we're supporting our neighbors and other producers who live 20 miles down the road. It's fun to know where your food's coming from and it's a positive thing for the growers, too."

Organic pearled barley, in-season tomatoes and plums, chemical-free grains milled on an Iowa family farm, and much more finds its way to the wooden shelves of the traditional corner grocery in Homestead, a town of just 150 or so residents about 20 miles northwest of Iowa City.

The Bodenbenders focus on items they like to grow and eat as well as sell. "If we enjoy growing it, it doesn't feel like a job," says Andy, 38, who was active in theater before "retiring" to start Henry's Village Market with Lalanya in 2006. "We want to enjoy our lives and our store as much as the people who come in."

Lalanya, 36, who also works as a substitute teacher, points out that "everything we do is on a super, super-small scale," she says. "We plan on staying really small, which, I think, is kind of a lost art."

The couple patterned the market after Katy's Grocery in Moline, a store founded in 1932 by Andy's grandparents, Henry and Katy Bodenbender, which remains in business. Katy's specializes in German goods and groceries, including sausages made from recipes that "Opa" and "Oma" brought from Germany.



That tradition is continued at Henry's — named after Andy's grandfather — with homemade bratwurst recently added to the mix of local foods. To make the brats even more local, the couple acquired two pigs this past summer. "We always hoped to make bratwurst out of pigs we raised," Lalanya says.

They tried their hands at goats earlier and still keep chickens; the eggs from their flock and those of their neighbors are sold at the market. "We can't keep up with the eggs — ours or the other locals," Andy says, noting that the store keeps a waiting list



for customers who “swear by our eggs.”

The Bodenbenders do depart from at least one practice of Andy’s grandparents, who lived next to their shop. Andy and Lalanya live in another Amana village and close shop on Tuesdays, with Mondays as a second day-off in January, February and March. “It’s good to have a separation, so when you’re home, you’re home,” Lalanya says.

Some of their products are sold through the Iowa Valley Food Co-op, a Cedar Rapids-based food cooperative, where members purchase items directly from producers through an online ordering system.

Andy also has added pickled asparagus, beets and sauerkraut to the store’s local foods repertoire, with more potentially on the way. “I haven’t made any pickled pickles yet,” he says with a grin.

Creating a community space

In addition to their own market, the Bodenbenders also manage the Homestead Farmers’ Market, which operates from 4-7 p.m. Fridays during late May to September in the Henry’s Village Market parking lot. Market nights resemble a neighborhood block party, with grilled food, live music and picnic tables where customers can sit, eat and chat.

The summer farmers’ markets provide an additional opportunity for local growers to sell their products.

Tony Curtis and Dani Jones of Tony & Dani’s Produce in South Amana, say they sell at both large and small farmers’ markets, but enjoy the relaxed atmosphere at places like Homestead.

The Bodenbenders often help out by buying produce that goes unsold during the Friday farmers’ markets to sell at Henry’s, they say.

Trust is another small-town hallmark that Henry’s continues. The store does not accept credit cards, so customers who come in without cash can keep a running tab.

Even tourists are trusted to pay later if they can’t at the time, sent on their way with Henry’s address to make the payment when they return home. “It’s a story they can tell their kids,” Andy says. “When people come in, we trust them. It’s something that doesn’t exist anymore. We enjoy living our life on our own terms.”

That tradition is something his grandparents adhered to, he says, from a time when customers would pay off grocery bills after getting their paychecks on Fridays.

“Doing what you want to do is most important,” Andy says. “If you can live the way you want to live and have a dollar at the end of the day, that’s success to me.”

Contributor Cindy Hadish writes about local foods, gardening and the environment at homegrowniowan.com. Henry’s Village Market, 4125 V St., Homestead, Iowa, is open Wednesday through Monday, except January through March, when it is closed on both Mondays and Tuesdays. For more information, visit henrysvillagemarket.com.



Lalanya and Andy Bodenbender (left) among products from their store, Henry’s Village Market. (Photos by Cindy Hadish / Radish)

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Nature's palette

Meet the man who painted the 2014 Radish Awards

By Chris Greene

Frank Ross' home is nearly as fascinating as the man himself. The largely underground structure is tucked neatly into a hill, and grass grows over its energy-efficient roof. Inside its walls are the life's work of a uniquely talented artist, displayed alongside furniture he has refurbished and repurposed, quirky antiques, and family photos. Ross is also the mastermind who designed and built this environmentally friendly home.

This man, who lives a life that is a true testament to "waste not, want not," is also the artist behind this year's Radish Awards.

To say creating the awards was dirty work for Ross would be nothing unusual. The palette he used is comprised of mud. Yes, that's right — mud. Ross travels the area to find just the right colors. Within a relatively small radius of the Quad-Cities metro area, mud can be found in shades of brown, tan, gray, black, red — the spectrum and its variations prove to be quite impressive. The common thread in his travels to find just the right hue is permission — Ross always asks permission before scooping what others likely see as nothing more than dirt.

