

Radish

HEALTHY LIVING FROM THE GROUND UP



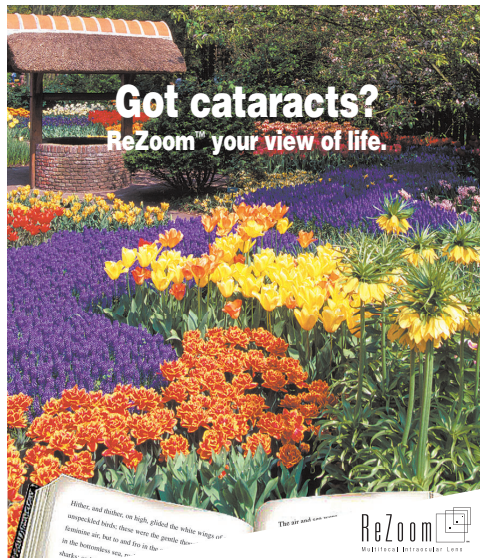
9 great farmers' markets

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The Radish gang on a break at the Healthy Living Fair: Paula Parrella, Nancy Renkes, Brandy Welvaert, Joe Payne, Rachel Griffiths, Spencer Rabe and Laura Anderson. (Photo by Paul Colletti / Radish)

I remember this feeling distinctly — a mixture of exhaustion, exhilaration and relief. It's just the way I felt last year at this time after the first Healthy Living Fair.

So it's no surprise that I feel that way now — the 2nd annual Healthy Living Fair, held June 14-15, is now history. Like last year, all of us here at Radish, as well as our brothers and sisters at the Quad City Botanical Center, are wiped out.

We're not ones to pat ourselves on the back, but it takes a lot of energy and hard work to bring more than 60 healthy-living-related businesses and organizations into one place for two days. But we did it once again, and thanks to those equally hard-working businesses and organizations we were able to present a fair that was bigger, better and healthier than the inaugural Healthy Living Fair in 2007.

Even Mother Nature did her part — only one half-hour downpour occurred during the whole event, not bad considering the unrelenting storms that were raging at the time throughout the Radish region. (Radish's collective prayers are with those good people in our region whose homes and businesses were destroyed in the floods.)

How do we know the fair was successful? People came and stayed, and kept coming. The businesses were able to spread information about their products and services to new customers — and make sales or get leads in the process. People were happy to be there, and there was something for everyone — from mini solar race cars for the kids to culinary food tours for the adults. I even received a "drum wash" on Sunday morning from River Circle — a cleansing ceremony in which I was surrounded by others as they beat their drums in unison. It was a very uplifting experience.

Being exposed to new things that can help people live healthier, fuller lives is what Radish and the Healthy Living Fair are all about.

There are far too many people who had a part in the 2008 Healthy Living Fair to be able to thank them all by name. But you know who you are. So, to the very first business to sign up, and on through to the very last visitor to arrive, thanks for coming. And keep living healthy from the ground up.

— Joe Payne
editor@radishmagazine.com

P.S. See photos from this year's event at radishmagazine.com.

Radish

HEALTHY LIVING FROM THE GROUND UP
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contributors



Part-time stay-at-home mom, part-time freelance writer, Leslie Klipsch recently returned to Iowa after living in Chicago, where she walked and used public transportation (children in tow) to get wherever she needed to go. After reading that Podiatric magazine ranked Davenport, Iowa, in the bottom 10 American cities (out of 500) for walkability, she decided to challenge the study and resume her old lifestyle. Read her story on page 6.



Linda Egenes has been a vegetarian and eater of local and organic foods since 1971. She is the author of four books and more than 300 articles on alternative health and living. With her husband, Tom, she has lived in Fairfield, Iowa, for the past 37 years, where she is a freelance writer and an adjunct assistant professor of writing at Maharishi University of Management. Read her feature on ayurvedic cooking on page 26.



Jeff Cornelius is a program manager at River Action in Davenport, Iowa, and race director for Taming of the Slough. A lifelong conservationist and advocate for the Mississippi River, he enjoys camping, kayaking, fly fishing and biking. Jeff promotes the idea that with a little creativity outdoor adventure can even be enjoyed in urban settings and stresses the importance of connecting kids with nature. His story on adventure racing appears on page 30.



Hector Lareau is a member of the QC Rail Coalition Steering Committee and is of counsel to the Rock Island law firm of McCarthy, Callas, Church & Feeney, P.C. His interest in green transportation budded during bicycle tours along Lake Michigan's coastline. Since moving to the Quad-Cities in 1993 he has advocated for environmentally friendly transportation. His essay on the environmental benefits of rail service appears on page 40.

Nicole Harris of Rock Island, Ill., is a reporter for The Dispatch, The Rock Island Argus and The Leader in the Quad-Cities. Some of her adventures in reporting have led her to "do time" in the new Scott County (Iowa) Jail, tour the Wienermobile and investigate wild turkeys in the city. After all this, a person needs some R&R. Read her story on the different types of massage on page 28.

Bringing his artistic talents to Radish for the second time in as many months is Bill Gustafson of Rock Island, Ill., who created this month's whimsical cover illustration. You may have seen Bill doing caricatures at last month's Healthy Living Fair, where his work also adorned the backs of the official fair T-shirts.

Also appearing in this issue are regular contributors Ann Rinehart (Out of This World, page 8), Barb Annino (Great Galena Cookery, page 12), Lynne Voelliger (Vetrizzo countertops, page 15), Lindsay Hocker (Fox River Socks, page 29), Jen Tackett (Chili peppers, page 33) and Jen Knights, Jim Earles, Linda Egenes, Ann Dougherty and Liz Clark (9 Great Farmers' Markets, page 18).

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the grapevine

Missed the 2008 Healthy Living Fair? Check out the photos online!

If you missed all the fun at Radish's 2nd annual Healthy Living Fair last month at the Quad City Botanical Center in Rock Island, you still can experience part of it by visiting a collection of photos from the event that are posted on the Radish Web site.

Everything from vendors to volunteers to exhibitors and spectators can be seen on the site. If you have photos you took at the fair, e-mail them to us and we'll post them with the others.

To see the photos, visit radishmagazine.com and choose the Healthy Living Fair story on the home page.



Patrick Traylor / Radish



Healthy cooking page added to Radish Web site!

Looking for a healthy recipe? Check out "Healthy Cooking," the new and improved recipe page on the Radish Web site!

Debuting this month, the new database offers recipes in the following categories: main dishes, side dishes, soups, salads, breads, desserts, special needs, vegetarian and growers' favorites. A featured recipe also is included on the main recipe page — click on the link and you'll be taken to that recipe.

Readers also can click on any category to get a list of recipes within that group, and can use keywords to search the database for particular recipes or foods.

The database includes recipes which previously have been published in Radish in addition to others that have not. To submit your own healthy recipe to the site, e-mail it to editor@radishmagazine.com.

To get to "Healthy Cooking," visit radishmagazine.com and click on the "recipes" link at the top of the home page.

Visit the Radish booth at the following events and enter a drawing to win a commemorative Radish 2008 Healthy Living Fair T-shirt! Sign up for a Radish subscription and receive a free Radish canvas bag!

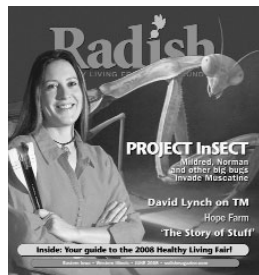
- Davenport Freight House Farmers' Market, 8 a.m.-1 p.m. July 5, 421 W. River Drive, Davenport, Iowa
 - Davenport Farmers' Market, 8 a.m.-noon July 9, NorthPark Mall, 320 W. Kimberly Road, Davenport, Iowa
 - Trinity 7th Street Market, 8 a.m.-noon July 12, 500 John Deere Road, Moline, Ill.
- On the road with Radish is made possible by The Friends of Radish: Trinity Regional Health System, WQAD NewsChannel 8, MetroLink and Zimmerman Honda.



From our readers

Healthy Living Fair (June 2008): "Thank you for getting us all moving to sustainability. I learn with every issue — after 25 years of practicing environmental engineering! It's good to have a trusted, thoughtful source of current knowledge. The Healthy Living Fair was a blast. We had paid for our booth fee with new customers by noon on Saturday — and they kept coming! And ... we met great vendors and saw long-time farmer friends. ... Thanks for the opportunity to show like-minded health- and sustainability-seeking folks what we do."

— Ann Dougherty, *Learn Great Foods*



"Thank you for the opportunity to participate in the 2nd Annual Healthy Living Fair. This was our first year to participate and we will be back next year! Participating was great for a new business such as ours and it was fun to help educate the community on the process of harvesting rainwater and the importance to the environment. The entire weekend was an exciting experience. We too learned things from the other participants, as the quality of vendors was outstanding!"

— Ed Peterson, *Quad City Rain Barrels*

New places and things to do: "I have found wonderful things to do through Radish, including a weekend in Mt. Carroll (Ill.) with Learn Great Foods. We toured a grist mill, an organic farm, cooked with two chefs along with some R&R at a secluded B&B. Since reading your magazine, I have joined the Quad City Botanical Center and the Sierra Club. I also took an Integrated Reflexology class through the Trinity Enrichment Center, thanks to all the classes you have listed. Radish has a wealth of information in it, which (helps me) take every opportunity to explore new places and things to do."

— Judy Thornton, *Erie, IL*

Send your comments to editor@radishmagazine.com or write to Radish, 1724 4th Ave., Rock Island, IL 61201.

'Living Here on Earth' visits farmers' markets

Tune in for a look at regional farmers' markets — featured on pages 18-20 of this issue — on the July 15 episode of "Living Here on Earth," airing during the 10 p.m. newscast of WQAD NewsChannel 8.

Host Matt Hammill will visit with area growers and local-foods consumers to find out what's happening at this year's markets.

For other regional environmental reports, watch "Living Here on Earth" each Tuesday at 10 p.m. on WQAD NewsChannel 8.

healthy living from the ground up



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July is a wonderful time to take a day trip to a farmers' market. Read about nine great markets on page 18. (Cover illustration by Bill Gustafson)

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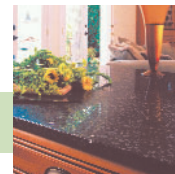
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healthy living

Walking tall and small

7 days, 2 children, no minivan: a brave woman's story



Leslie and Jake Klipsch of Davenport, Iowa, take a break outside their house with their children, Elihu, left, and Oliver. (Photo by Gary Krambeck / Radish)

By Leslie Klipsch

I want what any self-respecting wife, mother, part-time employee and Radish reader wants: a cleaner planet, a smaller carbon footprint and more money to do good things. So after months of complaining about high gas prices and the frequency with which I had to buckle up our two young sons, I decided to make a change in our routine and navigate life without the use of a car. I did so for one week this past spring, to see how difficult it would be. It took a lot of planning and some comfortable shoes, but was well worth the extra mile.

Day 1

Typically, I would load up my boys (ages 3 and 1) and drive to the downtown Davenport (Iowa) YMCA for a workout. But the weather is nice, so I instead pile them into the stroller and jog to the park. Together the kids weigh nearly 60 pounds. Davenport has hills. I miss the ease of the treadmill (who would have thought?), but enjoy the hour I spend cooling down and watching the kids play. Later, the babysitter strolls the boys to a nearby school playground while I work from my home office — no car required. Note: My 3-year-old is wearing his snow boots in 70-degree weather because we have lost one of his tennis shoes and cannot hop in the car and head to Target.

Day 2

Luckily, my son's preschool is across the alley from our home. After picking him up on foot, we walk to a friend's house for lunch. We discover another park. In just two days, we have found four parks and one huge empty field within walking distance. The kids love this. They take long naps (exhausted from all the fresh air), and I work from home. I wonder how I'll purchase a gift for an upcoming shower and my book club's new read without the car. I sit down at the computer and after five minutes online, I cross both off the list.

Day 3

I begin to crave a reprieve from my lonely home office and take the bus to a coffee shop. Though I find the Web site difficult to navigate, the Citibus phone operator is beyond helpful. She maps my route, and I'm off. The commute takes longer by bus than it does by car, but I enjoy the walk to the bus stop and am happy to catch up on some reading on the bus. On my way home from the bus stop, I visit the neighborhood market and pick up dinner.

Day 4

Today I see a man about a rehabbed Schwinn. I realize that if I'm serious about keeping the car parked, I'll benefit from another alternative. The community is bike friendly, and I'm anxious to start peddling. We have eaten our way through many of the groceries I purchased before the week began; when we smell the grill at Golick's Meat Market, we don't hesitate to stretch our legs and treat ourselves to a couple of hot dogs. The proprietor mentions purchasing an ice cream machine, and I start to think I may never have to leave the neighborhood again.

Day 5

The missing tennis shoe is found. This makes me glad we didn't hop in the car to buy a replacement pair like we typically might have. Life has become slower and more thoughtful. My husband catches the bug and carpools to work.

