Radish

HEALTH THE GROUND UP

The new faces of old-fashioned farming

radishmagazine.com

JULY 2010

Guerrilla gardening

The low-down on carbon offsets

Basil-blackberry crumble

A day with the Dalai Lama

ADVERTORIAL

"A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

Perhaps a confession can help clear the air so there's no misunderstanding. But let me say a few other things first.

Ten years ago something happened that changed my life forever.

At the time I was a financial analyst for Florsheim in Chicago. I was a former college volleyball player who still loved to play, but I had developed a very painful shoulder problem from all my volleyball playing. I couldn't raise my arm above my shoulder and what was even worse for me at the time; I could no longer play my favorite sport. It eventually spread to my neck and caused headaches that stopped me from sleeping at night. For more than 2 years I had painkillers, muscle relaxers, and physical therapy that only made me feel better until the next day. I considered surgery, (my doctor in Chicago said that was my only option), but I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, took some films, and then "adjusted" my spine. The adjustment didn't hurt; it actually felt good. I got relief, and I could use my shoulder again. In fact, within only one month I was back playing volleyball again, at full speed, like I never had a problem. It worked so well that I went to chiropractic school myself.

Now people come to see me with their *"rotator cuff"* problems. Also, they come to me with their *headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries,* just to name a few.

Several times a day, patients thank me for helping them with their health problems. But I can't really take the credit. **My confession is that *I've never healed anyone of anything.*** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by ***healing itself***. We get tremendous results. It's as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

Amazing Offer – When you bring in this article, you'll receive our entire new patient exam, with x-rays for just **$27**. That's it, no kidding.

Great care at a great fee – Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. I just have that low fee to help more people who need care.

My assistants are Tacia and Amy, and they're both really great people. Our office is both friendly and warm, and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called ***SCRANTON CLINIC*** and it is at 2512 18th Avenue, Rock Island, IL (We are "next to, but not in Whitey's"). Our phone number is 309-786-3012. Call Tacia, Amy or myself today for an appointment. We can help you. Thank you.

– Dr. Rob Scranton, D.C.

P.S. When accompanied by the first, I am also offering the second family member this same exam for only $10.

P.S.S. Please hurry, we only have 7 slots available this month for this offer.

**Medicare exclusions apply*

from the editor

Healthy Living Fair vendor Donna Elliott and Radish editor Sarah J. Gardner. (Photo by Paul Colletti / Radish)

As a Radish contributor, I was asked once a year to update my bio for the magazine. Generally speaking, I've always been happy to write anything Radish sent my way. Writing about myself, however, was another story. Somehow I could always think of more pressing things to do. Vacuum the condenser coils behind my refrigerator, for example. Organize the legumes in my pantry.

This year when I could put it off no longer I sat down and wrote a list of things that really mattered to me. At the top was the sentence, "I believe what makes where you live a community is as important as what makes a house a home." I liked the idea so much, it became what I sent in.

It is also why I feel so privileged now to be stepping in as Radish editor. In Radish we meet our neighbors, learn how people are working for a sustainable future where we live and find out how we can get involved — all things that help strengthen our communities.

Perhaps there was no better example of the Radish community at work than the recent Healthy Living Fair. The event got off to a dramatic start when a storm the night before carried off one of our large tents and collapsed another. Suddenly we had more than 60 exhibitors to accommodate and only one tent left! Our exhibitors showed remarkable generosity and good humor as we quickly reorganized, sharing their space and tables so that no one would be left out. And when the second tent was sufficiently repaired to get it off the ground, everyone — the tent company workers, the Radish staff, the Healthy Living Fair exhibitors — surrounded the tent and hoisted it overhead. What began with a very rocky start ended as the most successful fair to date. I'd like to think that is the Radish spirit at work.

I have some big shoes to fill in the coming months, I know, but I plan to carry this spirit forward in every issue of Radish. Many thanks to all of you, our dedicated readers and contributors, who help make this magazine the wonderful community that it is.

— Sarah J. Gardner
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

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Gerald J. Taylor
PUBLISHER

Joe Payne
MANAGING EDITOR

Sarah J. Gardner
EDITOR
(309) 757-4905
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Terry Wilson
NICHE PUBLICATIONS MANAGER
(309) 757-5041

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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Radish uses soy-based ink and recycled content in its newsprint and is 100 percent recyclable.

contributors

Linnea Crowther has a home vegetable garden, shops at the farmers' market, and wishes she could join all the CSAs instead of just one. When she's not busy at her day job or cooking and preserving all that delicious local produce, she also enjoys reading, playing with the dog, and working on the eco-fantasy novel she's writing for young readers. Crowther makes her Radish debut this month writing about the Slow Food movement on page 40.

Frequent contributor **Ann Scholl Rinehart** is a freelance writer and photographer living in Bertram, Iowa. Her writing career spans 25 years, much of that with newspapers in Iowa and Wisconsin. Ann and her daughter own and operate 2 Chicks & a Camera Affordable Photography (2chicksphotography.com). She is also an advanced Reiki practitioner. See her photograph of Travis Richardson and read her story on his home gardening service on page 6.

Leslie Klipsch is an editor, writer and mother of two. Leslie returned to Iowa a few years ago after living in Chicago for six years. She is thrilled to shop the area's farmers' markets and to have conversations with the people who grow her family's food. You can check out her Iowa food-life blog at farm-raised.blogspot.com. In this issue, Leslie writes about sharing July berries with new friends on page 10.

Sharon Wren has been freelancing for 15 years, mainly writing on green, parenting and food topics. She lives with her family on Campbell's Island in the Quad-Cities, where she is working on a solar oven cookbook. Her hobbies include working in her greenhouse and cooking. Wren worked hard this month to find out about raw milk. Read her article on page 32.

Jeff Dick of Davenport is a freelance writer who covers film, video, consumer and library-related issues. His feature articles and reviews have appeared in Library Journal since 1986. In his free time, Jeff tries to break bogey on the golf course; goes to movies, plays and concerts; gets his money's worth from Netflix; and attempts to catch up on his reading. This month, read what he found out about carbon offsets on page 12.

Also writing in Radish this month are contributors **Brandy Welveart** ("Guerrillas in our Midst," page 8), **Ann Ring** ("New Zealand breeder," page 13), **Susan McPeters** ("Dalai Lama speaks," page 14), **Lindsay Hocker** ("Green underneath," page 16; "Growing rooftops," page 18; "Then he said 'bubbles,' " page 24), **Laura Anderson** ("From bags to soap," page 22), **Darcy Maulsby** ("Cooking with elk," page 26), **Leslie Dupree** ("Dry fresh, dry local," page 30), and **Jen Knights** ("Public plots," page 28).

Radish is an editorial affiliate of ENN ENVIRONMENTAL NEWS NETWORK

Fourth Radish fair connects thousands with healthy living

John Greenwood / Radish

Thousands of the Radish faithful turned out for the fourth annual Healthy Living Fair June 19 next to the Freight House Farmers' Market in downtown Davenport. Thanks to the great turnout and fantastic vendors and exhibitors, the event was a rousing success!