Ross's practiced brushstrokes transform a blank canvas with swishes of color derived straight from the mud of the banks of the mighty Mississippi. Ross' vision turns those blank canvases into depictions of wildlife, herbaceous likenesses and rustic scenery with impressive precision. They are all the more realistic for their use of colors pulled directly from nature.

One conversation with Ross makes it apparent that the mind behind the man is always working in overdrive. He may be well into his 80s, but Frank Ross is as sharp as they come. Where some would see trash, Ross sees items that can be restored into heirloom furnishings and decor. Where some see dirt, Ross sees a new medium for art. And where others would see a roadblock, Ross sees opportunity.

The weight of his ideas is almost palpable when speaking with Ross. He speaks rapidly, as though verbalizing his thoughts sometimes can't be done quickly enough. A weathered 1988 date book serves as an outlet for many of these ideas. It's filled with thoughts, phrases, sketches, diagrams ... all things that flow out of the mind of this retired electrician turned artist. He never knows when the next idea will surface, so he's constantly noting them. He's happy to share his musings, and his eyes light up when he does. Sometimes those musings are about art. Other times they are astute observations about life.

"People are too quick to throw things away. Sometimes it just takes a little work to fix something that's been tossed into the trash and make it useful again," he says.

He points out various furnishings in his home — lovely, all, but many had been left out as garbage before being rescued by Ross. Ross refinished the items and brought back their former grandeur. A whimsical slot machine — it still works — had been considered rubbish following a fire. Ross asked if he could have the



Artist Frank Ross in his East Moline home studio. (Photo by Paul Colletti / Radish)

treasure that would have otherwise been sent to the dump. Restored to working order, it now sits next to a pile of change, ready for a whirl.

"Just because something is old, doesn't mean it can't be in good shape," Ross says laughing, as he pats a trim belly. "Do you know how hard it is to find pants in a 30/30?"

He has a waistline that men half his age would envy, and a wit and intelligence that bears witness to the truth that age is just a number.

Ross' basement studio overflows with the makings of his work. Projects in varying degrees of completion abound, and supplies threaten to bulge out of cabinets. It's as though his creativity is boundless, one project rolling into the next.

It is here that Ross created this year's Radish Awards, and it seems fitting that they were designed by a man who is award-worthy himself. In addition to creating art, being a good steward for the environment and making what's old new again, Ross also shares his talent and wisdom with community groups. Often these groups are comprised of children, ensuring that the knowledge of a more mindful generation is passed on anew. "If just one kid walks away thinking this is something he can do, that's all I could want," says Ross.

Chris Greene is a writer on staff with Radish.

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environment

Remake your mat

Just what can you do with an old yoga mat? Plenty!

By Sarah Ford

The versatile yoga mat. It has been by, and under, your side for many sun salutations and lotus poses, sharing in your sweat and perseverance. But perhaps the holidays brought you a new mat as a gift, and now it's time to let the old one go — just not to the landfill! With a little creative planning, and a good sudsing with hot water and soap, the old mat is a blank canvas for some serious repurposing.

The yoga mat is essentially a nonslip surface, which gives a good indication of how to use it in its next life: in projects that call for a good grip, a little padding, or both. With so many practical and crafty potentials, you just need to decide let craftiness, and common sense, be your guide.

Slippery scenarios: My two cats can push their food dish into awkward places during chowtime, like under the table, in their quest to satiate their appetite. I know of many dogs that do the same. To bring peace back to their mealtime, I used a section of yoga mat as a place mat, and now Trooper and Moses are stationary and contented eaters.

Carrying case: We all have an electronic device that could use some additional protection, or a handy way to carry it around. I crafted a case for a good old

fashioned journal, but you can also size it for an iPod, iPad, Kindle or laptop. Just measure 1.5 inches around the device, cut two identical pieces, then glue three sides together. I also had fun embellishing this one with some vintage buttons.

Jar opener: One of the easiest projects, and definitely a useful piece of fabric to have around — cause you know it's so frustrating when the pickles are just out of reach when the lid is jammed. Just trace a circle onto the mat, take scissors to it, and voila! A handy way to open new or stuck jars, as it doubles the grip capacity.

For the kids: As the mother of a teenager and a toddler, my mind considered many creative potentials for the kids, with that soft absorbent bright material. For the little girl, I considered a changing pad or a bath mat, but went with a hand-made puzzle with simple shapes. Just trace the desired shapes onto a square slab of mat, use an X-ACTO knife for cutting, and you'll have yourself a free DIY toy in no time!

Padding galore: Make your own no-slip trivets by affixing old tiles to cutout pieces of yoga mat, or make coasters or koozies just by cutting the mat to size. Bring a yoga mat to sports outings, so you don't have to sit on uncomfortable bleachers. You can size up the amount of seating you need and cut the mat to fit. If you're camping, add an extra layer of comfort to the sleeping bag by letting the yoga mat be your mattress — no cutting required!