Picture this: It's raining. A woman with a gym bag dangling from one shoulder and a 16-month-old tucked into a sling across her chest holds, in one hand, an umbrella, while the other grips the hand of a 3-year-old. She is running toward a city bus that has just pulled away from its stop. She waves frantically at the No. 5, and much to her surprise, the driver pulls the bus up to the curb, flips on the hazards, and waits for her. As they travel downtown, she can't help but marvel at the friendliness of the city's public transportation.

Day 6 and 7

The whole family takes the bus to our lunch destination. From there we walk home, stopping at two different grocery stores along the way to buy enough food to feed a dinner party of eight adults and six children. We take the stroller to church (a 15-minute walk). We walk to meet friends for dinner in the Village of East Davenport (a mile and a half each way). I walk four blocks to the gas station to buy a carton of milk.

With all of this walking, I begin to recognize neighbors out walking their dogs and begin to learn their names. I begin to recalculate our monthly gas budget. I begin to wonder if I'll ever need to hit the treadmill again. I begin to wonder if seven days can stretch into eight and nine and beyond.

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healthy living

Out of this world

Eating mindfully endears author to the land



Mary Swander outside her home in Kalona, Iowa.
(Photo by Ann Scholl Rinehart / Radish)

By Ann Scholl Rinehart

Mary Swander doesn't have the luxury of picking up a quick meal when she's on the go.

Then again, even if she could, she wouldn't consider it a luxury. She knows the price her body would pay for that meal.

After a lifetime of health problems — some brought on by multiple car accidents, others from a mega-overdose of an allergy shot — Swander spends an average of four hours a day engaged in exercise, rounding up supplements, meal planning and meal preparation.

"It's really intricate," says Swander, author of the award-winning memoir "Out of This World: A Journey of Healing," as well as several other nationally acclaimed books, poems, essays, short stories and articles.

"Out of This World" chronicles Swander's life in a former one-room schoolhouse, situated in rural Kalona, Iowa, among the largest Amish community west of the Mississippi. She splits her time between there and Ames, where she is a professor of English and a Distinguished Professor of Liberal Arts and Sciences at Iowa State University.

In her book, Swander writes about her severe allergic illness that dictated she grow her own food. She was 33 when a doctor gave her 50 times the correct dosage of an allergy vaccine. "I almost didn't make it through that one," recalls Swander, now 58.

After the shot, Swander would black out when she ate. Even brushing her teeth would result in unconsciousness. She was hospitalized for a month — not earning a release until she could tolerate 13 foods. Within a year, she was up to 25.

After the mishap, Swander had to consume only organic foods, which were not plentiful in the early 1980s in Iowa. That precipitated her move to Amish country, where many farmers used organic farming methods.

While eating organic helped, her health still suffered. After trying everything — traditional and alter-

native — her "happy ending" came about 15 years ago when she discovered Dr. Nicholas Gonzalez. The New York City physician takes a metabolic and nutritional approach to working with gravely ill people, particularly cancer patients who have exhausted traditional healing methods.

"I began to think of eating as a kind of meditation. My experience with foods changed."

Gonzalez immediately recommended that she quit her vegetarian diet. "He looks at you as a unique individual," she says, noting he has 12 diets with 99 variations of each. He looks to his patients' metabolisms to see what they should eat. He determined that her body was too alkaline and needed to be more acidic. To this day, Swander eats an all-organic, high-protein diet.

The following is an interview with Swander, conducted over the kitchen table in her quaint schoolhouse one afternoon after the rains had cleared.

Radish: Most of us take for granted that when we're in a hurry, we can run through a fast-food restaurant and grab a quick meal. What's it like to not have that option?

Mary Swander: Some convenience would be nice. I always have to plan ahead — not only what I'm going to eat, but also where I'm going to get the food that I eat. I can't buy much in a regular grocery store. But all it takes is one moment of reflection to stop me from even thinking about going to McDonald's. First of all, the food would be horrible for my health. The long-term effects would be detrimental. Then, in the larger picture, (eating at) McDonald's is very bad

environmentally, damaging everything from the rain forest, to the health of steers, to human health. Read "Fast Food Nation." It says it all.

R: What is the silver lining to your health challenges — the good that has come of this way of life?

MS: A lot of good has come of it. Being on a healthy diet not only gives you more energy and vitality, but it gives you a better sense of well-being. You feel better. You are more engaged in the world. You view the world from a different perspective. You are less dependent. You don't "have to have" your addictions — coffee, smoking, pizza, chocolate, whatever it may be. You learn self-sufficiency. You learn how to address your own issues. I've also learned to be a very good gardener, learned to be a pretty good cook, learned to live closer to the land, learned to care for a variety of animals.

R: What is the benefit of being a conscious eater? Do you feel more connected to the foods you eat?

MS: I started out in 1983 after my immune system crash with a very limited diet. I had to eat one food at a time and rotate those foods. There is nothing like eating one food at a time to really capture the essence of that food. I write about this in "Out of This World." I write about eating yucca and only yucca on a certain day. At first, I tried not to think about what I was eating. I had to eat things I had never eaten or eaten only infrequently — things I hadn't developed antibodies to. I would turn on the radio and prop up a book in front of my plate and eat.

Then one day I let that go and thought of eating as a kind of meditation. My whole experience with my foods changed. Now, I can embrace the beauty of the essence of each food.

R: What would you say to people that might motivate them to adopt this lifestyle, even if they are in good health?

MS: I only wish that I had eaten this way from day one. It seems so much more logical to eat well and healthfully and avoid illnesses. We tend to do the reverse: eat junk, and then scramble around to change our diets to overcome our health problems. It's funny.

I can feel the difference in myself, but I can really see the difference in my animals. On real food, they are much more energetic and live longer, their fur is prettier, their dispositions are more upbeat, they have fewer health problems and vet bills. But I also know that changing your diet is the most difficult thing for human beings. We get in certain behavior patterns that are hard to break. We have to make a lot of effort to eat well in this culture.

Yet, things are changing. In just 20 years, we've come a long way in developing healthier attitudes toward food. Now we have beautiful farmers' markets, better restaurants, better food in our schools, food co-ops, roadside stands and more vegetable gardens in our own backyards. All really positive things. It's encouraging.

Read an excerpt from Mary Swander's book, "Out of This World," at radishmagazine.com. To learn more about Swander and her work, visit maryswander.com. To find out about FARMSCAPE, a docu-drama written by Swander's graduate students at Iowa State University that's available to actors with a performing space, contact Swander at mswander@iastate.edu.

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healthy living

Chic & Easy

Iowa native Mary Nolan stars on the Food Network

By Brandy Welvaert

Though she submitted a professional-quality audition, Davenport native Mary Nolan didn't compete on the reality show "The Next Food Network Star." Instead, the 26-year-old is starring in her own show, "Chic & Easy," which debuted May 18 on the Food Network. The show airs Sunday mornings.

"Seeing this show come together — it's a thrilling time," Nolan said in a telephone interview. She lives in an apartment in the Upper West Side neighborhood of New York City. Her show presents easy recipes and entertaining tips, and the premiere episode, titled "Think Globally, Eat Locally," focused on preparing foods from farmers' markets.

"It's really me. It's really my ideas. I feel like 'Chic & Easy' is kind of like talking to my friends. We're just getting ready for a party, and it feels natural," Nolan said.

Born and raised in Davenport, she studied jour-

nalism at the University of Wisconsin at Madison and managed to sneak in some culinary courses. She also spent a semester abroad in Tuscany, where she fell in love with Tuscan food and cooking. After graduation, she moved to New York, where she worked her way up from assistant to advertising copywriter for Gourmet magazine and enrolled at the Institute of Culinary Education (ICE).

"As I was in college, I continued to cook and did amateur caterings for friends — and that kind of carried over," she said.

Like many cooks, she caught the bug as a kid at her mom's side. "My mom is a fantastic cook. She always had a knack for putting things together in a very classy way. My mom always liked to make pies when we were younger, and she let us play with the crust." Her parents, Patricia and Robert Nolan, still live in Davenport. Her two sisters live in Iowa and Wisconsin.

On her grandparents' Iowa farm, Nolan learned the value of fresh ingredients. "I think my roots are

such a big part of who I am," she said. "I certainly wouldn't be doing what I'm doing, how I'm doing it, without my background. I think that (the Food Network) was interested in my story, so to speak. ... I bring a new viewpoint."

After landing the pilot, she left Gourmet in February. "Taping was a very busy time, to say the least. ... I had taken on too much. I had so many things on my plate, and I needed to focus," she said.

Right now she's attending ICE full time and has her fingers crossed that viewers embrace "Chic & Easy." "We did six episodes. It's going to air, and then hopefully people will tune in and really like it and want to see more," she said.

"My family is very excited about the show, I think because it's something that I've always really aspired to do. ... I will have been in New York for four years next month, so my parents are used to having me at a little bit of a distance. Now they can flip on the TV and have me back home."

simple and impressive very simple foods can be. I think that people get intimidated about entertaining — and there is an art to it. But I don't think it needs to be complicated."

On summer grilling: "I do like to grill, but I live in New York, so I don't have a grill. But you know, I have a Cuban steak recipe that I make in one of my shows, and the marinade is very easy — it's a blend of herbs and lime juice — and there's nothing better."

"I also really like to grill fruit for dessert. It puts a different spin on it. ... When it comes to grilling fruit, the simpler the better. If you have peaches, cut them in half and place them right on the grill over medium heat until they're nice and warm and bubbly. Drizzle a nice balsamic glaze over them or add some creme fraiche. It's really just simple ingredients and allowing them to stand out."



Mary Nolan's Cuban Steak Sandwiches. For more recipes from Nolan, read this story online at radishmagazine.com. (Photo by Gary Krambeck / Radish)

Mary Nolan's Cuban Steak Sandwiches

1½ pounds flank steak	1 tablespoon kosher salt, plus more for seasoning
1 cup olive oil	1 (14-inch) loaf ciabatta bread
1 cup fresh cilantro leaves	Butter, softened
½ cup fresh basil leaves	1 tablespoon canola oil
½ cup fresh flat-leaf parsley	1 medium onion, thinly sliced
¼ cup fresh lime juice	5 cloves garlic

Cut the steak into 2 even pieces and place in a sealable plastic bag or container. Place the olive oil, cilantro, basil, parsley, lime juice, garlic, and 1 tablespoon salt in a blender and mix until smooth. Reserve 1/2 cup of the herb-oil mixture and refrigerate. Add the remaining mixture to the meat, distribute evenly, and marinate in the refrigerator for at least 3 hours.

Heat grill to medium-high or allow charcoal to turn gray. Slice ciabatta loaf lengthwise and remove excess bread from inside, if desired.

Remove the meat from the marinade; discard marinade. Place on a paper towel, wiping off any excess marinade. Grill meat to desired doneness, flipping often to prevent charring. Place meat on a cutting board and allow it to rest several minutes.

Butter sliced ciabatta and toast directly on grill. Heat canola oil in a grill pan over medium-high heat. Add onions and cook until just beginning to brown but still crisp, about 1 minute. Remove from heat and season with salt, to taste.

Take the reserved herb-oil mixture and brush the inside of both halves of bread. Slice steak thinly on the bias and place on the bottom half of the bread. Top with onions and then remaining bread. Slice into quarters and serve. Serves 4.



Dishing with Mary Nolan

Foodie 'aha' moment: "I would say that my decision to go to culinary school was a defining moment. I decided to invest time and money into this because I really want to go head first into this culinary thing."

Must-have kitchen tool: "A good knife. A good sharp knife is kind of overlooked sometimes. I certainly didn't have one until I started culinary school, but it's the key."

Favorite season for cooking: "I really love the summer. I am a warm-weather person. There is nothing better than slogging through so many cold-weather months and then in June there is all this bounty. That is inspiration right there."

On entertaining: "My show is really about how

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food

Come cook with her

Great Galena Cookery chef shares it all

By Barbra Annino

Have you ever tasted a memorable restaurant meal that you wished you could recreate at home? Not many chefs will give up their secrets, but at the Great Galena Cookery in Galena, Ill., you'll not only walk away with unique recipes, you'll have created from start to finish a five-course meal, every bite of which is gobbled on-site.

Patricia Lehnhardt greets each guest with an apron, and students are guided toward her gourmet kitchen, which is complete with granite countertops,

a stainless steel wall oven, soapstone cookware and an expansive range. "Come Cook with Me," as her class is billed, is a hands-on experience. "I think you learn so much more by actually doing it. If you watch and then go home and try it, there is no one there to answer the questions you may have," says Lehnhardt.

Class members interact with each other throughout the preparation, cooking and consuming of the meal. Each participant is introduced to one of four stations, from appetizer to dessert, around the center island. "People can choose which portion of the meal they would like to prepare and everyone can

see what the others are doing and learn tips and techniques about all the dishes," says Lehnhardt.

She often incorporates ethnic themes into the dinners, such as Asian, Italian, Tex-Mex and French. The food is locally grown and purchased, with the herbs and spices plucked from her own backyard. But even if the ingredients are not all that exotic, "sometimes just a unique way of dealing with a vegetable is worth the price of admission," says Lehnhardt.