Among the new events this year was the Radish Pie Contest. Judges faced a tough challenge picking a winner — so tough, in fact, they had to go back through the pies for a second taste (though maybe all the delicious local ingredients had something to do with that). Ultimately, Antonia Vitale-Sgro took first place with her vegetarian pizza pie. Second place went to Nora Schroder, who entered a rhubarb cream pie, and Rhonda Groh took third place with a strawberry cream pie. A peach pie from Kurt's Green Acres and a chicken pot pie from Vicky Haynes also were fierce contenders at the table.

A hearty thanks to our judges, Linnea Crowther, founder of Slow Food Quad Cities, Chef Eran Salzmann, owner of Z-Best Café in Sheffield, Ill., and Martha Cleaveland, co-owner of Blue Cat Brew Pub, Rock Island, who brought their forks and their expertise to the competition. See photos from the fair at radishmagazine.com, where you also can find archive issues, a complete list of area farmers' markets, recipes, a community events calendar and much more.

On the Road with Radish

Radish magazine is always eager to hear from its readers! You can meet Radish representatives this month at:

• Homegrown Iron Chef Market Competition at the Trinity Bettendorf Farmers' Market on Utica Ridge Road, 4 to 6 p.m. July 5

• Equine Nutrition Seminar presented by Jim Helfter of Helfter Feeds as part of the Rotokawa Cattle Company event at the Ramada Airport Conference Center in Moline, 5 to 6 p.m. July 13

• Watershed Festival at the Davenport Freight House Farmers' Market, 8 a.m. to 1 pm. July 17.

On the Road with Radish is made possible by The Friends of Radish: Humana, Metro, Trinity Regional Health System, WQAD News Channel 8 and WQPT.

Beg your pardon

The website for the Healing Heart Center listed among our Healthy Living Fair vendors in the June 2010 issue should have read *thehealingheartcenter.org*.

From our readers

"Radish is my favorite magazine, upbeat, educational, and fun. I give copies to friends, save old articles, learn, grow and support the programs listed in the magazine. Radish is for health, wealth, and abundance: healthy living, wealth of information on good subjects, and an abundance of references to enhance your lifestyle … meetings, groups, videos, farmers' markets, healings and more, free."

— David Jay Anderson, Moline

Seeded Earth Growers (June 2010): "What a great article. It makes me want to run right out to the market. I am glad to know that there are still hard working people out there, and that they bring to us high-quality items. Keep up the high standards. I am behind you all the way."

— Jan Cutler Brown, Sussex, Wis.

Healthy Living Fair: "Thank you for giving QC TAG and The Loop an opportunity to participate. It was an extremely successful event and we were so pleased to be involved!"

— Becky Passman, Iowa Quad-Cities Transit Coordinator, Bi-State Regional Commission

"QC TAG thanks you for all of your hard work in organizing the Healthy Living Fair. You and every one at Radish magazine have led the effort to bring healthy, progressive thinkers together to share ideas and passions."

— Dan McNeil, QC TAG volunteer, Davenport

"Awesome event on Saturday (June 19). The turnout was truly amazing! Makes me proud to live in the area."

— Jim van Howe, Davenport

"We had a great time at the Radish Healthy Living Fair. It was really fun and very productive. Thank you for all your help!"

— Paul Black, DDS, Bettendorf

"You all did an amazing job. I could not believe how many people were there; it was a great event. Thanks for everything."

— Garry S. Griffith, Director of Dining and College Center, Augustana College

"I attended Radish's Healthy Living Fair on Saturday (June 19) — along with most of the Quad-Cities! We are searching for ways to improve our heath, and we got lots of great ideas at the fair."

— Alta Price, Bettendorf

healthy living from the ground up

features

in every issue

on the cover

Brad Muesing and Suzy Rushing of Brazy Creek Farm in one of several plots they tend. (Photo by Gary Krambeck / Radish)

departments

My City Farmer

Entrepreneur takes the work out of home gardening

Travis Richardson, a.k.a. My City Farmer. (Photo by Ann Scholl Rinehart)

By Ann Scholl Rinehart

Travis Richardson had a desire to help participants in his MAX10 fitness program eat fresh, organic produce. That desire led to a new business, My City Farmer.

Richardson, 34, of Cedar Rapids, Iowa, brings gardening literally to your backyard. For $350 (for an average family of four), he brings in everything needed to build a raised bed garden — from the dirt to the compost to the plants to the irrigation system. Then, for $30 a week, he returns weekly to tend to the garden. When it's harvest time, his clients leave a cooler and a basket, which Richardson fills and leaves by their backdoor. His retired father and his stepmother, Dennis and Mary Richardson of Cedar Rapids, help him.

"What I'm really into is seeing this service in the world," he says. "A couple decades ago, everybody had gardens. It was just a part of life to grow your own food. Now we're so removed from it. I want to help get people back in touch with the earth so kids can see where their food comes from."

While the idea is new to this area, Richardson used Your Backyard Farmer (yourbackyardfarmer.com) of Portland, Ore., as a business model. Although he has degrees in areas as diverse as computer science and massage therapy, Richardson has no formal training in horticulture — just what he has read and the experience he has gained in his own yard. He loves to experiment, he says. Richardson recalls once, after enjoying a tasty watermelon, scattering the seeds in his yard, just to see if anything would grow. "I had the best tasting watermelon from it," he says.

Despite living on a busy street within the city of Cedar Rapids, Richardson has an extensive garden of his own. He has raised beds as well as 16 dwarf fruit trees and the only greenhouse in the neighborhood — all in a 64-square-foot area. He wants to get away from the notion that gardens should be hidden in our backyards.

"Food is OK. It's OK to watch it grow. It's OK to talk about it growing," he says. "It's about creating community around growing food. It unites us all. We all require that one thing. It's looking at the common denominator amongst people and using that to tie us together."

While he once felt isolated from his neighbors, his gardening has helped alleviate that. People ask about his garden and inquire about what he is growing. He also gets to share produce with his neighbors. "I feel more connected when I'm able to share like this," he says.

That sense of community is what he also tries to bring to MAX10, the fitness and nutrition program he created and operates out of Rockwell Collins in Cedar Rapids. It's through that program that he met Robin Bellner of Marion, Iowa, one of his clients for My City Farmer. Bellner says one of the big reasons she decided to sign up for My City Farmer was for her 11-year-old son, Austin,

who has autism. His doctor suggested he adopt an organic diet that was also gluten- and casein-free.

Bellner says she and her husband, Jeff, always wanted a garden and made attempts over the years to grow one, but they had little time between her job as a manager of a Starbucks and his as a system engineer at Rockwell — along with raising Austin and their daughter, Allyson, 12.

"This way we get the benefits (of the garden) and he gets to do all the work," Bellner jokes.

Austin delights in Richardson's visits and watching the garden take shape. He calls Richardson "Farmer Travis" because of the straw hat Richardson wears when he works. Austin even helps him pull weeds.

"He's educated us a lot," Bellner says. "I've been learning a lot. I'm very happy."

'I want to help get people back in touch with the earth so kids can see where their food comes from.'

One day in the spring a predicted freeze had Bellner worried. She was relieved when Richardson showed up to protect the young plants without her having to call. "I don't have to do anything," she says.