Pass it on: If none of these options suit you, give it away to an organization that will find new life for that mat. You can donate it to a women's shelter program, such as yogaG (yogag.org), which offers free yoga classes and free yoga mats to domestic violence shelters. Just be sure to give it a good scrub first so it is in like-new condition.

Another option is to donate your mat to an animal shelter, where the soft and durable cushion will provide comfortable bedding for a kitten or puppy. Just think of the contented and cuddly pets sleeping soundly on your beloved mat.

Who knew there would be so many other uses for your worn-out yoga mat? There are many more creative ideas online, so skip the landfill and imagine the possibilities for new life for an old mat!

Sarah Ford is a regular Radish contributor.



Paul Colletti / Radish



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outdoors

Frosty excursions

Three great places to snowshoe and cross-country ski

By Sarah J. Gardner

The snow is falling. Cabin fever is starting to set in. Looking for a place to put your cross-country skis or snowshoes to good use this winter? Here are a few worthy destinations.

EASY TERRAIN

Scott County Park

18850 270TH ST., ELDRIDGE, IOWA
OPEN 7 A.M.-DUSK, FREE ADMISSION

Once the snow falls, you don't have to go far on any of the trails in Scott County Park to find them dotted with wildlife tracks great and small. In fact, one year I followed the tiny prints of a mouse into a clearing where they abruptly disappeared — right between a perfect imprint of wings where an owl had landed for a snack. What a story left in the snow!

Although none of the trails are groomed by the park caretakers for cross-country skiing, there always seem to be some dauntless skiers who get out there after the snow falls and lay down a course that follows the wide, grassy paths for maintenance vehicles. Snowshoers can head into the woods following the multiuse trails, which transverse a variety of landscapes, from pine forests and hardwood stands to open prairie, all on fairly level ground.

Expect to see: Large turkey tracks that make it look like dinosaurs have wandered through.

Afterward, grab a bite: The Garden Cafe inside The Crossroads, 602 10th St., DeWitt, Iowa, is just nine miles from the park and features a menu that makes use of several local and sustainable foods. Try one of the soups made fresh daily, such as the delightful tomato bisque (crossroadsofde Witt.com/garden-cafe).

A BIT MORE CHALLENGE

Mines of Spain

8991 BELLEVUE HEIGHTS, DUBUQUE, IOWA
OPEN 4 A.M.-10:30 P.M., FREE ADMISSION

Although I love to hike up and down the bluffs at the northern end of the park during the summer, in colder weather I find myself pulled irresistibly to the park's southern end where the Prairie Ridge and Cedar Ridge trails (numbers 8 and 9 on Mines of Spain maps) are groomed for cross-country skiing and pass over prairie land and into the woods.

Snowshoers can enjoy the Cattesse Trail (number 5) that follows a creek through a small, wooded hollow before connecting with the Eagle Scout Trail (number 10), which proceeds toward the Mississippi River.

The trails range from one-and-a-half to three-and-a-half miles in length and the rolling landscape balances the challenges with rewards.

Expect to see: Bald eagles perched high up in the trees along the river.

Afterward, grab a bite: Crust, 299 Main St., Dubuque, is a short 10-minute drive from the park and features several innovative pizzas including vegetarian options like the "Mean Green," topped with an artichoke puree, spinach and jalapenos — that will warm you up! (crustdubuque.com)

MAKE A DAY OF IT

Governor Dodge State Park

4175 WISCONSIN 23, DODGEVILLE, WIS.
OPEN 6 A.M.-11 P.M., \$10 FOR OUT-OF-STATE VEHICLES

Located in the heart of the Driftless Area, this park makes for a fun weekend excursion. There are more than 12 miles of groomed ski trails, including the Lakeview, Lost Canyon, Mill Creek and Meadow Valley trails, listed in order from easiest to most difficult. Snowshoeing is allowed everywhere else but restricted from ski trails, so no matter your preferred mode of winter recreation, there's little need to worry about impinging on someone else's experience.

Governor Dodge is a small but mighty park, with open ground and forest as well as several gorgeous limestone bluffs that were bypassed by glaciers during the last ice age. Two lakes fill a hollow in the heart of the park that can easily be traversed when the ice is thick.

Expect to see: Ice fishers trying their luck in the middle of the lakes — trek out and say hi, they won't mind.

Afterward, grab a bite: Brewery Creek Inn, 23 Commerce St., is 14 miles south of the park in the charming town of Mineral Point, Wis. The menu showcases a number of local brews and foods, and the walnut "burger" topped with local Hooks cheese is particularly notable (brewerycreek.com).



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New year, next steps

Four resolutions to make 2014 your greenest year yet

By Sharon Wren

Many people vow to be greener as part of their New Year's resolutions. But recycling bins? Buying organic? Unplugging appliances? You mastered all that ages ago. How can you step it up a notch in 2014? Here are some suggestions that might just take your green lifestyle to the next level.