Lehnhardt, who was raised on a farm, believes in whole, organic, unaltered foods like the kind she grew up with — the kind of food that still graces tables in France and the Mediterranean. "I am sorry that the media has demonized so many natural, whole foods," she says. "Some people are afraid of food, believing that a teaspoon of butter will cause a heart attack." She insists that processed food is the real enemy.

Besides learning innovative techniques, unique recipes and clever kitchen tips, participants also learn troubleshooting. "In class, we sometimes have to rectify a mistake, so people learn how to do that — when to save a sauce and when it's time to toss it and start over." That's a real-life scenario every cook has faced.

But even if you're not in the market for expanding your culinary horizons, at the very least the Great Galena Cookery is an alternative to going out to dinner. Anyone can recreate these dishes and "if nothing else, it gives one the confidence to cook," says Lehnhardt, who also offers classes for "Kids That Cook" and private parties for six to eight people.

"Come Cook with Me" classes are held Thursdays and Fridays beginning at 6:30 p.m. at the Great Galena Cookery. Cost is \$50 per person. For more information, visit galenapeddery.com/03cook_index.html or call (815) 777-1556.

Turn to resources, page 38, for Patricia Lehnhardt's recipe for Lemon Souffle.



'Come Cook with Me' class at the Great Galena Cookery. (Photo courtesy of Patricia Lehnhardt)

health

Help, advice and empathy abound at Eldercare Network's Senior Seminar

By Laura Anderson

Caring for a loved one with Alzheimer's disease or another form of dementia is often difficult at best, but advice, answers and empathy can be found at the Quad City Eldercare Network's 4th Annual Senior Seminar & Social.

The event will be held from 3:30 to 7:30 p.m. July 16 at the Center for Active Seniors Inc. (CASI) in Davenport, Iowa. More than 40 organizations will offer help and information for active seniors and caregivers of all ages and types — family and health-care professionals alike.

"Several of the network partners will be teaching workshops, and the whole day is centered around dementia," says Sonya Paddock of Alternatives for the Older Adult, an Eldercare Network partner. Half-hour workshops begin at 4 and 5 p.m., and topics are "Ethical Will, What Estate Planning Is," "Resolving Family Conflict," "Fall Prevention," "Medicare & Medicare Advantage Prescription Drug Plans," "Hearing Loss," "Effects, & Hearing Aids," "Six Things That Determine If You Age Happily & Healthily" and "Dementia 101."

"Sophie's Scenarios" will be presented at 6 p.m. Paddock describes it as a "powerful and unique demonstration that shows effective ways that caregivers can respond to and encourage their loved ones with Alzheimer's or dementia. Attendees will learn dementia's effects on emotion and temperament, offering practical communication tips, simple ways to redirect unwanted behavior and helpful hints to stay positive." The workshop has received plenty of positive feedback, says Paddock. "We give a survey after every one that we've done, and people have called me weeks after, saying 'Oh my gosh! I tried that, and it works!'"

Health and safety screenings — including hearing tests, blood pressure tests and memory tests — will be offered, and food will be catered by Hy-Vee. Everything is free, but donations will be accepted for the Eldercare Network, a not-for-profit group working to increase awareness about elder care and its impacts.

Paddock says that just coming to the event will offer a great deal of relief and empathy for attendees. "We deal with a lot of caregivers that are frustrated; that are taking care of someone with Alzheimer's or dementia," she says. "When people understand how to communicate (with someone who has dementia), they won't get so frustrated."

Respite Care at CASI's Jane's Place will be available. "It's a locked unit. If a person has dementia or Alzheimer's, (the caregiver) can drop them off and go through the rest of CASI to experience the different resources and the workshop," Paddock says. Jane's Place does require advance registration.

CASI is located at 1035 W. Kimberly Road, Davenport. For more information about the Quad City Elder Care Network's Senior Seminar & Social or to make reservations for Jane's Place, call (563) 359-0093.



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environment

Grilling green

Right products make summer tradition eco-friendly

By Radish staff

It's hard to resist the flavors of the grill. There's just something about fire, smoke and sizzling protein that dares us to indulge. But anyone who's bitten into a burger laced with lighter fluid knows that grilling isn't always good.

The taste buds might be the first detectors that not all aspects of the outdoor-grilling scene are as savory as they seem at first sniff. The bad news? Grilling does contribute to some environmental problems. The good news? Many products out there can help make it greener.

The grill: If you want to go green, think about gas, propane or electric models. Can't give up the flavor of charcoal? Check into wood-pellet grills or the Big Green Egg.

The Big Green Egg uses lump charcoal and less of it than traditional grills, but greener grills cost more than their traditional counterparts. Traeger-brand wood-pellet grills, which consume pellets made from fallen hardwoods, start at about \$600. The Big Green Egg starts at about \$250 and caps out around \$1,049. Grill dealers sell specialty charcoals and pellets year-round, and big-box stores sell them in season.

The charcoal: Grilling with charcoal creates more health-harming carbon monoxide, particulate matter and soot than other methods do. Charcoal and lighter fluid also contribute more to ground-level ozone, which is produced when nitrogen oxides and volatile organic chemicals (VOCs) combine, according to a report by the Sierra Club.

You can reduce this damage without giving up the unbeatable flavor of grilling with charcoal by switching to lump charcoal in place of the chemically enhanced type.

The usual pillow-shaped briquettes are made of wood — mostly scraps and sawdust from lumber mills — but they also contain coal dust, lime, binders made from agricultural products, and borax. Instant-light charcoals also contain accelerants. Lump charcoal is a little less processed. It resembles the piece of wood that it is, whether that's fallen timber or a reclaimed scrap from a lumber mill.

One easy-to-find brand is Kingsford Charwood 100-percent-natural lump hardwood charcoal. In fact, some barbecue experts claim that lump charcoal burns hotter (therefore requiring fewer pieces) and gives better flavor to foods than formed charcoals do. For a gourmet touch, try Lazzari brand (Lazzari.com).

The fire starter: You don't need lighter fluid if you have a chimney charcoal starter. Load it with charcoal and a bit of crumpled newspaper, light it, and your fire is good to go. The Weber RapidFire chimney sells for about \$13. you still need to use heat-resistant mitts, but the handle doesn't get as hot as metal or wood.



Top left: The Big Green Egg uses lump charcoal and less of it than traditional grills. (Submitted photo). **Top right:** Natural lump hardwood burns cleaner than traditional briquettes. (Photo by McClatchy Newspapers). **Left:** This chimney-style charcoal starter by Weber makes lighter fluid obsolete. (Photo by McClatchy Newspapers)

The eats: If you want to treat Earth right, throw a little green on the barbie. Grab some local farmers' market veggies — sweet corn, eggplant, summer squash — and save a load of carbon emissions and chemicals. Most food travels more than 1,200 miles, but market-fresh foods don't. (Turn to page xx for a list of markets.)

The cleanup: Toxic chemicals aren't needed to get tough on grime. Natural cleaners good for grills include Earth Friendly Products' Orange Plus complete, which uses citrus oils to dissolve grease. A 16-ounce bottle costs about \$6.50. Soy Clean BBQ Grill Cleaner, made in Iowa from soybeans, is another Earth-friendly option for cookers, smokers and grills. It's 91-percent bio-based and sells for \$8.99 on the company's Web site, soyclean.biz.

McClatchy Newspapers contributed to this report.

homes

Old glass, new use: Vetrazzo turns bottles into countertops

By Lynne Voelliger

A new "green" building material — a recycled glass surface known as Vetrazzo — has made its way from northern California to the Midwest.

Invented in 1996 by a California glass scientist with a passion for the environment, Vetrazzo, LLC, takes discarded glass and transforms it into a smooth glass surface. The material can be used anywhere natural stone is used. Its most popular uses include countertops, table and bar tops, flooring, tub decks, fireplace and hearth surrounds and architectural cladding.

The product currently is available in 16 color mixes, although the palette continues to evolve as new sources of discarded glass are discovered. Their names reflect the color and/or type of recycled glass used for production. The vibrant "Cobalt Skyy" comes from recycled, blue Skyy vodka bottles; "Glass House" is tempered glass recycled from windshields; and "Firehouse Red" comes from recycled red goblets.

According to the company, its largest source of glass is neighborhood curbside recycling. Among other discarded products, it re-uses discarded soda bottles, olive oil containers, pickle jars and wine and water bottles. Company president James Sheppard says that the product's beauty actually motivates people to recycle. "People won't do the right thing unless the right thing is beautiful," he says. In addition, unlike most manufactured countertop materials that utilize a synthetic, petroleum-based resin binder, Vetrazzo's binder includes recycled materials such as fly ash, a waste by-product of coal burning power plants.

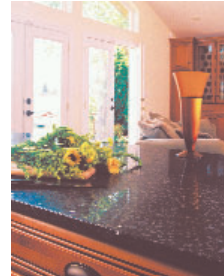
Warestone, located at 1729 State St., Bettendorf, Iowa, sells Vetrazzo in the Quad-Cities area. Owner Chris Ware discovered Vetrazzo in a kitchen design magazine and immediately knew it was a product he wanted to carry.

Ware admits that the product is expensive, with the lowest price at approximately \$135 per square foot — nearly double the cost of a granite surface. He encourages interested consumers to visit Kitchen Consultants, which is adjacent to his store, to see a Vetrazzo countertop on display.

Green Building Supply in Fairfield, Iowa, also distributes Vetrazzo. Owner Joel Hirschberg says that although he has yet to sell the surface, his Web site is receiving hits from all over the country.

Customers are reminded that no two Vetrazzos are identical and that the sample is merely representative of the surface they choose. New owners receive a Certificate of Transformation that tells them the origin of their glass.

For more information, visit vetrazzo.com.



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gardens

Ouch!

What to do when gardening gets painful

By Brandy Welvaert

The mosquito bites, the callouses, the scrapes and the bandages: They're all part of the gardener's hard-won wardrobe, but gee, they stink.

When gardening goes wrong — when you touch the poison ivy or throw out your back — it can make even the most determined green-thumb want to throw in the towel.

Don't give up. Instead, check out these tips for making outdoor chores easier and safer.

Aches, pains and unnecessary strains

Preparing for a garden workout — and that's what gardening is — can decrease the likelihood of injury or strain.

It's important to stretch and warm up for about 15 minutes before getting started, say University of Illinois Extension horticulture educators and authors Barb Bates, Chris Hilgert and David Robson in "BodySmart Gardening." They also suggest you switch activities when your muscles begin to tire, take breaks, and drink plenty of water. In fact, they suggest limiting gardening to one to two hours a day unless you're in good physical condition.

The right tools and equipment also can ease the workload. Consider investing in a rolling garden seat (\$30 to \$70, depending on the model) to reduce stooping and kneeling. Kneepads (\$10 to \$30) are a good idea for weeding where you can't sit down. Keep your tools close at hand to reduce stretching or straining, too.

Cool down for 15 minutes after yard work, the authors suggest, then "cool off with your favorite beverage as you take a stroll through your landscape and enjoy the fruits of your labor."

Things that make you scratch

Lots of things in the garden make for itchy skin. Two of the worst, particularly in shady areas, are mosquitoes and poison ivy.

Much has been written about how to spot and avoid poison ivy, but many gardeners get into the stuff anyway. So here's a reminder:

Poison ivy has compound leaves with three leaflets, all of relatively equal size and connected at a central point. The leaflets are longer than they are wide, but size varies. New leaves emerge with a red tinge, turn dark green in summer, and change to a rich red in fall, according to Bates, a University of Illinois Extension horticulturist.

"Poison ivy is very shade-tolerant, but it is very adaptable and can be found in almost any habitat — sun or shade, wet or dry," she warns.

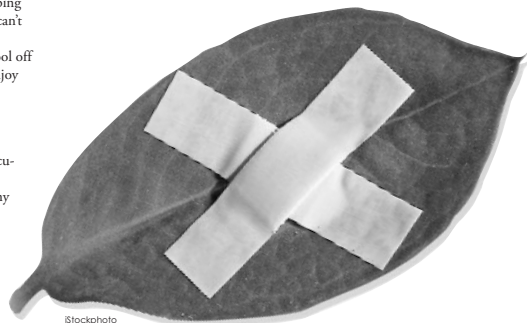
Found poison ivy? Wear protective clothes and sever the vine, then treat regrowth with an herbicide. Or pull the plants out by the roots. Remember, your clothes, gloves and tools will have urushiol — the oil responsible for the itching — on them. Don't touch anyone or anything until you wash them thoroughly!

Bottom line? If you think it's poison ivy, don't touch it with bare skin. If you do, and you start to itch, buy some hydrocortisone cream, calamine lotion and/or antihistamine tablets. Take oatmeal baths to further dry the rash. Call a doctor if you run a fever of more than 100 degrees, if your rash covers large or sensitive areas like eyes or mouth, or if your blisters weep, advises the American Academy of Family Physicians.

And don't worry about "spreading" your ivy-induced rash to others. According to physicians, it doesn't work that way.