Bellner loves being able to "pick a fresh tomato and it's still sun-warm." She also likes not having to worry about how her family's vegetables have been grown.

"I know it's food the way God wanted it to be. You know it's safe food. You know it's going to be fresh because it's coming right out of your garden."

In addition to the families he serves, Richardson has planted a garden for the U.S. Cellular office in Cedar Rapids to provide fresh salad greens for the company break room. He also maintains a garden for Linn Mar school in Marion to provide a space for students to learn about sustainable agriculture and organic gardening. In total, Richardson has built and is maintaining gardens for a half dozen clients, though he hopes to expand his services to 20 to 30 homes, businesses and schools next season.

Small-scale urban agriculture is achievable, says Richardson, who hopes his business demonstrates just how possible it is. Growing food doesn't have to mean leaving the city. According to Richardson, "We can grow on our roofs, in community areas, at businesses, in our yards. When I look around, all I see is potential."

For more information, visit mycityfarmer.com or call Travis Richardson at (319) 981-0889.

Guerrillas in our midst

Clandestine gardeners wage war on neglect

By Brandy Welveart

On property not her own, in broad daylight. That's where and when artist and guerrilla gardener Alexandra "Olenka" Gadzik planted tomatoes.

Gadzik wasn't trying to break any laws last summer when she uprooted nearly two dozen volunteer plants from her own Davenport backyard and drove them downtown, where she stuck them into the soil along 2nd Avenue. If indeed she was in violation of the rules, no one said a word as the plants matured and bore fruit. Neither the owners of the property nor the local authorities complained when she stopped after work to water the plants, stake them and prune them. And the women working in the nearby salon didn't seem to mind when Gadzik plucked a few firm fruits from the plants, socked them into a baggie and handed them over.

"I walked in there, and I said, 'I am the guerrilla gardener who planted these (tomatoes) next door to you. And here are some that I picked. Please enjoy," Gadzik says.

Why did she do it? "I was trying to get people to realize that this (gardening) is a very natural thing to see," she says. Most people "think everything we eat comes from a supermarket."

Such arguments are a common cry from gardeners of the guerrilla mind-set:

Olenka Gadzik cuts back invasive species of weeds on public land along Duck Creek in Davenport as part of her guerrilla gardening. (Photo by Stephanie Makosky / Radish)

those green-thumbers who prefer to sow now and apologize later. One part Johnny Appleseed, one part Che Guevara, guerrilla gardeners have dropped "seed bombs" in blighted areas in London and Los Angeles. They've planted flowers and fruits in Detroit.

According to GuerrillaGardening.org, the big idea behind the movement is to wage war against neglect and scarcity of public space as a place to grow things, be they beautiful, tasty, or both. As for her part, Gadzik says that guerrillas not only expose how food grows, but they also demonstrate the power of regular people to grow it.

While some guerrillas garden by night in spaces where they clearly are not welcome — the aforementioned website actually suggests the best type of shoes for making a quick, clean getaway — Gadzik chose to plant near a spot where city officials had public gardens of their own. She refused to water her seedlings under the cover of darkness.

"I am not going to hide in the dark," she says, adding that part of her goal was to show people what maintaining a garden actually looks like. "You have to tweak it, water it."

For wannabe guerrillas, the first step is to find a crummy piece of land, writes the blogger who presents himself as "Richard" at GuerrillaGardening.org. The second step is to make a plan for when you'll plant it. Third, and perhaps most importantly, is to select local plants. While you certainly could plant seeds, it's a little late in the season to get them started. Buying starts from the farmers' market might be the best idea. These little gems are inexpensive, they're acclimated to where you live, and, as a bonus, they won't have been trucked thousands and thousands of miles. (Guerrilla gardeners care about carbon footprints, too.)

After you've planted the starts, remember to water and "tweak" them, just as you would plants in your own garden. (For this reason and more, it behooves you to choose easy-care and native plants when you can.) Don't forget about your plants in the heat of July! And if you leave town for a few days, you will need to recruit a sympathizer to keep an eye on things for you.

In the end, you'll be doing more than just gardening away from home.

"It's not for everybody," says Gadzik. "But it's something that can help people realize that their food is literally and potentially right outside their door."

Seed bombs away!

Here's how to make your very own seed bomb:

- 5 parts powdered clay
- 5 parts worm castings or mulch
- 1 part native wildflower seeds
- Water

In a container, mix the clay, castings or mulch, seeds and water. Add water a little at a time to achieve a soft and pliable, not wet, consistency. Roll the mixture into balls and allow to air-dry for several days. Once seed bombs are dry, toss them into empty, weed-infested lots, and see flowers growing there, instead!

Source: FunTimeHappyGardenExplosion.blogspot.com.

Simple and sweet

July berries tempt in a number of ways

By Leslie Klipsch

July can be a tricky time on the local fruit scene. There is the temptation to fall into a bit of sadness as we watch the locally grown strawberries, which are the stars of the market from late May through June, pass by long before we tire of their ruby-red sweetness. But there is great consolation knowing that other locally grown berries will soon follow. Enter the beautiful blue orb of the blueberry; the soft, gritty raspberry; and the earthy, satisfying blackberry.

Each one of these berries is rich in antioxidants and vitamins A and C and is known to lower risk of heart disease and cancer. All of them have endless culinary possibilities — both sweet and savory. Blueberries are tremendous in a salad tossed with goat cheese and a light vinaigrette, and a raspberry reduction can top anything from cheesecake to steak. Now is the time to turn on the oven and bake a pie or a cobbler or a tart, and when you tire of that, fire up the stove and start canning jam. Cool off with a fruit smoothie or use a few extra berries that you're storing in your freezer to ice your tea. All the while, take frequent, indulgent breaks to pop a few fresh berries in your mouth.

Berries are among the foods that shine with even simple preparation or no preparation at all. In the novel "Eat, Pray, Love" there is a scene in which author Elizabeth Gilbert writes about preparing a masterpiece of lunch in her small, rented apartment in Rome — a pair of soft-boiled eggs, seven stalks of asparagus, a bit of goat cheese, and a few olives. "I went and sat in a patch of sunbeam on my clean wooden floor and ate every bit of it, with my fingers, while reading my daily newspaper in Italian," she writes. "Happiness inhabited my every molecule."

I admit to being quite nervous a few years ago when, new in town, I agreed to host an inaugural book club with people whom I had mostly just met. The stakes seemed high. The meeting took place in Davenport; the book being discussed was set in the Congo: Barbara Kingsolver's "The Poisonwood Bible." I needed not have worried. Conversation flowed, no one seemed to notice the table cloths thrown over piles of unpacked boxes, and, as if by some magical coincidence, it was high berry season in eastern Iowa.

The Basil-Blackberry Crumble (see top right) we ate that evening was a recipe I had come across in another Kingsolver classic, "Animal, Vegetable, Miracle." Drawn in by the interesting combination of blackberries and basil, I was anxious to share this dessert with my guests. On that particularly warm evening, the Basil-Blackberry Crumble turned out a bit like soup, so rather than letting it run wild all over the dessert plate, I served it in a bowl with a scoop of vanilla ice cream. Later attempts have yielded a more solid consistency, standing up on a plate, but I have not lost the taste for a dip of ice cream served with dessert. The flavor is refreshing with the unmistakably sweet and spicy bite of basil mingling nicely with honey, apples, and most predominantly, blackberries. Preparation is simple and the combination shows off local market flavor beautifully.