1 Grow or raise most, if not all, of one thing you eat. Love lettuce? Imagine the satisfaction of seeing your salad grow from seed. Hot for jalapeños? You'd be surprised at how many peppers one plant can produce — and how easy they are to freeze for later. From a pot of cherry tomatoes on the patio to fresh eggs from the backyard, raising your own food is rewarding in so many ways.

Just one word to the wise: it's vital to do your homework if animals are involved. If you live in town, check with the city first to see if the animals you want are allowed. Next, do plenty of research and talk to people who are already doing it to see if it's really for you. It's much easier to decide those tomatoes aren't for you and dump them in the compost than to try to unload chickens.

2 Don't just collect reusable bags — put them to use! If you have a bundle of bags but somehow always arrive at the store empty handed, begin by streamlining your collection of bags. You are more likely to make the effort to take three bags with you than you are to take a dozen.

Next, hang the bags on top of your purse or coat. The next time you head to the car, whether or not you are going to the store, take them with you. You can keep them in the trunk or in backseat (where they will be more visible) until ready to use them.

If you're already a full-blown master of the reusable grocery bags, you can take your practice a step further by investing in smaller reusable

sacks to use in the produce section. Or you can simply place the empty plastic sacks you get at the store in one of your reusable grocery bags to take back again.

3 Composting is fantastic, but if you don't have the space or inclination, you can still cut down on food waste by instituting Soup Saturdays. How does it work? Set aside a bag in your freezer and save in it carrot tops, potato peelings, onion skins and other vegetable trimmings throughout the week. If you pick up a rotisserie chicken at the store or indulge in a T-bone steak, you also can save the bones in other freezer bags.

When Saturday rolls around, place your frozen bounty in a pot of water and let it simmer for a few hours. (Have a busy day ahead? Place the food scraps in a slow cooker, cover with water, and heat it on low for six to eight hours while you are out and about.) When it's done, strain out the trimmings and voila! You have just made a delicious stock that you can turn into soup that evening.

4 Finally, "Buy Fresh Buy Local" is a great concept for food shopping, but there are so many other goods and services that can be bought locally in our area. Local small businesses need our support just as much as our local farmers do. Make a resolution to eat at local restaurants more often, shop at more local stores and go to more local businesses.

Local business tend to thrive in the center of communities — where they make better use of existing infrastructure — rather than contributing to sprawl on the outer edges of town. Owners of local businesses also live in the community, making them more invested in its future. And because they interact with customers directly, local businesses can be more responsive to customer requests like stocking more sustainable items. All great, green reasons to shop locally!

Sharon Wren is a regular contributor to Radish.



eating well



Healthy snacking 101: Tips to help make nutritious choices

By Roger Doiron, from Mother Earth Living

Snacking's negative reputation is a recent historical development. For most of our time on this planet, humans have snacked on things like foraged nuts and berries, or leftovers from a previous meal. Snacking was a vital way to get energy and nutrients throughout the day.

Fast forward to the present: We live in a busy time in which many families opt to outsource their sustenance to food companies. More people are juggling parenting and professional responsibilities. As a work-from-home dad, I understand this challenge in a personal way.

Ideally, a snack should offer a combination of fiber, protein, carbohydrates, minerals, vitamins and antioxidants. You don't have to stress about offering all these in a single afternoon, but you should cover the nutritional bases over the course of a few snacks: Carrots sticks and dip one day, healthy oatmeal cookies the next, a homemade trail mix of nuts, raisins and seeds the day after that.

If you're often snacking on the run, prepackage single servings of snack foods such as cheese cubes, grapes, celery sticks, peanut butter, almonds or crackers and put them in a basket in the cupboard or fridge. Prepping food not only makes choosing healthy snacks easier, but also more fun to eat — especially when it comes to kids (and kids at heart).

Eating carefully chosen store-bought snack foods can be part of the solution to eating a wide variety of foods, but how do we choose carefully? Look at the ingredients list on packaged foods. You should be able to recognize that the ingredients are real food and come primarily from whole foods. Avoid foods that list sugar or one of its synonyms (corn syrup, high-fructose corn syrup or brown-rice syrup, for example) in the first four ingredients and those that contain partially hydrogenated oils.

The number of calories you allot to each snack should depend on the overall number of calories you need each day (find a calculator at mayoclinic.com/health/calorie-calculator/nu00598), as well as how many calories you eat per meal. For most adults, a healthy snack will range from 150 to 200 calories.

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food

Tempting turnips

Discover the sweet side of these root vegetables

By Sarah J. Gardner

It's fair to say before I lived as a student in Scotland, turnips did not figure largely in my diet. The same is true of my life after Scotland, though for entirely different reasons. Before, it was a food I simply had not encountered often. I'm not even sure I could have identified it in a lineup of vegetables. After, I would have no problem spotting a turnip from a yard off.