The best way to repel mosquitoes is to wear insect repellent that contains DEET, lemon eucalyptus or picaridin, according to familydoctor.org. Yet many people want to avoid DEET and picaridin. It also helps to save garden work for the hours between dawn and dusk, when mosquitoes are less active. And if you can, wear shoes and socks, long pants, and long-sleeved shirts.

Turn to Resources, page 38, for information about ergonomic garden tools.



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July 13: Recipe for a Miracle: How might we better observe and appreciate the miraculous in our everyday lives?

July 20: Mealtime Memories: Warming our hearts, nurturing our spirits with memories of food.

July 27: Variety is the Spice of Life: Just a tiny amount of spice can refresh, enliven and transform our food and lives.

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Road trip!

Nine great farmers' markets worth the drive

By Radish staff

It's July, the farmers' markets are flush with fresh, locally grown produce, and the wide-open road of summer is calling. Put it all together for a farmers' market road trip — a visit to a market you've not been to before, one that's far enough to scratch that itch to travel, yet close enough to not require a second mortgage to pay for the gas. Here's a look at nine farmers' markets worth the trip from anywhere within the Radish region of eastern Iowa and western Illinois. (For a complete list of great markets, see page 39.)



► Mount Carroll, Ill.

8 a.m.-noon Saturdays
(815) 244-2171 or jhutch@grics.net

The residents of Mount Carroll love their hometown micro-market. The market offers shiitake mushrooms, apples and berries from octogenarian forester Dave Seger, fresh organic produce from market gardener Steve Wolf-Camplin and daughters, and a sweet selection of local-baked goods and preserves.

Located on the brick streets and sidewalk across from the historic Hotel Glenview on Illinois 78 next to the County Courthouse, this mini but mighty community gathering welcomes visitors and sightseers alike each Saturday morning from May through October.

— By Ann Dougherty

► Keokuk, Iowa

7-11 a.m. Saturdays
(319) 524-5055

Jean Jinkens, patron saint of the Keokuk Farmers' Market at River City Mall, has strived over the years to keep the market authentically local. When the occasional vendor would arrive with flats of obviously imported produce, she would ask them to leave, and was known to call the police if they refused. This vigilance has made for a small but select Saturday morning market where it can be truly said that "Food tastes best from your own zip code."

When the market bell rings at 7 a.m., the line has already formed for Mr. McCarls' eggs. Goldenrod yolks that mound up half an inch off the plate when they are cracked spoil you for any other eggs in the off-season. Bonnie Metternich's peanut butter jars of hickory nuts and black walnuts lovingly picked out over long winter evenings are a treasure to the baker. As you move on down the main row, you'll find Julie with her exotics, beautifully arranged in antique baskets, and John Kraft with mounds of high-season vegetables that would inspire Arcimboldo. An excursion down a side aisle brings you to the Zechins' canopied tent, where mother and daughters colorfully adorned in calico dresses and pinafores display an array of breads and other baked goods.

Betty Martin, down toward the far corner, will have an assortment of rare jams and jellies such as wild plum. And if you're truly lucky you'll be there on a late summer morning when she has a vase of lotus blossoms that stun you with their porcelain, almost artificial beauty.

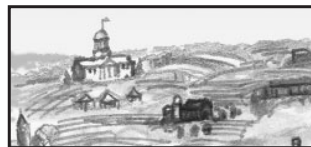
— By Liz Clark

► Iowa City

5:30-7:30 p.m. Wednesdays,
7:30-11:30 a.m. Saturdays
(319) 356-5110; icgov.org/default?id=1108

On Saturday mornings in Iowa City, some locals head down to the farmers' market early to grab a couple of egg rolls for breakfast. Egg rolls? For breakfast? Sure, it sounds odd, but somehow it works.

Whether you fill up with egg rolls, fresh-baked pastries, pies, breads, kettle corn or a hot gourmet



sandwich, you'll be strolling the stalls accompanied by music. The market's popular "Market Music" program taps into the local folk and bluegrass music scene to feature both well-loved and up-and-coming area artists to serenade you while you ogle, sniff, thump and pinch (gently, please!) your way through farm-fresh produce offered by dozens of area farmers. Previously exclusive to the Wednesday night market, Market Music is now offered on Saturdays, too, along with a new "Art in the Park" program, monthly chef demonstrations and a special event in August focusing on kid-friendly activities.

Another great feature of the Iowa City market is location, location, location (in the lower level of the parking ramp between Washington and College streets). Fill up your sacks with fresh, local produce at the market, and you can walk right across Washington Street to New Pioneer Food Co-op to fill out the rest of your meal ingredients, and to pick up an appropriate bottle of wine. Bon appetit!

— By Jen Knights

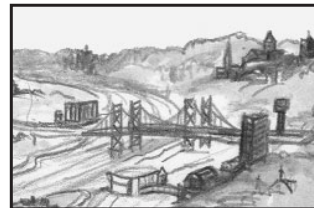
► Fairfield, Iowa

3:30-7 p.m. Wednesdays,
8 a.m.-1 p.m. Saturdays
(641) 472-2449

I'm in search of the perfect meal, one I can cook using the freshest local ingredients. The Fairfield Farmers' Market in Howard Park is the perfect place to shop.

As I lean my bike on a tree, children line up for free face painting in the shady playground, crowds mill around tables of local produce and the rhythmic beat of live reggae blends the scene into a happy mix.

Never shop when you're hungry, they say, so I grab an organic crepe made on the spot with organic veggies. Then I make my usual rounds, chatting with the Amish housewife who sells her pastries, the Cambodian farmer who farms the way his father taught him and the local growers who have become my friends.



"Fairfield's farmer's market is worth the drive because it has a wonderfully diverse group of vendors, who offer everything from handmade soaps, jams and jewelry to Native American traditional crafts to locally grown chili-and-herb mixes," says Mary Carter, co-coordinator for the Fairfield Buy Fresh Buy Local Campaign. "And everything is grown or made locally."

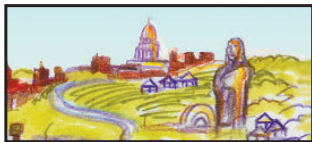
I leave with heirloom tomatoes, Asian greens, rosemary-infused olive oil, Amish bread and basil so fresh it's still growing in the pot. That's all I could fit in my backpack, but it's just enough for that perfect meal.

— By Linda Egenses

► Davenport, Iowa

8 a.m.-1 p.m. Wednesdays and Saturdays
downtowndavenport.com/residential/farmersmarket.html

Ever find yourself in a place so interesting that you felt you'd been dropped into a painting? That's how I feel every time I visit the bustling Davenport Freight House Farmers' Market, which opened this spring near the old train depot at 421 W. River Drive, Davenport, on a day that could not have been more rain-mottled Monet. Damp vendors clung to their tents in bitter winds, shielding such prizes as fragile petunias, early produce like rhubarb and greens, and toothsome cheese curds.



Two weeks later, the sun shone bright as my friend, my husband and I lugged a whole free-range chicken (for dinner), soy candles (gifts for Mom), hormone-free beef brats (for grilling), cookies (for eating ASAP) and smoldering cups of manual-pour coffee from Redband Coffee. We squealed aloud to celebrate the combination of the sweet-tart cranberry cookies and Redband's locally-roasted Indian sumatra.

Later, as I pulled the chicken I bought from Ives Grossman from my crock pot, another wave of artistic appreciation rolled over me, and I began to salivate: a very, very earthly form of gratitude, indeed.

— By Brandy Welvaert

► **Sterling, Ill.**
8 a.m.-noon Saturdays
(815) 535-0509; tcmarket.org

Housed in a former railroad building at 106 Ave. A, the Twin City Market is open for business from 8 a.m. to noon every Saturday, summer and winter, rain or shine, and from 4-7 p.m. Wednesdays during the summer. The historic building is alive with activity as quick-stepping farmers, gardeners and bakers unload their produce, meats and baked goods, zipping in and out of the closest parking spots.

The intensity comes from the goodwill and efforts of the 20-plus farmers/food artists and community organizers who have put large doses of sweat equity into this building in the last three years. This indoor market's permanent freezers boast pastured buffalo; free-range chicken; and family-farm-raised, hormone- and antibiotic-free beef and pork. In season, a wide-variety of fresh, locally grown vegetables, fruits and herbs are offered by local producers. Fresh baked goods regularly sell out before the market closes. A new commercial kitchen will provide samples, and a breakfast or cookout will be held the first Saturday of each month.

— By Ann Dougherty

► **Moline, Ill.**
8 a.m.-1 p.m. Saturdays

The Trinity 7th Street Farmers' Market, just off the traffic-laden John Deere Expressway in Moline, is a green oasis in a sea of concrete and cars every Saturday morning. A lovely pond with a fountain greet you when you pull into the parking lot speckled with tents and trucks that present even lovelier displays: berries from Teresa's Tasty Produce, organic heirloom tomatoes from Oak Hill Acres CSA and hydroponic fruits from the Incichen family, handmade soy candles and beaded jewelry, and a big variety of edibles from Barb's Garden Pantry — jellies, jams, baked goods and frozen chicken and lamb — to name a few. Located just west of the shopping center that has Target, Kohl's, Menards and soon, Hy-Vee, this small yet mighty market is a mecca for local goods in a perfect location for errand-running families.

— By Brandy Welvaert

► **Dubuque, Iowa**
7 a.m.-noon Saturdays
(563) 588-4400

Dubuque Main Street, Ltd., hosts Iowa's oldest open-air market (this is its 163rd year) along Iowa Street from 11th to 13th streets, with just a bit of spillover onto 12th and 13th streets.

Through the season, more than 90 vendors offer every manner of fresh fruits and produce, honey, nuts, baked goods and wine, as well as handmade soaps, bath products, blankets, jewelry, arts and crafts. The yearly emergence of sweet corn, usually around the first Saturday of July, is a defining moment of summer. Every Saturday offers fresh-popped kettle corn, hot coffee drinks, bratwursts and breakfast sandwiches — any of which may be enjoyed while taking in some live music in front of Breitbach's Food Store at the corner of Iowa and 11th streets.

Those passing through Dubuque on Tuesday or Thursday afternoons between 3 and 5:30 p.m. should head out to the County Fairgrounds Farmers' Market (a.k.a. the Westside Market) at 14583 Old Highway Road. This market runs from June through mid-October. Much smaller and more leisurely than the Main Street Market, it's an ideal stop for older customers and those who prefer a quieter scene.

— By Jim Earles

► **Madison, Wis.**
8:30 a.m.-2 p.m. Wednesdays,
6 a.m.-2 p.m. Saturdays
(608) 455-1999; dcfm.org

Dane County Farmers Market On the Square is a food-artisan metropolis, a movable feast in the making, and a sight for hungry eyes. Agri-vendors, numbering up to 160 on summer and fall Saturdays, move onto sidewalks surrounding the Wisconsin Capitol Building in Madison. In addition to the farmers' market, the city of Madison sponsors a concurrent fair for concessions and arts and crafts on the outer sidewalks. Add 20,000 shoppers on a summer Saturday and you have a grand undertaking.

At summer peak, there are 10 cheese sellers — including one of my favorites, Willi Lehner of Bleu Mont Dairy — and nuts, maple syrups and honey, baked goods and specialty items, fruits and vegetables, plants and flowers, and more than 10 types of meat.

Market traffic is, by tradition, counter-clockwise. Whether strolling or mission-shopping, it is easy to go with the flow and enjoy the experience!

— By Ann Dougherty



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how to Sleep deeply

Good rest leads to a longer life



istockphoto

By Lynn Keiley
Mother Earth News magazine

Scientists estimate that somewhere between 10 and 34 percent of Americans suffer from insomnia. In addition to the short-term hazards of fatigue, such as driving while sleepy, it also can have lasting impacts on our health. Studies show that sleep deprivation can contribute to everything from hypertension to depression to obesity.

While sleep needs vary, a recent study conducted at the University of Chicago showed that, on average, most people spend about seven and a half hours sleeping or trying to sleep. Plus, those who sleep six to seven hours a night actually live longer than people who sleep less than four hours or more

than eight hours, according to a study conducted by the American Cancer Society and the University of California, San Diego.

Although it may seem as though we're just "lying there" when we're sleeping, our bodies are anything but passive, says Roger Cole, a sleep researcher and well-known yoga instructor who holds a doctorate in health psychology and specializes in behavioral methods to improve sleep.

The brain and body are busy performing a number of restorative processes while we slumber. For instance, sleeping is an important part of retaining memories and learning skills.

Lack of sleep also may be a factor in obesity. Several recent studies found that some of the hormonal changes that occur while we sleep affect our

appetites. A study conducted by Stanford University's Howard Hughes Medical Institute found that people who slept five hours a night had higher levels of ghrelin (a hormone that causes hunger) than people who slept eight hours each night.

Sleep also plays an important role in building immunity. Research shows that while we're slumbering, the body's immune system is strengthened in ways that don't occur when we're awake.