Perhaps it's with this sort of simplicity that you'll enjoy the berries from your market this summer. Radishland may be far from Rome, but the simple joys can still be ours. From roughly June until September, we have fresh berries. Whether you share a crumble with friends or enjoy a bowl of blueberries and a beam of sunshine, may you be the well-fed protagonist of your own Midwestern summer.

A simple salad of blackberries, apples and basil. (Photo by Paul Colletti / Radish)

Basil-Blackberry Crumble

2-3 apples, chopped
2 pints blackberries
1 large handful of basil leaves, chopped
2 tablespoons balsamic vinegar
¼ cup honey (or more, depending on the tartness of your berries)

Preheat oven to 400. Combine the above in an oven-proof casserole dish, mix and set aside.

Topping:

5 tablespoons flour
3 heaping tablespoons brown sugar
1 stick cold butter

Cut butter into flour and sugar, then rub with your fingers to make a chunky, crumbly mixture (not uniform). Sprinkle it over the top of the fruit, bake 30 minutes until golden and bubbly. Serve with vanilla ice cream.

Source: Barbara Kingsolver, "Animal, Vegetable, Miracle"

Blackberry-Rosemary Upside-Down Cake

1 stick unsalted butter, melted
½ cup packed dark brown sugar
1 teaspoon finely chopped rosemary leaves
2 cups blackberries
1 cup buttermilk
2 eggs
½ cup sugar
2 cups all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt

Preheat oven to 350. Liberally grease a 9-inch round cake pan or cast-iron skillet with half of the butter. Sprinkle the brown sugar and rosemary evenly over the bottom of the pan and spread the blackberries in the pan in a single layer; set aside.

Whisk the remaining melted butter, buttermilk, eggs and sugar together until foamy. In a separate bowl, combine the flour, baking soda and salt. Gradually add the egg mixture to the flour mixture and stir until well incorporated.

Carefully spread the batter over the blackberriess, using a spatula to make sure it's evenly distributed. Bake until the top of the cake is golden brown, 50 to 60 minutes. Let the cake cook in the pan for just 5 minutes. Run a knife around the edge of the pan. Put the serving plate on top of the cake pan and flip the pan; the cake should fall out onto the serving plate. If any fruit sticks to the pan, simply use a knife to remove the pieces and fill in any gaps on the top of the cake.

Source: Adapted from Mark Bittman, "How to Cook Everything Vegetarian"

Off-putting offsets

For many carbon credits, it's buyer beware

By Jeff Dick

"Carbon offsets are the environmental equivalent of financial derivatives: complex, unregulated, unchecked and — in many cases — not worth their price," wrote Doug Struck, a correspondent for The Christian Science Monitor, in the first of a six-part series published in April.

The practice of giving to projects that help reduce greenhouse-gas emissions — renewable energy, reforestation and energy efficiency — to negate carbon-gas emissions from other activities received perhaps its most critical examination yet.

Teaming with the New England Center for Investigative Reporting, the newspaper found the $700 million global market in carbon offsets full of unfulfilled promises. One expert estimated the amount of inaccuracies, misrepresentation and fraud in the 75 percent plus range.

Many consumers bought carbon offsets for projects that were never completed or would have been done anyway, often lining the pockets of promoters capitalizing on environmentally sympathetic consumers and various organizations.

Among those hoodwinked was The Vatican, which was awarded a certificate in 2008 declaring the papal city "the first carbon-neutral sovereign state." In spite of an agreement with the Hungarian company KlimaFa to plant thousands of trees offsetting a year's worth of Vatican greenhouse-gas emissions, the firm hadn't planted any trees as of April.

The investigation by NECIR and the Monitor uncovered many other examples of "irregularities" in the market, including a windmill-building project in India that generated much less power than promised; a tree-planting project in Panama that fell far short of its goal; and a failed plan to spread iron dust in the South Pacific to grow carbon-eating algae, which was nixed as illegal dumping.

Vermont-based NativeEnergy, a for-profit carbon offset firm favored by celebrities and eco-conscious businesses such as Ben and Jerry's, sells offsets at $14 per ton on a pledge to generate environmental benefits over a 20-year period.

The company mostly sells offsets for projects that are either unrealized or still on the drawing board as part of a "help build" scheme that doesn't meet the guidelines of major independent certification organizations. Such organizations typically validate carbon reduction emissions after, not prior to, they have taken place.

A former official with NativeEnergy defended its approach as "an innovative way of building new projects that help the environment (rather than) paying for something that is already happening."

Without established regulatory oversight or enforceable rules governing the sale of offsets, however, the market has become a "Wild West," according to its critics, with no real proof of environmental claims, no clear way of determining carbon savings and no reliable assurance that green projects will be finished or continued long enough to be effective.

Supporters of carbon offsets, such as the Sierra Club, The Nature Conservancy and the Environmental Defense Fund, maintain that there are plenty of offset projects run by scrupulous developers that deliver on their claims. And sellers of offsets such as Terrapass, which helps farmers pay for methane capture systems, defend their efforts as making a difference.

But others contend that for carbon offsets to live up to their hype, there should be a reduction in greenhouse-gas emissions that would otherwise not have occurred — or else the purchase amounts to "double counting" and any emissions are not offset.

This "additionality" proviso has been difficult to apply, and detractors claim many projects are selling offsets to garner extra profits for projects already underway for other reasons.

Windmill farms, for instance, generally are government subsidized or qualify for tax credits. Offset developers tend to ante up only a small portion of the building costs, raising the question of whether offset promoters should claim credit for creating new carbon reductions.

Offset buyers looking for reassurances offered by certification need to know that the process is voluntary, and standards vary among the organizations doing the certifying. Many certifiers review written proposals without on-site inspections or don't follow up to ensure that claimed reductions have occurred.

Faced with some 600 domestic offset developers, wholesalers, retailers and promoters in a rapidly growing industry, consumers are left in the awkward position of being expected to make a leap of faith when what's really required is a measure of skepticism.

Perhaps the better course of action for the ecologically inclined — whether motivated by atonement for their "sins" or less guilt-driven reasons — is to simply reduce their carbon footprint whenever possible and not worry about paying others in a spurious attempt to shift environmental responsibility.

Check out the household emissions calculator at epa.gov/climatechange to get an estimate of your carbon emissions and learn about ways to reduce them.

New Zealand breeder to talk on 100 percent grass-fed beef

By Ann Ring

Rotokawa Cattle Company

"I just looked at the breed and what it should look like, and I went from there."

That nonchalant statement is how Ken McDowall describes his journey to become one of the world's most renowned sheep and cattle breeders. During his career, he created a subset of the Rotokawa Devon cattle breed, which has all the qualities needed to thrive on 100 percent grass. An increasing demand for safe and healthy food in the U.S. has led to a growing popularity of such breeds.