This is because, while I lived there, I worked mornings in a soup kitchen. We served turnips daily. Not only that, we served them prepared the same way — boiled and mashed — which I assumed was the only way there was to cook them.

The soup kitchen was in a large, old convent, and every morning I would be greeted at the door by John, an older gentleman who oversaw the kitchen for the nuns. “Ah, you're here!” he'd say in a tone that sounded like mild surprise but may have just been a soft Scottish burr. Then he'd send me scurrying off to the kitchen to cart giant chaffing dishes of soup and porridge and mashed turnips to the dining room.

“Neeps,” he called them, though later others I met assured me that “neeps” was a name more often given to boiled and mashed swedes, a vegetable we would call rutabagas, which are actually just another kind of turnip — making this a matter of too-vigorous debate over a mushy side dish.

Flash forward to last summer, when I opened the lid of my CSA cooler to find turnips. “Ugh, turnips,” I thought, recalling the few times I had braved eating them since my time abroad. It always followed the same pattern. On the first bite, I'd think, “This isn't so bad. Really, it's almost silky. What's my hang up?” Second bite, “Hmm ... silky might not be the right word for this texture. Viscous?” Third bite, “I'm done.”

As I stared into the cooler, though, determined to be a good sport, it occurred to me there might be another way to prepare them. Instead of boiling and mashing the turnips, could I glaze them like other root vegetables?

Indeed, I could. First, I tried a honey glaze, and was so pleased with the sweet and tender turnips that resulted, I found myself hoping there would be more turnips the following week. There were, which I glazed with maple syrup and liked even better. I sautéed the greens with garlic and served them on the side — two vegetable dishes from one purchase. By week three I was officially hooked, seeking out extra turnips at the farmers' market and experimenting with different root vegetables to glaze with them.

Now I'm happy to say turnips are in regular rotation on my dinner table, especially this time of year, when root vegetables feel like a nourishing way to keep the cold weather at bay. If John were to hear of my turnip reconciliation, I'm sure there would be no mistaking his surprise.

Sarah J. Gardner is the editor of Radish.



Todd Welvaert / Radish

Maple-Glazed Root Vegetables

1½ pounds mixed root vegetables (turnips, carrots, parsnips, rutabagas, etc.)

1 tablespoon butter

2 tablespoons grade B maple syrup

½ to 1 cup water

Salt and pepper

Peel and cut vegetables into medium-sized pieces of roughly the same shape and size. In a large skillet with a tight-fitting lid, place the vegetables, butter and syrup. Add enough water to come halfway up the side of the vegetables. Bring liquid to a boil, then reduce to a simmer and cover. Cook for roughly 10 minutes, until vegetables are just tender when pierced with a fork. Return to medium-high heat and allow liquid to boil off, stirring occasionally, until the liquid reduces to a thin but slightly sticky glaze, roughly 5 minutes more. Season with salt and pepper and serve.



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eating well

Changing what you eat? A good plan nourishes on many levels

By Annie L. Scholl

When Dr. Karyn Shanks is dispensing advice, at the top of the list is this reminder: Good food nourishes both body and soul.

"We are souls inhabiting a physical body," says Shanks, a functional medicine doctor at Kylemore Center for Medicine and Healing in Iowa City. "We speak of these things — of our minds, bodies and spirits — as if they are separate. What feeds and nourishes the spirit supports the body, and what feeds and nourishes the body in turn supports the soul."

Put another way, "It's irrefutable that we literally are what we eat," says Shanks.

Although many people may have an intuitive grasp of this idea, how to make dietary decisions based on it feels murkier. Shanks advice: Eat food that supports the work and structure of the body. Avoid foods that cause harm. The result, she says, is "infinite possibilities and potential for growth and joy."

"Simple idea. The practice is not simple," Shanks acknowledges. "It requires knowledge, skill and changing of old habits."

So how do we get to a healthier way of eating? Be mindful, Shanks advises. "Evaluate your current eating strategy," she says. "It may not be conscious."

And food, she adds, is only part of the equation when it comes to creating optimal healing and a joyful life.

"We also need to feel safe in our lives, experience deep connection to others, sleep well and long enough, have effective ways to deal with stress, have regular movement and exercise, and avenues of creative expression," she says.

When you are ready to make a change in how you eat, Shanks suggests looking for ways to support yourself emotionally and spiritually. Perhaps you are using food to numb distress or boredom. If you can address these issues in a more resolution-oriented way, then you will have greater freedom to change how you eat.