This story excerpted from Mother Earth News magazine, the original guide to living wisely. Read the full story at www.MotherEarthNews.com, or call (800) 234-3368 to subscribe. Copyright 2007 by Ogden Publications, Inc.



Reset your clock

If you have frequent trouble sleeping, Cole recommends following this regimen:

1. Begin with a very strict schedule of six hours of sleep each night, starting at midnight and ending at 6 a.m. No naps.

2. If you can't fall asleep, or any time you awaken and stay awake longer than 15 minutes, get out of bed and engage in a quiet activity.

3. When you feel you're ready to go back to sleep, get back into bed. If you're not asleep within 15 minutes, get out of bed, and start again.

4. It should only take a day or two before you're tired enough to fall asleep quickly. When you're able to make it through the full six hours with minimal disturbance for a few nights in a row, add 15 minutes to your sleep allotment. Keep adding to your total duration until you reach an amount that leaves you feeling rested.

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Wide River Winery

Ms. D'Meanor White among lawyer's creations

By Radish staff

Radish magazine recently caught up with winemaker Dorothy O'Brien, who founded Wide River Winery in 2005. The organic winery is situated on bluffs overlooking the Mississippi River in Clinton, Iowa.

Radish: Tell us a little bit about your winery.

Dorothy O'Brien: We are located just north of Clinton, off Highway 67. The tasting room is open Saturday and Sunday from noon to 6 p.m.

R: Are you a full-time grower?

DO: I have a day job of practicing law on behalf of employees who have problems in the workplace. I usually get home around 6 p.m. and then try to accomplish one or two chores in the winery or vineyard before quitting for the day and enjoying a glass of wine.

R: What can you tell us about your wines?

DO: They are truly a labor of love! We strive to make the highest-quality wine we can. We recently were awarded a Double Gold Medal for Ms. D'Meanor White and a Gold Medal for Felony Red at the 2008 Tasters Guild International Wine Competition.

R: Where can we buy your wines?

DO: We wouldn't miss the Freight House Farmers' Market (Davenport, Iowa) on Saturdays. Our wine also can be found at Camp McClellan Cellars and Schnucks Market in the Quad-Cities and Grasshoppers in LeClaire, Iowa. Of course one of the best ways to discover the wine is to visit the winery.

R: What are some of the best ways to enjoy your wines?

DO: Try matching our wines to the season. For example, nothing tastes better on a hot day than a cold glass of Ms. D'Meanor White or Blushing Testimony. Both are crisp, light and very refreshing.

R: Do you have a favorite wine?

DO: Mostly I like a dry red. I try two or three "other people's" wines every week for educational purposes! Seriously, you learn so much about wine making by tasting other wines and thinking about them. Sometimes I call the winemaker to give my compliments and inquire about the process. I also particularly enjoy our White Oak, which is a dry white.

R: Is the way you grow your grapes important?

DO: Yes, personally it's very important to me. We grow our grapes organically. It's a challenge because we struggle with weed competition and fungal diseases that conventional growers do not because of chemical use. I feel it's worth the extra work and worry — better for the planet, the wine and the grower.



Dorothy O'Brien, owner and winemaker at Wide River Winery in Clinton, Iowa, checks out red wine in production at the winery. (Photo by Gary Krambeck / Radish)

R: What are the rewards of your job?

DO: Seeing the grapes grow; seeing our customers enjoy the wine.

R: What's your favorite month to be at the winery?

DO: Harvest in September is exhilarating and exhausting! Seeing all the beautiful grapes come in and dreaming of the new wine is really fun.

R: Tell us a little bit about your family.

DO: My husband, Charlie, and I have five children and one grandchild. Our daughter, Ann, helps with sales and marketing. Everyone seems to enjoy working in the winery, so it is a good way to spend time together.

R: Anything new at your winery this year?

DO: My son-in-law, Paul Quinn, has remodeled the tasting room and added a deck on the south side of the winery. Visitors can enjoy a glass of wine while looking onto the woods. We also have set up a walking trail along the top of the bluff overlooking the river. This is a cool respite in the woods with spectacular views of the river.

For more information, visit wideriverwinery.com or call (563) 340-5678.

For Dorothy O'Brien's recipe for Gorgonzola, Toasted Walnuts and Pasta, read this story at radishmagazine.com.

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25 Radish

food

Ayurvedic eating

Cooling foods for summer

By Linda Egenes

Eating local foods in season is the buzz these days, and it's the smart way to support the environment and the local economy. Yet according to ayurveda, the traditional health care system of ancient India, eating seasonal foods is also the best way to prevent disease.

Food is medicine

As every Iowan knows, each season brings a dramatic change in temperature and humidity. Yet in ayurveda there are only three seasons: the cold and dry fall/ winter (Vata season), the cool and wet spring (Kapha season) and the hot summer (Pitta season).

"As any particular season wears on, imbalances start building in your body. And if these imbalances are not addressed, they can get more rooted in the physiology and become a chronic condition," says Dr. Sankari Wegman, an ayurveda expert at The Raj Maharishi Ayurveda Health Center, a world-class spa and restaurant in Maharishi Vedic City that serves organic, locally-grown vegetables, fruits and herbs from the city's farm and greenhouses.

According to ayurveda, by the end of summer, your body becomes, well, hotter. It's more susceptible to heat rash, skin breakouts and fatigue. Because the mind, body and emotions are connected, the mounting heat can be expressed as irritability and anger. More serious health problems resulting from too much heat in the body include ulcers, eczema and heartburn.

The ayurvedic solution is simple: use your food as medicine.

"If during summer you eat foods that are the opposite of hot, such as cooling, light foods, you can reduce the heat in your body," says Dr. Wegman. "You'll feel cooler and at the same time prevent serious health problems from developing."



Dilled Beans — a light, cooling side dish — is the perfect antidote to summer's heat, as are plums. Turn to Resources, page 38, for the recipe plus a list of home-grown ayurvedic foods. (Photo by Gary Krambeck)

Six tastes of ayurvedic cooking

Ayurvedic cooking is based on six tastes: sweet, sour, salty, bitter, astringent and pungent.

1. **Sweet:** milk, butter, ghee (clarified butter), rice, wheat and small amounts of raw sugar.
2. **Sour:** yogurt, lemon, aged cheeses and pickled foods (using vinegar).
3. **Salty:** anything with salt.
4. **Pungent:** chilies, ginger, cumin, cayenne, black pepper and spicy foods.
5. **Bitter:** leafy greens, basil, lettuce, bitter melon (available in Asian markets), Japanese eggplant, turmeric, fenugreek seeds, barley, jicama and aloe vera.
6. **Astringent:** lentils and other pulses (edible beans or seeds), tofu, quinoa, sprouts, apple, pear and pomegranate.

A summer palette of flavors

While every ayurvedic meal includes the six tastes, the idea is to use them in different proportions depending on your individual body type and season.

In the hot summer season, for example, the ayurvedic cook includes more sweet, bitter and astringent tastes, as these are more cooling.

And just as important as the foods you include are the foods that you minimize during a particular season, says Dr. Wegman. "In summer, you want to reduce heat by reducing the pungent, salty and sour tastes."

Dr. Wegman also recommends seasoning your foods with mild spices and herbs during summer. "Many people find that their digestion is slower when the weather is hot, so it's wise to eat lighter," she says. "You can give your digestion a boost with cooling spices, such as cardamom, coriander, fennel, dill, turmeric, mint, basil and cilantro."

Fortunately, the cooling ayurvedic foods — basil, cucumbers, summer squashes and broccoli — are the exact foods you'll find in your own garden and farmer's market during summer. So buy fresh, buy local and buy what's in season — and you've taken the first step to a healthy ayurvedic diet.

For more information about ayurvedic cooking, visit theraji.com or mapi.com. For more ayurvedic recipes, turn to resources, page 38, or read this story at radishmagazine.com.

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Sleight of hand

Massage works magic, but which style is for you?

By Nicole Harris and Laura Anderson

Choosing a massage style can be confusing. So confusing, in fact, that someone unfamiliar with the various methods may never make it to the massage table.

While everyone knows massage involves muscle manipulation, some methods use a more light touch, while other methods could be a bit painful initially. Massage therapists offer various tips for picking the right provider and technique as well as getting over nerves.

Beakay Salmon, salon manager of William Wesley Grand Salon & Spa, Davenport, said the salon's most popular option is Swedish Massage, a technique involving long strokes, kneading and friction on the more superficial layers of muscles.

"It's the most universal probably used, and it's the most therapeutic," Salmon said. "We don't want to walk on your back or hurt you. It's the most therapeutic."

Other options include deep tissue, oriental-based shiatsu, sports massage and pregnancy massage. Capri College massage therapy director Michelle Bequeaith said that people who are squeamish about massage should choose chair massage for a first-time experience.

"Some have a diversion to touch; other people are self-conscious. They don't want someone to see their body parts undraped. Some men just think it's more for women," Bequeaith said.

For all those insecurities, she said a chair massage, during which the client remains fully clothed, and only the upper body, neck and arms are worked, can be a great transition step. Prices vary depending on service and length of sessions, but usually range from about \$30 to \$80.

Even when you're comfortable with massage, finding the right provider is essential.

"It's like any other personal service, like a doctor, dentist or hairdresser," Salmon said. "Usually people will ask, (or hear of us by) word of mouth."

In addition to reviewing professional and educational qualifications, and available services, Salmon said there are other factors to consider. For example, she said some people don't mind a "homey" environment and wouldn't mind getting a massage on their therapists' front porch, while others prefer the privacy of a professional business setting.

Bequeaith said after clients decide whether they want a full-body or specific-area massage for relaxation or injury relief, they take off as much clothing as they are comfortable removing. During the massage, it's important to communicate pressure comfort because the therapist won't know if more or less is needed unless told.

The American Massage Therapy Associate recommends not eating before a massage and drinking plenty of water afterwards to flush out toxins released by massaged muscles.

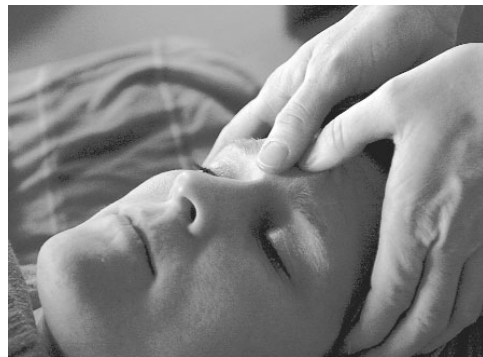
Eric Brush, owner of FTS Therapeutic Massage in Iowa City, works with acute and chronic injury and provides geriatric, medical, pre- and post-natal, sports and deep tissue massage. He works closely with Dr. Hammerstrom at Iowa City Chiropractic Clinic in injury rehabilitation.

"Everything here is custom tailored to personal needs within the bounds of what the doctor describes," Brush explained. FTS Therapeutic Massage focuses on manual therapy and specializes in injury rehabilitation.

"People come to me with a frozen shoulder, or carpal tunnel (syndrome). There's a reason why the nerve isn't in the right place," Brush said. "If you relax the muscles, you get the nerve to fall back into place — and you relieve the carpal tunnel. (We have) special training to be able to handle more difficult injuries, from personal injury to auto accidents."

Dan Howes, owner of Institute of Therapeutic Massage & Wellness, Davenport, said his clients and students range in age from high school students to senior citizens. He said with so many options, everyone can find their place in massage therapy. In addition to providing education and massage for lay people, the Institute also is the official massage therapist for the Quad City Steamwheelers and the Quad City Flames.

Read a longer version of this story online at radishmagazine.com.



Robert Leitstra / Radish

good business

Slip on a pair of Fox River Sox when you want to rock eco-friendly feet

By Lindsay Hocker

If you want to be environmentally friendly right down to your socks, slip your feet into a pair made by Fox River.

Iowa-based Fox River Mills, Inc., has several green products and practices that reflect its environmental and community stewardship. Joel Anderson, divisional president of the Fox River brand, based in Osage, Iowa, says the company's commitment to the environment took off in the late 1970s — well ahead of the current green curve. "It just so happens Fox River has been doing it for the last 30 years," he says.

Fox River's catalog features almost 200 styles of socks — from ski and snowboarding socks to flame retardant work socks to children's socks. Among these socks are Fox River's Good Earth Collection, which features socks made from corn-based yarn or recycled products, including pop bottles. The catalog itself is made of recycled paper and printed with soy ink.

"Anything we make has an environmental element," says Anderson. Some of the company's environmental practices, such as recycling materials and using water from rinsing cycles for the dying process to minimize water waste. Some of the products — such as the Good Earth Collection — are made with environmentally sustainable resources, such as wool, corn and recycled polyester.

As a member of One Percent for the Planet, Fox River donates 1 percent of all proceeds from this collection to environmental organizations. Fox River gives back to other organizations as well. Five percent of net profits from its women's line goes to the Breast Cancer Research Foundation. The company also donates socks to various organizations, sponsors activities and supplies some events' participants with socks.