McDowall will fly in from New Zealand to be a keynote speaker at an event hosted by the Rotokawa Cattle Company and Hardwick Beef on July 12 and 13 at the Ramada Airport Conference Center in Moline. Local speakers at the event will include Jim Helfter, CEO and founder of Helfter Feeds Inc. and Advanced Biological Concepts, and "Doc" Richard J. Holliday, senior veterinary consultant for Helfter Feeds.

The focus of this event will be on 100 percent grass-fed beef production. Topics will include successful breeding schemes; desirable qualities in a bull; eye appraisal in cattle; structural correctness and why it matters; and the need for mineral supplements. Part of the seminar on Monday will include a visit to Jamie Hostetler's Heritage Beef farm in Springbrook, Iowa, where Devon are bred.

"There is terrific potential in pure Devon beef," says McDowall, who has been speaking around the world since 1996. "You're talking about a breed that's much healthier because it's grass fed, not grain fed."

New techniques for grass farming offer the possibility for a resurgence in American farming. Intensive rotational grazing or grass farming is a technique that has been perfected in New Zealand and Australia for many years. Grass-fed beef is leaner than grain-fed beef; contains no antibiotics, hormones or other drugs; has high levels of omega-3 fatty acids; and is a source of conjugated linoleic acids (CLA), a type of fat that has proven anti-cancer properties.

Ridgeway "Ridge" Shinn III is also a speaker. He is an expert in grass farming who co-founded Hardwick Beef and who also co-owns Rotokawa Cattle Company. Shinn is bringing this information to this region because of the growing interest in grass-fed beef. "The opportunity is there for 100 percent grass-fed beef, which is one of the few agriculture products that's 100 percent solar-produced," he says.

Helfter, who manufactures organic minerals, says cows were not designed to eat grain, yet man has developed them to be grain feeders. "Devon is a grazing breed, which is what original cows were," he says. "Now we're breeding back to those (breeds) that just eat grass."

Cost for the entire seminar is $200; registration deadline is July 1. To register, send a $100 deposit to Rotokawa Cattle Co., Box 441, Hardwick, MA 01037, or contact Ridge Shinn at ridge@rotokawacattle.com.

Dalai Lama speaks

‘Simple Buddhist monk’ brings message to UNI

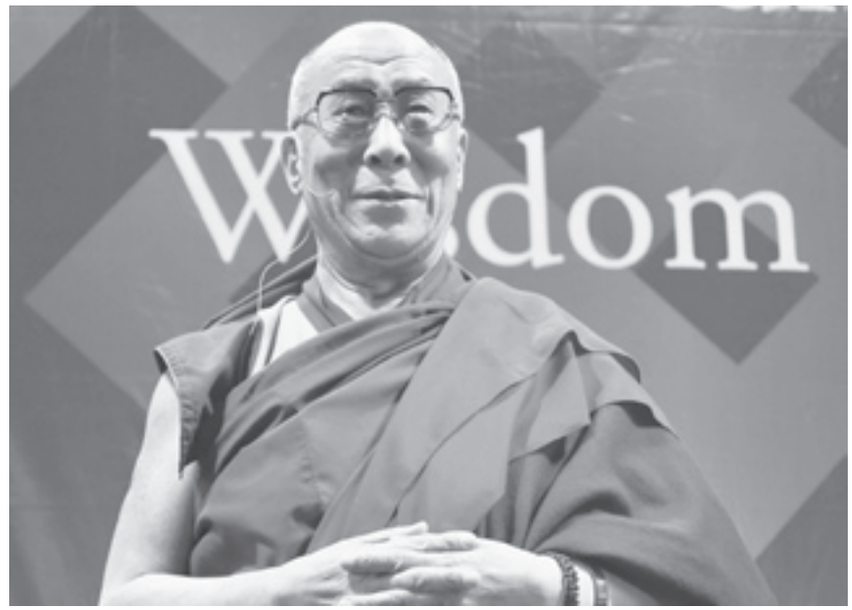
By Susan McPeters

I wasn’t sure what I would learn from hearing the Dalai Lama speak at the University of Northern Iowa on May 18. Would it be how to achieve peace of mind? Or perhaps how to be a better person? I do know the last thing I was expecting to hear from the Dalai Lama was an apology. Due to strict security measures, the morning panel discussion started a half hour late, but before it got underway, the Dalai Lama took center stage and said, “It is all my fault, and I do apologize.”

The Dalai Lama’s entrance to the stage was greeted with enthusiastic applause and cheers. By the time his formal introduction was read the audience was on its feet. The look on the Dalai Lama’s face changed from surprise to amusement as he motioned for all to sit down.

His comments during both the morning panel discussion and the afternoon keynote address focused on the power of education and its use as a tool against violence. “Compassion must be taught in the schools as well as knowledge. We must teach the heart as well as the head,” he said.

It was striking how quiet the McLeod Center — a sports arena with a capacity of 5,500 — was while the Dalai Lama spoke. Those in attendance were paying rapt attention. The only time the silence was broken was when the Dalai Lama, famous for his self-deprecating humor, would bring the audience to laughter.



His Holiness the 14th Dalai Lama of Tibet. (Photo by Michael McPeters)

“I felt like he was speaking to me personally. It was a wonderful experience,” said Betty Ann McKay of Moline. She described her impression of the Dalai Lama simply as “amazing.”

Throughout his two presentations, the Dalai Lama was pleasant, quick with a joke, constantly reaching out to people to hold their hand or pat their arm. Despite the dozens of awards, honorary degrees and accolades, he remained modest about sharing his opinion, ending each answer with the phrase, “and that is my view.” Steadfast in his belief that people must make up their own minds, he stated, “Of what I have said today, take what applies to your life and use it. The rest of it, if it doesn’t apply, forget it!”

“My impression of him was that he was grandfatherly; a humble, kind, intelligent and genuine person. He seemed much like he is described: funny, gentle, wise and down-to-earth. I think perhaps His Holiness finds it interesting and somewhat amusing that people pay so much attention to him,” said Quad-Cities resident Stephanie Allers.

The motivation behind the Dalai Lama’s extensive travels is to remind the world of his desire to see Tibet achieve the status of self-rule within China. No matter what he is asked to speak about, he seeks also to ensure that Tibetan culture is preserved. It is a message that has special meaning for UNI students Yeshi Lama and Tenzin Dhargyal, who live in Tibetan communities in India.

Lama, who plans to open a school someday for Tibetan children living in exile, said, “The visit by His Holiness is like having a little bit of home come to me. Here it is easy to forget what is really important in life. His comments are a reminder that compassion and love are important, not material things.”

UNI has a long association with the Tibetan Fund, which makes it possible for Tibetan students to attend college in the United States and then return to their communities to pass along their knowledge and improve the standard of living. It is largely due to this association the Dalai Lama visited UNI.

Dhargyal is studying special education at UNI, and will take his newfound knowledge back to the school in his community in India where he has taught for 17 years. “There are children who need this special education and do not get it,” he said. But they will once he returns home.

As for Davenport resident Monica Ehlers, she was impressed that the Dalai Lama was “just a person like everyone else, yet his spirituality and his honesty had a real presence in the room I could take away with me.”

And what did I learn from the Dalai Lama?

His message is a familiar one: “Do unto others as they would do unto you.” But there is something unidentifiable — and more profound — when this self-proclaimed “simple Buddhist Monk” says it.