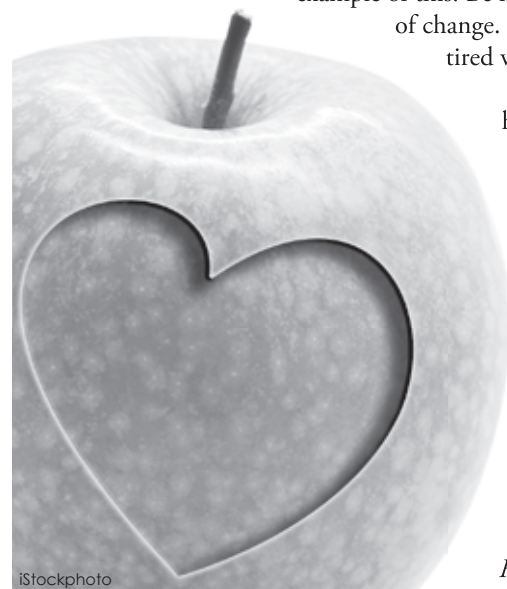
She also cautions that foods can be physically addicting — sugar is a great example of this. Be kind to yourself in the early stages of change. Some people feel physically ill and tired while their bodies are adjusting.

And it's important that you honor yourself, says Shanks.

Practice self-compassion.

Perfectionism is never a good strategy. Make a choice, embrace a new way of eating and consciously make it happen, step by step. But do your best and forgive yourself for the inevitable slipups.

Annie L. Scholl is a frequent Radish contributor. For more information on Dr. Karyn Shanks and her WiseHealing Now Food Plan, visit kylemorecenter.com.



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environment

Pure and simple: Clean naturally with these essential oil combinations

By Nancy Christie, from
Natural Home & Garden

We put a lot of work into creating clean, healthy homes for ourselves and our families. And for most of us, our idea of a healthy home doesn't include toxic chemicals. Yet many of us spray on and breathe in potentially toxic ingredients every time we use common household-cleaning products.

Fortunately, nature has provided us with a bevy of alternatives to synthetic chemicals: Plant essential oils clean, disinfect and smell great. Studies have found many to have antimicrobial properties.

Use the blends below for a house that's clean and nontoxic. (As with any new product you introduce into your home, be sure to read the instructions for each ingredient to ensure safe and effective use.)

- **Surface cleaner:** Add 7 drops lavender, eucalyptus, tea tree, cinnamon, clove, thyme, pine, grapefruit or oregano oil to 2 cups of water. Spray on surfaces.
- **Dishwashing boost:** To add fragrance or to improve the antiseptic action of your liquid soap, add 10 drops of essential oils such as lavender, orange, bergamot or lime to 3 ounces of natural liquid dishwashing soap and shake well.
- **Floor cleaner:** Combine ¼ cup of white vinegar with 10 drops lemon oil and 4 drops oregano oil. Add to a bucket of water. For extra cleaning power, add several drops of dish soap, but follow with a clean-water mop so floors aren't slippery.
- **Window cleaner:** In a spray bottle, combine 1 cup white vinegar, 10 to 15 drops lemon oil and 1 cup water. Shake well before each use. In summer, repel flies by wiping windows with a cloth dampened with 2 ounces water and 10 drops lavender or lemongrass essential oils.
- **Air freshener:** To keep indoor air smelling fresh, mix 8 drops of essential oil with 2½ cups warm water. (Use a single scent or 8 drops of this combination: 5 drops bergamot, 10 drops lavender, 5 drops cinnamon, 10 drops lemon, 10 drops citronella.) Store in a spray bottle and shake well before use.
- **Flea killer:** Mix 2 cups borax with 10 to 15 drops of essential oils. Try pine or balsam fir in fall and winter; and lemongrass, lavender or any citrus oils in spring and summer. Sprinkle on carpets, then wait a few minutes before vacuuming.

Choosing high-quality oils is essential. "Fragrance oil," "nature-identical oil" or "perfume oil" aren't the same as 100-percent pure essential oil. They may be combinations of essential oils and chemicals, or just plain chemicals.

Excerpted from Natural Home & Garden, a national magazine that provides practical ideas, inspiring examples and expert opinions. To read more articles from Natural Home & Garden, please visit naturalhomemagazine.com or call 800-340-5846 to subscribe. Copyright 2011 by Ogden Publications Inc.



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Beyond bread

There's more than one way to eat and enjoy grains

By Ann Ring

More grains can be found on our grocery shelves than ever before. Not only this, but whole grains in particular are important to our diet. And yet have you ever paused at a box or bag of say, wheat berries, wondering whether or not they are “whole,” and if so, what to do with them? You’re not alone.

Whole grains are exactly what they sound like — the entire seeds or kernels of a plant. The fact that they are intact is the key to their nutritional value: The more refined or processed a grain is, the less its nutritional content. Incorporating whole grains into our diet can reduce the risk of heart disease, and are an excellent source of fiber and protein for “Meatless Mondays.”

One of the most readily available grains, pearled barley, is an example of a grain that has been minimally processed but still packs a powerful nutritional punch. It cooks in about 10 minutes because the bran layer and hull have been removed and it has been

partially cooked and dried. Although it is not a whole grain, one serving still contains 5 grams of dietary fiber and is high in niacin.