This spring, Fox River teamed up with the University of Iowa's Entrepreneurship program to raise funds for equipment to make high-definition videos to promote the program. One of the professors involved with the program, Joseph Sulentic, first heard about the company after his wife bought some its socks. "I'm big on 'made in USA' and when she saw they were made in Iowa, I was an easy convert," he says. He also liked Fox River's environmentally friendly practices and approached the company about teaming up. This year's fundraiser was successful, and for next time, a sock made of corn with an "I" for Iowa on the top has been designed. Sulentic estimates students in the program will be able to sell 10,000 of the special socks. He asks, "what alumnus wouldn't want a pair?"

For more information, visit Fox River's Web site, foxsocks.com. For information on One Percent for the Planet, visit onepercentfortheplanet.org/en.



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outdoors

Adventure racing

Thrills await both beginners and the experienced

By Jeff Cornelius

Not satisfied with flat-land bike rides or 5K runs, each year more and more adventure racers are taking to our urban areas and countrysides with a well-thought-out plan to enjoy every minute.

An adventure race combines two or more elements of canoeing/kayaking, mountain biking, cross-country running, climbing and orienteering or navigation. If the thought of mountain biking an off-road course or rappelling down a rock face sounds a bit out of your league, take a second look: Most races cater to avid adventurers as well as the casual athlete, with flighted divisions or separate courses (depending on how many screws you may or may not have loose).

Here's a look at three different types of adventure races in the Radish region this summer:

- **River Action's Taming of the Slough**, Aug. 23 on the Mississippi River in downtown Moline, Ill. This race is for hardened racers and newbies alike, and is best described as a sprint race since it takes less than two hours to complete. It challenges participants with a 2-mile canoe/kayak leg, a 7-mile mountain bike and a 2-mile run/hill climb where the urban setting meets rugged country.

Last year's individual men's winner, Ray Nees of Silvis, Ill., had never competed in an adventure race until the first Taming of the Slough in 2006. "Seven years ago I had a 'heart episode' and my doctor told me I had to stop drinking, smoking and take better care of myself," says Nees. "I began training for a couple sprint triathlons with my brother, but thought I was going to die of boredom. A buddy took me mountain biking and it's been off-road ever since." In addition to the excitement, Nees says his new lifestyle and racing has helped him lose 40 pounds.

Chris Townsend of Davenport, Iowa, an avid mountain biker who rarely gets a chance to canoe, says Taming of the Slough "gets people up close and personal with the mighty Mississippi in Sylvan Slough, which is a controlled environment with calmer waters." He also likes that the event has individual, team and relay options as well as racing, competitive and novice divisions. "The feeling I had when I finished is what's bringing me back," he adds. "I know I won't win, but it felt great running to the finish line. I couldn't remember the last time I spent one-and-a-half hours straight working out. I forgot how good it can feel."

- **Fever River Adventure Triathlon**, Sept. 13 in Galena, Ill., is also open to experienced or novice athletes. This sprint adventure-triathlon combines 6 miles of paddling, 17 miles of biking and 3.1 miles of running.

To prepare for such an event, "it's best to cross train in each of the three sports," says Fever River's Debra Malone. "Start your training by working just one of the disciplines" three to six days a week. "Then, once you've built your base and can complete the full distances of each discipline individually, combine the elements, which are called 'brick workouts.' Complete one brick workout a week and



The Taming of the Slough includes a 2-mile canoe or kayak race around Sylvan Slough in Moline. (Photo by Nick Loomis / Radish)

then near the end of your training bump it up to two bricks a week if you can. It's most beneficial to train the way you're going to race or start with the paddle, followed by a bike and a run."

- **The Thunder Rolls Adventure Race**, Sept. 6, starting and finishing in Illinois City, Ill., is one of the premier adventure races in the U.S. This expedition-style race covers parts of Illinois and Iowa and includes canoeing, trail running/trekking, navigation, pack rafting and ropes.

Expedition races have a more open format in which racers have to find their way using a compass and topographical maps. Thunder Rolls requires a unique skill set, but race director Gerry Voellger says even beginners can have a great time and complete the course. The 100-mile course allows 24 hours for the seasoned racers to complete, while the 50-mile course is set up for newcomers and must be finished within 12 hours.

If you're interested in taking on a new challenge and mixing up your workout routine, you'd be hard pressed to find a better time than an adventure race. Most participants come away with a great sense of accomplishment and appreciation for our beautiful rivers, trails and bluffs. What more could you ask for this summer?

For more information:

- Taming of the Slough: riveraction.org, (563) 322-2969
- Fever River Adventure Triathlon: feverriveroutfitters.com, (815) 776-9425
- The Thunder Rolls: thethunderrolls.org

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Radish

HEALTHY LIVING FROM THE GROUND UP

education

Blue Can Group

Giving recycling efforts a hand in Moline, Ill.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." — Margaret Mead

By Laura Anderson

A new Quad-Cities organization called the Blue Can Group hasn't quite changed the world, but its members know it's possible for citizens, government and businesses to work together for the betterment of a community.

"I really understand what a 'grassroots effort' means, and what it can be," says Kristen Bergren, who formed the group last summer along with Mary Lind and Susan Ratkiewicz. Today the environmental-minded Blue Can Group has 13 members from a variety of backgrounds and includes educators and health care workers. As for the group's name, "our inspirations, of course, were the (blue) recycling carts and the Blue Man Group," says Bergren. "Check out the Blue Man Group's 'Earth to Humanity' short video online (blucan.com/land/archive/earth/)," she adds, and you'll see just how they were inspired.

Initially the Blue Can Group formed to educate the community about recycling and aid in the launch of a new curbside recycling program in Moline, Ill. The group has gotten involved in other environmental efforts as well. "Moline is now an affiliate of the Keep America Beautiful organization," says Bergren. "We will attend training next fall to help support this initiative."

The Blue Can Group sets up its display at Quad-Cities area environmental events, including Bald Eagle Days and the Earth Week Fair at the QCCA Expo Center in Rock Island, Ill., and the Greening of the Community event at Black Hawk College in Moline. The displays show what items can be recycled and what can be made from recycled material. A briquette of 500 compacted pop cans explains the savings of recycling; and a tree displays recycling facts.



Blue Can Group members and Butterworth Elementary School (Moline) teachers Kristen Bergren and Peggy Brizgis and kindergartners Abby Nord, Tyler Starr and Izabelle Veyette display the recycled hand chair the school won for returning 75 percent of its recycling pledges. (Photo by Nick Loomis / Radish)

The group also has developed Moline Recycles! Educational Kits for grades K-6 and donated one to each of the city's elementary schools and the Black Hawk Area Education Center. The kits include sets of books on recycling at three reading levels, 10 other books about recycling at various reading levels, a

teacher resource book and other resource booklets and activity sheets, photos of items that can or cannot be recycled, and more.

Incentives also were set up in schools to encourage students to participate in recycling. Recycling pledges were sent home with students, and the schools that collected 75 percent of their pledges received a unique hand-shaped chair made of recycled plastic. This spring, the Blue Can Group, the City of Moline and Midland Davis Corp., which runs the city's recycling program, presented seven schools with the chairs. "They're made out of the plastic we recycle from the curb," says Marty Davis, president at Midland Davis. "Milk jugs, detergent bottles — that kind of plastic."

During a recent presentation of the chairs, Butterworth Elementary School sixth-grader Ben Wolf grinned at those around him as he seated himself on one of the oversized structures. He said the chairs were "really cool" and much more comfortable than the ones used at school.

"We all share this world," the young man said seriously. "And if we don't recycle, there's going to be garbage everywhere."

The two schools that received the highest percentages of pledges also won pizza parties.

The Blue Can Group has been working hard to educate the community about recycling, starting with younger generations and working its way up, and members of the group can see the success they have achieved. "Teachers seem very excited about the Moline Recycles! Education Kit," Bergren says. "As a 3rd grade teacher, I know my students are enthusiastic about recycling and doing the right thing to help take care of our Earth."

For more information on the Blue Can Group, contact Kristen Bergren, (309) 797-4416; Doug House, (309) 797-0970; or Marty Davis, (309) 764-6723.

eating well

Chili peppers

Hot additions to a healthy diet

By Jeni Tackett

Want to add a little spice to your diet this summer? Stop by the farmers' market and try one of the many varieties of chili peppers.

Adding chili peppers to your meals adds both flavor and nutrients. Chili peppers come in many varieties, ranging from not so hot (bell peppers) to very hot (habaneros). You can control the amount of spice by choosing the right pepper and using the right amount.

Chili peppers are nutritional powerhouses that add flavor and color to a meal. They're so versatile, they provide flavor for sauces and spices.

The most common species of chili pepper is *Capsicum annuum*. Included in this species are bell peppers, paprika, cayenne and jalapenos. Peppers are often categorized in three groups: bell peppers, sweet peppers, and hot peppers. We use chili peppers for sauces such as hot sauce, chili sauce and pepper sauce.

Chili peppers contain substances called capsaicinoids, which give peppers their trademark heat. When you consume a pepper, capsaicinoids bind to the pain receptors in the mouth and throat that normally sense heat, sending a message to the brain that you are consuming something hot. The brain then increases your heart rate, increases perspiration and releases endorphins — natural painkillers.

The amount of capsaicin in a pepper is measured in Scoville units. Bell peppers have 0 Scoville units, while Jalapenos have 3,000 to 6,000 Scoville units. Very-hot habaneros have 300,000 Scoville units.

Choose fresh chili peppers that have intense, deep colors and a glossy, firm skin. The stems should be fresh and hearty. Dried chili peppers should have a vivid color, which indicates strong flavor. As color fades, so does flavor.

Store fresh, unwashed peppers in paper bags or wrapped in paper towels in the vegetable drawer of the refrigerator. Peppers should keep for at least a week when stored properly. Do not store peppers in plastic bags as the plastic promotes moisture build-up and causes peppers to spoil more quickly.

You can dry fresh peppers by hanging them in the sunlight. After drying the pepper, you can grind it to make your own chili powder. Store dried peppers and chili powders in tightly sealed jars away from sunlight.

Chili peppers vary in nutrient content. Yellow and green chilis contain lower amounts of nutrients. Orange and red chilis contain much higher amounts of nutrients. Chili peppers are a very good source of vitamin A, vitamin C and dietary fiber. Just 2 teaspoons of chili pepper provide 10 percent of the daily value of vitamin A and fiber along with 6 percent of the daily value of vitamin C.

Some South American athletes consume chili peppers before strenuous exercise because of their high vitamin C content. Chili peppers also are good sources of potassium and iron. Including chili peppers with vegetable sources of iron, such as beans and lentils, will help your body absorb that iron.

The capsaicinoids in chili peppers are called phytochemicals (plant chemicals),

and they, too pack health benefits. Capsaicin may help prevent cancer, reduce cardiovascular disease, aid in weight loss and reduce the risk of diabetes, arthritic pain and stomach ulcers.

Eating too many chili peppers, however, may increase the risk of stomach cancer, increase gastroesophageal reflux and worsen symptoms for individuals with irritable bowel syndrome. When you add chili peppers to your diet, make sure you add small amounts at first to gauge your tolerance.

Five ways to add chili peppers

- Add them to sautéed vegetables for added nutrition and spice
- Add them to cornbread
- Add minced chili pepper to plain yogurt to use as a dip for fresh vegetables
- Add them to tuna salad
- Add them to curry dishes



Stockphoto

rooting around

Dr. Gott's cookbook will transform your diet

Mini-review: "Dr. Gott's No Flour, No Sugar Cookbook," by Dr. Peter Gott (Wellness Central, 2008)

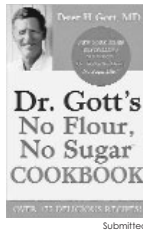


A good cookbook has more than recipes. It also has something to say. Cookbook author and physician Peter Gott has a few things on his mind, one of which is no secret: Americans are fat. His answer is this book — a collection of recipes containing no sugar and no flour. If your first thought is, "What's left?" this cookbook is for you. With some know-how and a modern grocery list, readers learn to taste food rather than crave it. "Dr. Gott's No Flour, No Sugar Cookbook" re-educates our taste buds with recipes and facts about "real" food. Initial chapters explain the role of complex carbohydrates and simple sugars in the diet and remind that "real" food comes from nature, not a factory. (Sorry, no ranch dressing!) When we eat natural foods, daily caloric intake drops effortlessly and energy levels elevate. That means no calorie counting and no nibbling rice cakes or carrot sticks. Instead, Dr. Gott lists acceptable and off-limit foods while leading the reader through a step-by-step dietary transformation, starting with a pantry raid. Learn to shop, substitute sugar in recipes and eat wisely at a party. The cookbook also offers a lineup of simple recipes for any time of day. For breakfast, try a salmon omelet or banana oat muffins made with real fruit and rolled oats. The fruit and nut bar recipe (AKA granola bars) provides evidence that nuts ward off carbohydrate cravings and dried fruits offer natural sweetness. Skip the Splenda found in many recipes and substitute honey or maple syrup. Appetizers work as lunch or dinner with options like Salmon Cakes on Spinach. You'll also find sugar-free salad dressings, soups, wraps, ideas for chicken and fish and a new take on meat loaf and spaghetti.