Green underneath

Hidden features in QCHBA demo home add up

By Lindsay Hocker

A home doesn't need solar panels, a grass roof, or a geothermal heating and cooling system to be considered green. Ryan Windmiller, owner of Aspen Homes and general contractor for the Quad City Home Builders Association green-built demonstration home, says, "It's not one thing that makes the house green or not green."

Despite not having some of the most-recognized green features, the QCHBA demonstration home falls into the Silver Level category of the National Green Building Standard. Silver is the third highest level, following Emerald and Gold. A combination of various green elements — from compact fluorescent lamps (CFLs) to native plants in the yard — earned the house's Silver status.

The purpose of the home, located at 3498 Fieldsike Drive in Bettendorf, Iowa, was to educate everyone "from inspectors to the general public" about green-built homes, Windmiller says. After a year of planning, the green home was built in five months. It was completed last September in time for a parade of homes and has had multiple open houses.

"We've had thousands of people through it," Windmiller says.

The house now is on the market. The three-bedroom ranch style home has 1,940 square feet upstairs and a two-car garage. In the basement, 871 square feet is finished. It lists for $399,000.

Ruhl & Ruhl Realtor Kim Wilkins says the house has been shown to potential buyers over 35 times. Those touring the house can learn about the home's green features by reading signs throughout the house. Without the signs, many of the green elements would go unnoticed. "A lot of this is behind the walls," Wilkins says.

Windmiller says they focused on green features that are behind the scenes because "that's the thing people struggle with the most." He says people building homes, or looking to buy, are very interested in energy efficiency.

In addition to the green features below, scraps from the build — including cardboard, wood, paper, aluminum siding, and shingles — were recycled. Despite having dozens of environmentally-friendly features, not much stands out as green, and that was the point, according to Wilkins and Windmiller.

The QCHBA green-built house in Bettendorf. (Photo by Gary Krambeck / Radish)

Windmiller says the association wanted to educate the public on what a green build is and help them to learn about green features they were unfamiliar with. He says there are "so many simple things that make a big difference."

To learn more visit qchbagreenbuilt.com.

Green features of QCHBA demo home:

- Blown-in insulation with 85 percent recycled paper content that will seal more tightly and result in 26 percent greater overall efficiency.
- Energy Star kitchen appliances, as well as an Energy Star 95-percent efficient furnace and an AO Smith condensing water heater that is 90 percent efficient.
- Window shutters, a living room mantel, and part of an entryway made of recycled barn board.
- Low-flow faucets and toilets that will save thousands of gallons of water a year.
- Carpet created from reusable materials, such as corn sugar.
- Wire shelving that is 100 percent recycled steel, and wood shelving that also contains recycled content.
- Low VOC paints and varnishes, which reduces toxins and helps maintain indoor air quality.
- Kitchen and bathroom cabinets made of beechwood, a "fast-growing wood you can put on plantations," according to Realtor Kim Wilkins. The wood came from certified, renewable forests.
- Several rain gardens, which only contain native plants.
- A lawn designed to eliminate the need for fertilizer by laying the sod over a layer of compost and clay.
- Trees and shrubs strategically placed to serve as a wind break, which lowers cooling costs.

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Growing rooftops

Blooming downtown oases offer practical benefits

By Lindsay Hocker

Green roofs are flowering on Quad-Cities buildings. And while the low-maintenance rooftop gardens offer plenty of practical advantages — capturing rain water and improving the energy efficiency of their buildings by insulating them — River Action executive director Kathy Wine says they offer a lot of opportunity for beauty as well.

For instance, when the McKesson Lofts building's 10,000-square-foot green roof is in bloom, the prairie coneflowers, sedum and allium plants that cover much of its surface dot the roof with purple and yellow flowers. The former warehouse roof in Rock Island also has several benches and a view of the Mississippi and Schwiebert Park. "It's a rooftop park," says Brian Hollenback, president of Renaissance Rock Island.

The McKesson Lofts roof is in its second growing season. The plants soak up rainwater, and the tiled path through the landscaping allows water to seep into the soil. During a one-inch rain fall, the green roof retains 4,636 gallons of water. As well as keeping rain on-site, green roofs also protect roof materials from the sun's damaging rays.

"Flat roofs take a lot of punishment," says Zack Wenthe, Renaissance Rock Island's downtown manager. "Instead of letting it bake the roof," the plants use the sun, he says.

Generally, a commercial flat roof lasts 20 to 25 years, and a green roof can extend a roof's lifetime by at least 10 years. That alone makes up for the cost of the green roof, says Wenthe. In addition to making the building more environmentally friendly, the green roof also has attracted loft buyers. He says people like the idea of an urban, rooftop garden with a river view.

Across the river in downtown Davenport, the Davenport Police Station's Leadership in Energy and Environmental Design (LEED) Gold-certified building has three green roofs. The largest, which is 8,000 square feet, is in its third growing season. It has prickly pear cactus, dwarf sumac trees in concrete planters and a variety of sedum plants.

Like the McKesson building's green roof, the police department's roof also features a path with tiles that water can seep under. The roof is called The Courtyard and has a grill and several picnic tables. "It's such an integral part of the building. … It's a functioning roof," Lt. Mike Venema says.

For awhile, the green roofs were removed from plans for the Davenport police station. The city was able to keep them in the plan after River Action donated $65,000 of the total cost of $242,901. Venema says he's glad they're included. "I think it's important public buildings take a leadership role in green design," he says.

Roof Top Sedums, a Davenport business that grows plants for green roofs, has supplied plants for buildings in Iowa, Missouri and Nebraska. Locally, Roof Top Sedums helped make the green roof at the Vander Veer Botanical Center a reality. The pump house has a roughly 100-square-foot garden on its flat roof and is in its third growing season. Davenport Parks & Recreation environmental education supervisor Greg Wolf says the eye-level green roof was built as a demonstration. Butterfly weed and sedum varieties are among the plants on the roof.

Co-owner Teresa Nelson of Roof Top Sedums says most of the work they do is for public buildings. Homeowners also can get green roofs, though "we haven't had a lot of private (buildings)," Nelson says.

Homeowners who don't opt to turn their roofs into gardens still can keep rainwater on-site through ground-level rain gardens and/or the use of rain barrels. For more information on rain barrels, turn to Resources, page 38.

Zack Wenthe sits atop the McKesson Building's 'green roof' in Rock Island. (Photo by Paul Colletti / Radish)

grower of the month

Brazy Creek Farm

Chemical-free farming with rich rewards

By Sarah J. Gardner

Ask Brad Muesing and Suzy Rushing of Brazy Creek Farm in Geneseo, Ill., what they've got growing, and it might soon seem easier to have asked what they didn't plant. They are fearless farmers, with plans to raise everything from lettuce, onions, carrots, cabbages, peas and beets to kohlrabi, Swiss chard, bok choy, tomatillos and okra. But their favorite crops are their tomatoes. They raise over 50 heirloom varieties of that summer staple alone.

Cultivating that many vegetables would be hard work for anyone, but the plants at Brazy Creek Farm require a little extra TLC: they are raised entirely without chemicals that would keep off pests or fight back weeds. "We don't buy anything off the shelf to put on our plants, no pesticides, no herbicides," says Muesing.