Wheat berries, on the other hand, are a true whole grain — they are the kernels from which all other wheat products like wheat flour and wheat germ are derived. Left in their whole state, they do take longer to cook (as much as an hour), but a half-cup of cooked wheat berries contains 3.5 grams of protein, 4.3 grams of fiber, and only 111 calories. That’s quite a pay off!

Bulgur is another form of wheat, not quite whole, but minimally processed and still full of nutrition. Almost any wheat can be made into bulgur, which is made from wheat berries that have been cleaned, parboiled and dried. It cooks quickly, and is high in fiber and rich in B vitamins, iron, phosphorus and manganese.

Knowing what these grains are is one thing. Understanding how to use them in the kitchen is

another. Sarah Reagan, a culinary instructor through Eastern Iowa Community Colleges, got a head start in this regard: She grew up in an Egyptian family where eating various grains was — and continues to be — a part of her everyday diet. “We would eat wheat berry as a hot cereal with milk and sugar,” says Reagan.

Reagan will be teaching a class, “Great Grains,” at the college’s West Davenport Center from 6-9 p.m. Jan. 13 designed to help introduce people to various grains and how to use them in recipes.

Do you need special skills to make these dishes? Not at all, says Reagan. “If you know how to make rice, you can make these. There’s a lot you can do with them.”

Ann Ring is a frequent Radish contributor. For more information on Sarah Reagan’s Great Grains and other culinary classes open to the community through Eastern Iowa Community College, visit eicc.edu or call the registration center 563-441-4100.



Todd Welvaert / Radish

Belilah (Cooked Wheat Berries in Milk)

“This recipe has been passed down from my grandmother,” says Reagan. “Sometimes my mom would even cook it in the Crock-Pot overnight and it was ready in the morning. There is nothing to it, but I remember enjoying it because it was nice and hearty.”

- | | |
|---------------------------------|---------------------------------------|
| 1 cup wheat berries | 1 tablespoon or more honey or |
| 3 cups water | sugar, to taste |
| 2 cups milk or dairy substitute | Diced apples, raisins and/or apricots |
| Cinnamon, to taste | (optional) |

Cover the wheat berries in water and soak overnight. Drain and rinse the wheat berries thoroughly, then combine with 3 cups fresh water in a medium pot. Bring to a boil, then reduce heat and cover the pot. Cook on a low simmer for 1 hour until the skins split and the kernels of wheat are tender. Drain and return to the pot with the milk, honey or sugar, cinnamon and fruits (if using). Heat through. Ladle into bowls to serve. 4-6 servings.

— Recipe source: Sarah Reagan



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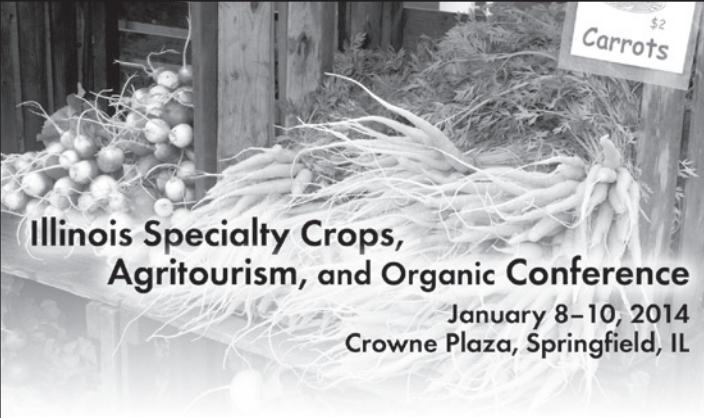
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radish reads

Memoir explores personal and political connections to animals

Mini-review: "The Lucky Ones: My Passionate Fight for Farm Animals," Jenny Brown with Gretchen Primack (2012, Avery, 289 pages, \$26 hardback)

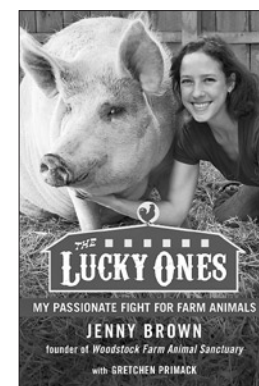


The Lucky Ones is a memoir about the unusual life of Jenny Brown, the woman who launched and operates the Woodstock Farm Animal Sanctuary (WFAS) in New York. The memoir opens with Jenny's experience with juvenile cancer and the cat that became her companion throughout the ordeal, then relates her subsequent experiences with the issues surrounding animal rights.

These personal experiences support the true purpose of the book, which is sharing the mission of the WFAS to educate regarding the toll large-scale farming has on farm animals. The WFAS adopts farm animals that have been abused, neglected, abandoned, and/or injured to provide them with food, shelter, medical care, rehabilitation and love. Several chapters of the book share the unique stories of the animals that live there.