— Sarah Perdue, Chicago, IL

Unlock your secret self with Enneagram workshops in Davenport, Iowa

In many traditions, self-knowledge is regarded as a key component to actualization. You can get to know yourself better with the Enneagram, a modern system that synthesizes ancient wisdom of various traditions to provide a map of the psyche — a tool for understanding your core assumptions and beliefs. Enneagram enthusiasts John Dunsheath and Cindy Sadlek will facilitate an introductory, discussion-based class on the Enneagram from 7 to 8:30 p.m. Thursdays, July 10, 17, 24 and 31 in the lounge of the Unitarian Church, 3707 Eastern Ave., Davenport. Everyone is welcome. Registration, which ensures reading materials, is required by calling the church secretary at (563) 359-0816 or by e-mailing qcua@mchsi.com. For more information, contact the Rev. Roger Stuart at (563) 359-0816.



Submitted

Greener laundry? It's in the wash

Medical facilities use lots of linens, and getting them clean requires water, soap and energy. Now Iowa Health System and ARAMARK Healthcare are doing laundry greener than ever with their new, award-winning laundry facility: Midwest Healthcare Textile Services. The facility replaces three old laundries and will clean 13 million pounds of hospital linens from across Iowa every year. Both of its 80-foot-long tunnel washers move laundry through 15 cycles in 30 minutes with a load capacity of 20,000 pounds each. The system reuses waste water, too, and will save a whopping 8 million gallons per year. Because of the savings, the Metro Waste Authority, an independent government agency, presented Iowa Health System and ARAMARK Healthcare an Environmental Stewardship Award in April.

High school student from Geneseo, Ill., wins World Food Prize

Lisa Cathelyn of Geneseo, Ill., won the 2008 World Food Prize Borlaug-Ruan International Partnership and will spend a portion of her summer working with the MS Swaminathan Research Institute in Chennai, India, on agricultural research. Cathelyn, the daughter of Vern and Karen Cathelyn, won the World Food Prize honor for her presentations on bio-fuels, India and women's rights at a three-day World Food Prize Youth Institute held last October in Des Moines. "My paper was on India and how bio-fuels can be implemented into India's agriculture, and how that could affect and maybe improve the gender inequalities that exist in their culture," Cathelyn said. She was one of about 100 U.S. students at the institute, which is held each year in conjunction with the Norman E. Borlaug International Symposium. The Youth Institute provides youth with opportunities to consider careers in food, agriculture and natural resource disciplines. For more information, visit worldfoodprize.org.



Submitted

— By Claudia Loucks

New recipe show on Quad-Cities PBS features healthy alternatives

WQPT Quad Cities PBS will debut its newest local production at 6:30 p.m. July 3. "Recipe Re-do" will feature healthy alternatives to favorite recipes from Cathy Norgard and Stacy Mitchell in the Hy-Vee Club Room in Bettendorf, Iowa. Norgard is Club Room manager, and Mitchell is a registered dietitian. Episode themes include Appetizers, Brunch, Pizza, Pasta, Drive Thru/Quick Fix and Sweet Treats. Each episode features a segment geared toward children.

"Recipe Re-do" is the first in a series of new locally produced programs on the docket at WQPT," said Rick Best, WQPT general manager. The program is sponsored by Seattle Sutton's Healthy Eating in Bettendorf.

calendar

BODY, MIND & SOUL

Qigong, 7:30-8:30 p.m. Tuesdays beginning July 1, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport. \$48/six weeks. (563) 742-5800.

Pop Yoga for Teens, 2-3 p.m. Thursdays beginning July 10, Indigo, 1621 5th Ave., Moline. \$35. (309) 764-9642 or <https://egov.moline.il.us/vsiwebtrac.html> (class code) 511000-03 to register.

Yoga for Strengthening the Body, 3:30-5 p.m. Saturdays, beginning July 12, Indigo, 1621 5th Ave., Moline. \$35. (309) 764-9642 or <https://egov.moline.il.us/vsiwebtrac.html> (class code 424006-05) to register.

Yoga for the Plus-Size Beginner Session II, 10:30-11:45 a.m. Wednesdays beginning July 9, Indigo, 1621 5th Ave., Moline. (309) 764-9642 or <https://egov.moline.il.us/vsiwebtrac.html> (class code 424006-04) to register.

T'ai Chi, 6:30-7:30 p.m. Tuesdays, Trinity Enrichment Center, 4622 Progress Drive, Suite A, Davenport. \$42/six weeks. (563) 742-5800 or (309) 779-2000 to register.

FOOD

Fast Meals from the Plant Kingdom, 6-8 p.m. July 8, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville. \$15/person. Vegetables and grains stars in recipes from the Red Avocado restaurant. (319) 338-9441, ext. 36.

Stretch Your Food Dollar, 6 p.m. July 8, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf. \$5. (563) 332-8496 to register.

Peach Party, 6-8 p.m. July 17, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville. \$15/person. Join Chef Elizabeth Weinberg and learn to cook with peaches. (319) 338-9441, ext. 36 to register. For more classes, visit newpi.com.

Locally Grown Pork Cooking Class, 6 p.m. July 22, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf. \$10. (563) 332-8496 to register. For more classes, visit hy-vee.com and enter your ZIP code.

Summer Soups and Salads, 11 a.m.-1 p.m. July 26, Rock Island Fitness & Activity Center, 4303 24th St., Rock Island. \$20. (309) 732-PARK to register.

Enjoy the Harvest, 6-7 p.m. July 29, Riverside Park Gardens, 5th Avenue and 34th Street, Moline. Learn to cook using garden veggies. (309) 796-0512.

HOME & GARDEN

Beautifying Your Garden, 6-7 p.m. July 1, Riverside Park Gardens, 5th Avenue and 34th Street, Moline. (309) 796-0512.

Build a Birdhouse, 9 a.m.-noon July 12, Longview Park Greenhouse, 18th Avenue and 17th Street, Rock Island. \$15. (309) 732-PARK to register.

Open House, 6-7 p.m. July 22, Riverside Park Gardens, 5th Avenue and 34th Street, Moline. (309) 796-0512.

Flamingo Follies Garden Art Exhibit, through Aug. 1, Quad City Botanical Center, 2525 4th Ave., Rock Island. (309) 794-0991.

HEALTH & FITNESS

Diabetes Supermarket Tour, 10 a.m. July 1, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf. (563) 332-8496 to register.

Hypertension Diagnosis and Treatment, 6-7 p.m. July 9, Trinity Regional Health System, Quad Cities. Venue TBA. (309) 779-2000 or (877) 742-8899 to register.

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calendar

Epilepsy and Related Medical and Legal Issues, 6-7:30 p.m. July 16, Trinity Regional Health System. Venue TBA. (309) 779-2000 or (877) 242-8899 to register.

Palliative Care Options, 2-3 p.m. July 23, Trinity Regional Health System. Venue TBA. (309) 779-2000 or (877) 242-8899 to register.

Stroke Prevention, 6-7 p.m. July 28, Trinity Regional Health System. Learn how behavioral and lifestyle changes can lower risk. Venue TBA. (309) 779-2000 or (877) 242-8899 to register.

RIDES, RUNS & WALKS

Bix @ 6, 6 p.m. July 3, Davenport. 7-mile run/walk. (563) 326-1942.

26th Annual Firecracker Run, July 3-4, downtown East Moline. Kiddie Run at 5:30 p.m. and 1-mile adult run at 6 p.m. July 3. 5K, 10K and family runs at 7:30 a.m. July 4. (309) 755-6445 or firecrackerrun.com.

Fifth Season Race, 8 a.m. July 4, Cedar Rapids. 8K, 5K, kids. (319) 530-2873.

Stockton Park District 5K, 8 a.m. July 5, Stockton. (815) 541-8286.

Reagan Run 5K, 8 a.m. July 5, Reagan House, 816 S. Hennepin Ave., Dixon. 5K, Kids fun run. (815) 288-3211.

Moonlight Chase, 9 p.m. July 12, Eldridge. (563) 285-9965.

Midnight Madness, 7 p.m. July 12, Ames. 10K, 5K. (515) 232-6131.

Hall Creek Scamper 5k Run/1 Mile Walk, 8 a.m. July 26 first race starts, Severson Dells Nature Center, 8786 Montague Road, Rockford. \$20 for open, \$15 for youth, \$10 for walk. (815) 713-8286.

OUTDOORS

Intro to Kayaking, 6-8 p.m. Wednesdays, Sunset Park Lake Potter, Rock Island. \$45. Learn paddling proficiency, self rescue techniques and more. Water shoes and life jacket required. (309) 732-PARK to register.

Photography of the Mississippi Flora and Fauna — Channel Cat Talk, 9-10:45 a.m. July 1, Celebration Belle Landing, 2501 E. River Drive, Moline. \$12.

Adventure Camp: Back Packing in the Park, 9 a.m.-3:30 p.m. July 2, Bellevue State Park, South of Bellevue on Highway 52. (563) 652-3783.

Sunset Eco Cruise, 7 p.m. Thursdays, Rock Creek Marina and Campground, 3942 291st St., Camanche. (563) 259-1876.

Campground Program, 8:30 p.m., July 4, South Sabula Lakes Park: Southern most end of Broad Street, Sabula; 8:30 p.m. July 5, Spruce Creek Park: 2 miles north of Bellevue off Highway 52. (563) 652-3783.

22nd annual Family Fun Day 4th of July Celebration, 9 a.m.-3 p.m. July 4, Sunset Park, 18th Avenue and Sunset Road. Rock Island. Recycled Float Race at 9 a.m. (309) 732-7275.

Tuesday Night Mini-Camp for Kids and Parents: Garden Friends, 6:30-8 p.m. July 8, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids. Register by 4 p.m. July 7. (319) 362-0664. For more mini-camps, indiancreeknaturecenter.org.

Arts at the Arb — Travis Hosette "Travis Sings Sinatra," July 8 (rain date 7 p.m. July 10), Bickelhaupt Arboretum, 340 S. 14th St., Clinton. Bring a lawn chair. (563) 242-4771.

Adventure Camp, 9 a.m.-3:30 p.m. July 9 and 16, Hurstville Interpretive Center, 18670 63rd St., Maquoketa. (563) 652-3783.

Folktales and Mississippi River Songs — Channel Cat Talk, 9-10:45 a.m. July 10, Celebration Belle Landing, 2501 E. River Drive, Moline. \$12. (563) 322-2969.

Early Bird Walk, 7 a.m. July 12, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids. Members/\$6; nonmembers/\$8. Register by 4 p.m. July 10. (319) 362-0664.

Butterfly Count, 1 p.m. July 13, EB Lyons Interpretive Center/Mines of Spain, 8991 Bellevue Heights, Dubuque. Come dressed for walking in tall grasses. (563) 556-0620.

Wildlife Photography, 6:30-8 p.m. July 16, Nahant Marsh Education Center, 4220 Wapello Ave., Davenport. \$5. (563) 322-2969.

Jr. Rangers Program, 1-2 p.m. Thursdays, Heritage Center on the Mississippi, 251 S. State Ave., Hampton. Program for 1st-6th graders. (309) 755-8398.

Full Buck Moon Walk, 8 p.m. July 18, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids. Members/\$3; nonmembers/\$5; children 3-12/\$1. (319) 362-0664.

Toddler Tracks: Insect Investigations, 10 a.m.-noon July 19, Indian Creek Nature Center, 6665 Otis Road SE, Cedar Rapids. \$4/child. (319) 362-0664.

Transforming brownfields, 6:30-8 p.m. July 23, Sylvan Slough Natural Area, Rock Island. \$5. Class will cover process and benefits of transforming a brownfield into a natural area. (563) 322-2969.

Nature Mapping Workshop, 9 a.m.-4 p.m. July 26, Doug Alert and Margaret Smith, 850 Mallory Drive, Hampton. \$30, includes lunch. (641) 430-9241.

EVENTS

Naturalist Lunch Box, Noon July 10 and 24, Hurstville Interpretive Center, 18670 63rd St., Maquoketa. Bring your lunch and join naturalists in the community room for a program on natural resources. (563) 652-3783.

Leopold Bench Workshop, 1 p.m. July 12, Hurstville Interpretive Center, 18670 63rd St., Maquoketa. \$45. Pre-cut, pre-drilled materials and instructions for building the bench included. (563) 652-3783 for details.

Autism Awareness, 10 a.m. July 12, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf. (563) 332-8496 to register.

BIG BUG Exhibit family bus trip, 7:30 a.m.-5:30 p.m. July 17, departs the Quad City Botanical Center, 2525 4th Ave., Rock Island. Members: adults/\$55, child/\$30; nonmembers: adults/\$60, child/\$35. (309) 794-0991 ext. 30 to register.

RAGBRAI kick-off party, July 18, Pebble Creek Golf Course, 3851 Forest Grove Drive, LeClaire. (563) 332-5072.

Leave No Trace Workshop, 10 a.m.-noon July 19, Hurstville Interpretive Center, 18670 63rd St., Maquoketa. Pre-register by July 11. (563) 652-3783.