"That means we get weeds, but we'd rather have the weeds to deal with than the chemicals," adds Rushing.

Muesing and Rushing say they can taste the rewards for their labor, literally, when the seeds they put in the ground and tend through sun and rain become food they can eat. They look forward to tomato season above all because of all the colors and flavors — their heirloom tomatoes don't just ripen into shades of red, but also orange, pink, yellow, green, purple and even white. "When we can them for the winter, it looks like a rainbow in jars," says Muesing.

Among their favorite varieties are the Paul Robeson, a dark-colored, smokey-sweet tomato originating in Russia; the White Wonder, a mild, creamy-colored tomato from Hungary; and the Cherokee Purple, which Muesing says "is the best. They have a rich flavor you can't find in a supermarket tomato."

Rushing favors a tomato called Aunt Ruby's German Green but says customers are sometimes hesitant to try it. "We have to give samples sometimes to prove it's ripe," she explains. "But once we do we sell right out. People love them."

Of course, Muesing and Rushing didn't start out raising so many tomatoes and other vegetables. Although they both came from families with farming backgrounds, they did not originally plan on having a farm of their own. They each took up different jobs once they graduated. Muesing worked as a diesel mechanic for eight years, and Rushing helped her parents with the family business. Two years ago they both decided to live healthier lives. Part of that, they agreed, should involve raising their own vegetables.

They began with a half-acre plot that quickly grew to three and a half acres. Muesing also built a chicken coop to house 40 heirloom hens, which they raise for eggs. In keeping with the all-natural principals of their farm, the chickens are pasture-raised, which means "they are free all day to be out scratching in the grass," says Rushing.

What they don't eat themselves they take with them to sell at a number of Quad-Cities markets. During the summer season they rotate on Saturdays between the Freight House Farmers' Market in Davenport and the Trinity Moline Market in Illinois. They also have a booth at the Freight House Farmers' Market on Tuesdays, the Homegrown Farmers' Market on the Square in Milan, Ill., and the Bettendorf Farmers' Market in Iowa on Thursdays.

Brazy Creek Farm has grown into a full-time job for Muesing and Rushing, one they don't think of as a business so much as a way of life, a part of who they are. In fact, when it came time to name the farm, Muesing and Rushing, who started out as high school sweethearts, chose to combine their first names, Brad and Suzy, into "Brazy." The say the farm has brought them closer together. When they were both still working other jobs, they didn't get to see much of each other. Now they work side by side every day. "We put a lot of love and work into what we do, but the rewards are many," says Rushing.

Their farm endeavor is a family affair in more ways than one. Rushing's mother makes handcrafted, vegetable-based soaps with fragrances like lavender, red current-thyme and lilac that Rushing packages and sells at their booth alongside their farm-fresh produce and eggs. On a hot day, the soaps — displayed in wooden boxes built by Muesing over the winter months — scent the air around the Brazy Creek Farm booth. Muesing and Rushing also rent their acreage from Rushing's parents, whose goats, sheep, pot-bellied pigs sometimes appear in photographs taken by Rushing to sell at their booth.

For Muesing and Rushing, the decision to farm organically was a very personal one. Ten years ago, Muesing's grandmother was diagnosed with cancer. The cause was believed to be the pesticides that had been found in the well water of the family farm. Muesing and Rushing knew they wanted to get away from chemical-heavy farm practices. They also wanted to return to an older style of farming, where farmers grew many different kinds of crops. "I'm interested in getting farmers back into raising food and not just corn," says Muesing, explaining that most of the corn grown in the Midwest has to be processed before it can be eaten by human beings.

When asked if people are ever surprised to learn that farmers as young as Muesing and Rushing, who are 26 and 27 respectively, are building a life based on old-fashioned farming techniques and old-world vegetables, they just laugh. "Some of the old-timers are surprised, but they love it. They don't think young people today are interested in working this hard," says Rushing. To Muesing and Rushing, it's worth it, though. They spend the winter looking forward to the time of year when they can work all day outside, then come in at night tired and sunburned but happy.

Brazy Creek Farm owners Brad Muesing and Suzy Rushing. (Photo by Gary Krambeck / Radish)

From bags to soap

Flex-Pac has products that make businesses green

By Laura Anderson

Move over Styrofoam packing peanuts and back up brown paper yard-waste bags, Flex-Pac in Rock Island is working to supply businesses and municipalities with more environmentally-friendly versions of products like these.

Mitchell Maynard, Flex-Pac's VP of sales and marketing, says that happens to be exactly what more companies are looking for. With the green wave in full motion, more and more companies are looking to be certified green in categories like waste removal and packaging, so they're reaching out for various products to help meet those requirements.

Maynard and senior sales consultant Marty Flaherty say Flex-Pac carries products such as retail and industrial packaging, including recyclable air-pillows with which to pack items; BioCortec biodegradable and compostable shopping and yard-waste bags; Waterhog rugs, made from post-consumer recycled plastic and rubber; hand soaps, sanitizers and waste towels; and janitorial cleaning supplies made from biobased renewable resources like corn and soybeans.

Maynard and Flaherty say bags like the BioCortec shopping bags are extremely unique because they are compostable as well as biodegradable. "Not many companies can say that. … These bags shrivel up with sunlight and rain," Maynard says.

Flaherty adds that they are "in the dirt and gone in three days."

The bags are popular with events like agricultural conventions and trade shows to carry fliers and handouts, Flaherty says, as well as in grocery stores. Flex-Pac also wants to work with cities and municipalities for use of products like the yard-waste bags. Flaherty said these bags would be particularly helpful because they are see-through.

The trouble with the typical brown yard-waste bags are that you can't see through them, says Flaherty. Some people throw non-compostable items like batteries, light bulbs and other items in with their yard waste, and workers picking up the bags do not know because they cannot see inside. For that reason, "It's really starting to take off," Maynard says of the clear, compostable bags.

As for environmentally-friendly cleaning supplies, Maynard and Flaherty say these are becoming increasingly more popular as well. The two say at first some companies seem wary of the products' prices. But, Flaherty says, they are quite similar to "regular" products, and with new developments, they don't cost nearly as much as they did 10 years ago.

Maynard says in industrial settings some cleaners are full of chemicals and require cleaning staff to wear gloves, masks and more while they clean. He describes the newer, more environmentally friendly cleaning products as remarkable. "These are things you would not think you could clean with," he said, since the products are made from ingredients like soybeans and corn.

Having a company that can supply these products is helpful because that is the direction businesses are taking, Maynard and Flaherty say. Flex-Pac can equip businesses with the tools needed to become greener, they say, whether those businesses want simply to be more environmentally conscious or whether they seek to achieve Leadership in Energy and Environmental Design (LEED) certification.

Mitch Maynard with Flex-Pac products. (Photo by John Greenwood / Radish)

Maynard and Flaherty say being greener seems to really be catching on with businesses and consumers. At the city level, Flaherty says it began with "separating plastics and paper. It was tough at first, but it's catching on."