Even readers who don't wholly agree with the authors will probably find the information, anecdotes and insights thought-provoking. I appreciated the several appendices that provide readers with additional resources to continue learning about animal issues and practical ways to incorporate veganism into your lifestyle, including recipes.

— Rebecca A.A. Wilson, Davenport, Iowa



Submitted

Cookbook lives up to its title

Mini-review: "250 Best Beans, Lentils & Tofu Recipes" by Judith Finlayson (2012, Robert Rose, 288 pages, \$21.16 paperback)

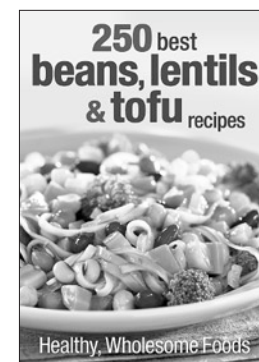


For those that don't cook with beans, lentils or tofu, this cookbook gives a brief but thorough introduction to cooking methods and health benefits of eating these items. It is, however, not a beginner's cookbook.

My husband and I went through the vastness of the 250 recipes and picked four that aroused our interest. We tried the slow cooker black bean and salsa dip (which my husband thought was "awesome"), curried couscous with chickpeas and tomatoes, Cuban-style tofu sandwich, and baked shrimp enchiladas. With the exception of the Cuban-style tofu sandwich, we thought that they were delicious.

I was a bit disappointed to see that there were meat recipes in this book, but that disappointment was quickly overcome when I noticed that vegetarian and vegan recipes were labeled vegetarian or vegan-friendly.

— Michele Clearman-Warner, Davenport, Iowa



Submitted

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food for thought

Weather the season

Simple ways to snuggle up to the dark days of winter

By Leslie Klipsch

Despite the sparkle and shine of the holiday season, most of us are not immune to the melancholy that sometimes rides the tail of merriment. The days are short, and let's be honest, the climate here in the Radish region isn't always rosy. At some point over the next several months, we'll experience snow, ice, frigid temperatures, and cracked lips. And our moods, try as we might, sometimes reflect our landscape — frosty and dark.

However, our perspective during the days surrounding the winter solstice has a lot to do with how we'll weather the season. This year, while I will certainly still invest in vitamin D and may finally bite the bullet and purchase a light box packed with bright-white fluorescent light bulbs to help chase away the blues, I've also begun to think about winter's gifts and how I might get to know them better. Because, really, after an eventful fall and a rousing spell of holiday happenings, the winter stretch offers just what many of us need: A slowed-down season perfect for reflection and renewal.

Though our first impulse may be to dive under warm blankets and embrace a period of hibernation, as the temperatures turn cold it actually can be a great time to venture outside and connect with nature. In doing so, we come to appreciate the contrasts of our natural environment. Snowshoeing, skiing, sledding with your children — even a walk through your neighborhood on a January evening will have a whole different feel than in late-August. Such stark contrasts, to an observant eye, is profound. Isn't it quiet? Doesn't it seem as if the

frost is glittering? Doesn't the crisp air shock your whole body? The winter season feels completely different to our senses and its character gives us thoughtful pause. As poet Mary Oliver writes, "Upon the snow that says nothing, that is endless brilliant, there is something heaped, dark, and motionless. Then come the many wings, strong and bold. 'Death has happened,' shout the carrion crows. 'And this is good for us.'"

Or maybe you'd rather not go outside. Though we should be careful to avoid social isolation during the winter months, the shorter, colder days lead to evenings that offer the perfect reason to stay right where we are. Whether we simply gather with loved ones and take the time to really look each other in the eye as we connect, or we carve out periods in which we unplug from our smart phones, or we make space to sit in intentional silence, embracing a slower pace of life gives us the chance to rediscover who we are and where our passions lie. In a culture that often honors busyness, it can be difficult to sit quietly with ourselves without reaching out to see who has posted on Instagram since we last checked or jumping up to complete a task. However, many would say that in order to let go of burdens and restore the peace that's within it's crucial to our core to sit in contemplative silence. A promise of winter is that by its very nature it offers us a chance to do so.

For ages, as the sun goes down, people have added warmth and light to their living space through fire. Whether you start one in your fireplace or merely light a candle on the table in front of you, you'll find something peaceful and calming — even mesmerizing — about the ambient glow of the simplest flame.

This urge for comfort and coziness that surfaces during the winter months is another gift of the sometimes-harsh season. The act of sitting still and of observing the flame encourages a sense of unhurried harmony. We gravitate toward the light of a flame in a way that teaches us about our lives within. Much like the trees that shed the busyness of their cycle and rest during the winter months, pulling their lives inside them, so can we. In doing so, we not only will be refreshed by the crispness of the season, but we also will be prepared for the promises and fullness of spring.

Leslie Klipsch is a frequent Radish contributor.

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