Environmental Book Club Meeting — "Stuff: The Secret Lives of Everyday Things," by John C. Ryan and Alan Thein Durning. 7 p.m. July 22, River Action, 822 E. River Drive, Davenport. (563) 322-2969.

Silvis Garden Club Corn Boil, 5:30-7:30 p.m. July 26, McGeehee Center, Schadt Park, 12th Street and 4th Avenue, Silvis, IL. \$6.50, \$5.50/seniors, \$4.50/ages 9 and under. (309) 792-2288.

Village Alive!, 1-5 p.m. July 27, Dan Nagle Walnut Grove Pioneer Village, 18817 290th St., Long Grove. Friends of the Village will give demonstrations and reenact life on the 1890's prairie. (563) 328-3283.

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resources

OUCH!

(Story on page 16)

Using the right tools for the job — and the kind of tools that fit your body — makes gardening both easier and safer. Here's what you need:

- **Gloves:** Get some that fit to avoid blisters. Wear cotton gloves for planting, weeding and harvesting. Wear latex-dipped gloves for digging, pruning, working with thorny plants and lifting heavy things. Use unlined plastic or neoprene gloves when applying pesticides, if you use them.
- **Shoes:** Wear tennis shoes or hiking boots. Wear heavy-duty shoes for tough jobs like digging, moving and lifting.
- **Tools:** Your tools should fit your body. For example, ergonomic hand tools are shaped to fit the contours of the hand, and ergonomic rakes may have curved handles. Remember that not all ergonomic tools are right for everyone. Before investing in a particular tool, try it.

AYURVEDIC EATING

(Story on page 26)

Want to cook the ayurvedic way? Here is a good recipe for summer.

Dilled Green Beans

3 pounds green beans	1 tablespoon dried dill
1½ cups water	½ teaspoon salt
3 tablespoons ghee (clarified butter)	¼ teaspoon pepper

Pinch of asoefetida, to taste (See note)

Bring water to boil and add beans. Cover and reduce heat. Cook 10 minutes. Stir occasionally. Drain beans and plunge into cold water, strain again and set aside. Heat ghee in a wok or frying pan; add asoefetida and cook 30 seconds. Add beans and stir occasionally until thoroughly heated. Add the dill, salt and pepper. Toss well and serve. Serves 12.

Note: Asoefetida, also known as hing, is an extremely pungent, ground resin sold in Indian grocery and specialty stores.

Source: "The Raj Recipe Book," available at The Raj Maharishi Ayurveda Health Center in Maharishi Vedic City

COME COOK WITH HER

(Story on page 12)

Here's a recipe from Patricia Lehnhardt of The Great Galena Cookery.

Lemon Souffle

2 tablespoons softened butter and 2 table- spoons sugar for coating ramekins	3 tablespoons flour
3 tablespoons butter	¾ cup milk
4 tablespoons sugar, plus 3 tablespoons for egg whites	4 large eggs, separated
	Zest and juice of one lemon (zest it first)
	Confectioners' sugar for dusting

Adjust oven rack to lowest possible position. Preheat to 375 degrees. Butter 8 small ramekins and dust with sugar. Melt 3 tablespoons butter in a small saucepan. Add 4 tablespoons sugar and flour and cook, stirring constantly. Add the milk; whisk and cook until thickened. Transfer to a bowl and stir to cool for a minute. Add egg yolks, one at a time, beating well after each. Beat in lemon zest and juice. In a clean bowl, beat egg whites until stiff. Add 3 tablespoons sugar gradually, beating until glossy. Fold one third of the whites into the yolk mixture until lightened. Fold in the remaining whites. Divide among the ramekins. Bake 18-20 minutes, until puffed. Dust with confectioners' sugar and serve immediately. Serves 8.

farmers' markets

ILLINOIS

BUREAU COUNTY

Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 8:30 a.m.-2 p.m. Tuesdays and Saturdays, through October. (815) 875-6468

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 7 a.m.-noon Saturdays, through October. (815) 244-2171

HENRY COUNTY

Geneseo Farmers' Market, east side of Extra Mile convenience store, Chicago Street; 8 a.m.-noon Saturdays, through October. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 8 a.m.-noon Wednesdays, through October. (309) 852-2175

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Cadlin; 3-6 p.m. Fridays, through October. (815) 598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through October. (815) 777-1838

Stockton Farmers' Market, next to Casey's on South Main Street (Tuesdays) or Stockton High School, 500 N. Rush St. (Saturdays); 3-6 p.m. Tuesdays, 8 a.m.-1 p.m. Saturdays, through October. (815) 598-3220

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Sept. 22. (309) 368-9844

Junction Farmers' Market, Junction Gas Station, U.S. 150 and County Highway 10; 3-6 p.m. Tuesdays. (309) 289-4317

Local Growers Network Farmstand, Wooden Eagle Barn, 1291 E US Highway 150, Knoxville; Saturday mornings, through Sept. 27. (309) 371-4129 or (309) 335-2744

Oneida Farmers' Market, DT Sales parking lot, U.S. 34, Oneida; 4-8 p.m. Thursdays. (309) 483-6467

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-noon Wednesdays and Saturdays, through October. (815) 288-5043

MCDONOUGH COUNTY

Macomb Farmers' Market, courthouse square; 6 a.m.-noon Thursdays, 7 a.m.-1 p.m. Saturdays, through Oct. 18. (309) 837-4855

PEORIA COUNTY

Shoppes at Grand Prairie Farmers' Market, parking lot in front of center, 5201 W. War Memorial Drive, Peoria; 4-8 p.m. Wednesdays, through early October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY

East Moline Farmers' Market (Quad Cities Fruit and Vegetable Growers Association), Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through October. (309) 787-4286

Milan Farmers' Market, 900 W. 4th St.; 2:30-5:30 p.m. Wednesdays, through October. (309) 787-4286

Port Byron Farmers' Market, Main Street near the pavilion; 3-7 p.m. Tuesdays, through October. (309) 269-8705

Trinity 7th Street Market (Quad Cities Fruit and Vegetable Growers Association), 500 John Deer Road, Moline; 8 a.m.-noon Saturdays, through October. (309) 936-7792

WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, N. Main and W. Boston streets; 7 a.m.-noon Fridays, through October. (309) 734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A., Sterling; 8 a.m.-noon Saturdays, year-round (indoors). (815) 535-0509; www.tcmarket.org

IOWA

CEDAR COUNTY

Cedar County Farmers' Market, south of courthouse, Tipton; 7:30-11 a.m. Saturdays, through October. (563) 886-2076

Tipton Farmers' Market Association, north side of courthouse, Tipton; 4-6 p.m. Thursdays, through September. (563) 886-6255

CLINTON COUNTY

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays, 8-11 a.m. Saturdays, through October. (563) 577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-8 p.m. Thursdays, through Sept. 11. (319) 752-6388

DUBUQUE COUNTY

Dubuque's Farmers' Market, near City Hall on Iowa and 13th streets, down Iowa Street to 11th Street; 7 a.m.-noon Saturdays, through October. (563) 588-4400

HENRY COUNTY

Mount Pleasant Farmers' Market, Old Threshers Food Court, 405 E. Threshers Road (use Walnut Street entrance); 4:30-6:30 p.m. Wednesdays, 8:30-11:30 a.m. Saturdays, through Oct. 11. (319) 931-1458

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Street; 7-11 a.m. Saturdays, through mid-September. (563) 872-4173

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, through September. (563) 577-2216

JEFFERSON COUNTY

Fairfield Farmers' Market, Howard Park (at Main & Grimes streets); 3:30-7 p.m. Wednesdays, 8 a.m.-1 p.m. Saturdays, through October. (641) 472-2449

JOHNSON COUNTY

Coralville Farmers' Market, Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Oct. 2. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5:30-7:30 p.m. Wednesdays, 7:30-11:30 a.m. Saturdays, through Oct. 29. (319) 356-5110

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6:30 p.m. Tuesdays, through Oct. 28. (319) 338-6111

LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th Street and Avenue E.; 3:30-5:30 p.m. Thursdays, through Sept. 25. (319) 372-7700 ext. 202

Keokuk Farmers' Market, River City Mall parking lot (2nd and Main streets); 7 a.m.-11 a.m. Saturdays, through September. (319) 524-5055

LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and Thursdays, 7:30 a.m.-noon. Saturdays, through October. (319) 286-5699

Downtown Market, Downtown Cedar Rapids (2nd Street SE); 7:30 a.m.-noon, first Saturday of the month, through October, with extra markets through Aug. 16. (319) 398-0449

Noelridge Farmer's Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through October. (319) 286-5699

MUSCATINE COUNTY

Muscatine Farmers' Market, Wilson's True Value Hardware store, 1420 Park Ave. on Tuesdays, Mississippi Drive and Sycamore Street on Saturdays; 3-6 p.m. Tuesdays, 7:30-11:30 a.m. Saturdays, through Oct. 28. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY

Trinity Farmers' Market (Mississippi Valley Growers' Association), Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through October. (563) 332-5529

Bettendorf Farmers' Market (Mississippi Valley Growers' Association), corner of 21st and State streets; 2-6 p.m. Thursdays, through October. (563) 332-5529

Davenport Farmers' Market (Mississippi Valley Growers' Association), North Park Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 8 a.m.-1 p.m. Wednesdays and Saturdays, through October. (563) 940-0634

Davenport RiverCity Farmers' Market (RiverCity Market Association), NorthPark Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 299-3333

West Kimberly Market, 4004 W. Kimberly Road, Davenport; 9 a.m.-5 p.m. Wednesday-Saturday and 11 a.m.-4 p.m. Sundays, year-round (indoors). (563) 391-1616; westkimberlymarket@aol.com

Blue Grass Farmers' Market, Paul Barnes farm, 4304 Mayne St.; 4:30-7 p.m. Thursdays, through October. (563) 381-3761

food for thought

Riding the rails

Passenger service would bring environmental benefits

By Hector Lareau

If the politicians can be nudged along, passenger rail looks to be connecting a Quad-Cities station and Union Station in Chicago sometime soon. The benefits will be manifold: not only is passenger rail substantially more fuel-efficient than air or car travel, it also reduces traffic congestion and wear and tear on the roadways.

Consider this: If the Mississippi's water were replaced with gasoline, you'd have to sit on the Centennial Bridge in Rock Island for more than an hour and 45 minutes to watch 2.9 billion gallons of fuel flow by. That's how much gas was wasted because of traffic congestion nationwide in 2005 (the most recent year such numbers are available). That's gas used just to keep brake lights on in traffic jams.

There is no question that airlines serve the nation's needs in ways that other rides cannot. But jets are notorious fuel burners, and they're not actually much faster than cars for under-500-mile trips. Add the travel time to and from airports to the security-driven requirement of a two-hour wait at the terminal, and there is essentially no time gained over a swift ground journey.

Passenger rail is a key part of the answer to these problems. Amtrak's service removes almost 8 million cars from the road annually and eliminates the need for 50,000 fully-loaded airliners each year. Less fuel burned means lower carbon emissions. Less wear and tear on roads involves tremendous environmental and economic savings in reduced road maintenance.

Rail's green credentials are indisputable. Even before putting new efficiencies in place that have further reduced its fuel consumption by about 5 percent (while traveling more miles), Amtrak's passenger service was dramatically more fuel-efficient than air or auto travel.

Not only does traffic congestion lead to stunning fuel waste, it wastes time in amazing quantities, too. According to the latest figures, traffic jams annually result in 4.2 billion hours of sitting in cars that progress only by inches. Time spent in a train is time spent doing whatever you want: working, reading, making new friends, taking in the sights, even going to the bathroom without pulling over. And arriving by train is wonderful — there's no prying white-knuckled fingers from the steering wheel, or tensely navigating airports. Instead, train passengers are relaxed rather than stressed. They just ride the escalator up to street level, and they're either a short walk or a short cab ride from any downtown Chicago hot spot.

The politicians need to be reminded not just that rail's environmental benefits are tremendous, but that its capital cost is relatively low, too. Consider that the cost to build the new Veteran's Memorial Bridge in Moline, Ill., was around \$70 million — and that just crosses the Rock River. Completing the rail route all the way across Illinois and upgrading the 159 miles of track is projected to cost \$22.7 million — less than a third of the price of the new bridge.

That money doesn't just buy a train ride, either. Projections from the Midwest Regional Rail Initiative show other benefits that would ride in on the rails —



Radish

perhaps more than 800 new jobs, as well as significant increases in property values and household incomes.

Rail's benefits might well roll through the Quad-Cities and on into Iowa, too. Service between Chicago and the Quad-Cities will be the lynchpin for a route from the Quad-Cities to Iowa City, Des Moines and on to Omaha. That route figures in Iowa's recent statewide passenger rail planning, and it would connect Iowa's large population centers and universities — all while reducing congestion and fuel use on Interstate 80.

To add your voice to the more than 3,500 people of the Quad Cities Passenger Rail Coalition, visit www.qcrail.com and sign up. It's free.

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