And when it comes to being greener, influence seems to swing in both directions: customers and employees influence businesses, and businesses influence customers and employees. For example, Maynard says to look at your local grocery store. What does it look like? Chances are there are greener, more environmentally friendly items on the shelves "because people want that," he says. "They're asking for it; they're demanding it."

Flaherty says that if people recycle at their workplace, chances are it might rub off and cause them to recycle at home. "It seems to catch on and carry over with the general public," he says of businesses and workplaces being first to take the initiative.

Maynard and Flaherty say companies like Flex-Pac are important because they are helping to sustain the earth for future generations. Maynard adds that renewable resources will also help create jobs. "Any little part someone can do" will help, he says.

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Then he said ‘bubbles’

Q-C woman works to change how autism looks

Michelle Smyth and her 10-year-old son Jayden blow bubbles at the Quad Cities Autism Center in Moline. (Photo by Stephanie Makosky / Radish)

By Lindsay Hocker

Doctors said she shouldn’t ever expect to hear her son speak, because at 6 years old, his vocal chords likely had atrophied. But Michelle Smyth couldn’t accept never hearing Jayden’s voice. She continued learning techniques she had started after he was diagnosed with autism at age 2½.

Her persistence paid off. During an exercise in which Smyth and an instructor blew bubbles, then said “bubbles,” Jayden finally repeated it. “Bubbles.” Smyth said, “I’ve never heard anything more beautiful in my life.”

About 1 in 110 children in the U.S. has been diagnosed with Autism Spectrum Disorder (ASD), with boys four times more likely to have autism than girls, according to the Centers for Disease Control. ASD is a group of developmental disabilities that can cause significant social, communication and behavioral challenges. Symptoms include delayed speech and language skills, avoiding eye contact, obsessive interests and becoming upset by minor changes.

Every child’s form of autism is different, and that’s why Applied Behavior Analysis (ABA), such as the learning exercises used for Jayden, work, Smyth said. “It works because it’s completely individualized; it’s not a one-size-fits-all program.”

To help bring ABA to other families, Smyth founded The Quad Cities Autism Center in Moline’s New Hope Community Center in October 2005. She’s director of the nonprofit, which has 10 employees.

The instructors work with kids in a structured learning environment and a natural environment — which looks like a playroom — where the kids put to use the skills learned in the structured environment.

After each child is assessed, a curriculum is developed specifically for them. The focus always is on improving communication.

Smyth first suspected Jayden might have a disorder when he was a baby because he seemed “much more interested in things and objects than me.” However, her doctor assured her that, since Jayden was premature, he would catch up to other kids within two years. When he finally was diagnosed, it was devastating, said Smyth, adding that she went to a bookstore and bought about a dozen books on autism.

“They were full of really horrible statistics, bleak outcomes,” she said, adding that they had “nothing to say, but ‘love them.’ ” Then, the last book discussed ABA and gave her some hope. She went to a workshop in Chicago and within days of starting ABA exercises with Jayden he began picking up sign language. Smyth considered sign language a bridge to vocal language and continued working with him.

Soon after saying “bubbles” Jayden said “ball,” and shortly before turning 7 he said “mama” for the first time. Hearing that word was almost as good as hearing him speak for the first time, Smyth said. Now 10, Jayden speaks three- and four-word sentences. Smyth said his progress has shown that Jayden is “not defined by his diagnosis.” When she looks at him, “I don’t see just autism. I see a little boy who hasn’t stopped learning.”

Visit qcautismcenter.org for more information. For other Radish region autism groups, see Resources, page 38.

Cooking with elk

It's a mild, sweet and lean alternative

By Darcy Maulsby

Eating healthier this year? Elk meat offers a tasty protein source that is leaner and lower in calories and cholesterol than most meats.

"Some people are a little skittish about elk, but be adventurous, try it and you'll be hooked," says Mike Clem, executive chef at The Drake restaurant in Burlington, Iowa. "It's good stuff."

As versatile as beef, elk is no longer just gourmet fare. This mineral-rich, flavorful meat can be found at some farmers' markets and on the menus of area restaurants.

Elk producer Henry Bohlen of West Burlington, Iowa, distributes some of his Wildlife Lakes Elk Farm products, including elk sticks, through local convenience stores. Bohlen, who sells elk summer sausage, jerky, pastrami, bratwurst, tenderloins, ribeyes, New York strips, chuck roasts, rump roasts and more, has raised elk for more than 20 years and is quick to praise the meat's merits. The animals are raised without antibiotics or growth hormones.

"Elk is a mild meat that's a little sweeter than beef, and it's not gamey or strong," he says. He ships elk meat, which is processed at Bud's Custom Meats in Riverside, Iowa, to customers across the United States. "When it comes to |cooking, anything you can do with beef you can do with elk," says Bohlen, adding ground elk works well in tacos and chili, for example.

The Drake restaurant in Burlington features a number of elk specialties on its menu that can provide inspiration for the home cook, including the Wildlife Lakes Elk Meatloaf Stacker, a meatloaf layered between mashed potatoes and topped with sauce, and the Elk Rachel, made with elk pastrami served on toasted marble rye with Swiss cheese and grilled coleslaw. Vesta, a restaurant in Coralville, Iowa, features elk summer sausage as an anti-pasto appetizer.

Elk cooking tips

If you'd like to add more elk to your meals, try these cooking tips:

Photo courtesy of Vesta

Don't overcook elk. Because elk is such a lean product, with very little internal and external fat, it is easy to dry out the meat if it is cooked too long. When preparing elk steaks, use a meat thermometer, and never let the meat's internal temperature rise above 140 degrees Fahrenheit. Chef Mike Clem and producer Henry Bohlen prefer to cook elk to 120 or 125 degrees. "This is medium rare, and it's absolutely beautiful," Clem says.

Use elk in burgers. For quick, delicious elk burgers, cook for four minutes in a portable electric grill. If pan-frying, cook the burgers over medium heat for about four minutes per side. If extra moisture is desired, add 1 egg, 1 teaspoon olive oil and ground mushrooms to each patty before cooking.

Try this tenderizing trick. When cooking with elk, there's a simple way to tenderize the meat and take out any gamey flavor that may exist, Clem says. Pierce the surface of the meat with a fork, and soak the meat in milk overnight. Then discard the milk, rinse the meat and prepare your elk recipe.

Choose simple seasonings. Black pepper, kosher salt and cardamom are excellent choices to season elk meat, says Seth Hershey, owner and chef at Vesta, a Mediterranean-inspired restaurant in Coralville, Iowa.

Try a slow cooker. Because of its low-fat qualities, elk meat responds well to slow and very moist cooking methods. A slow cooker offers an excellent option for cooking many elk recipes, Clem says.

Optimize oven roasting. If you prefer to prepare an elk roast in the oven, heat to 300 degrees Fahrenheit and insert several garlic cloves into the meat before cooking for even more delicious flavor. Elk achieves doneness more quickly than beef, so plan for much shorter cooking times.

Slice it right. So that the meat will be less stringy and easier to eat, slice it on the grain and against the muscle pattern, Hershey recommends.

Update the classics. Recipes like Julia Child's boeuf (beef) bourguinonne can be modified with elk. Create your own version of this stew with elk meat, red wine, garlic, onions, carrots, a bouquet garni (which includes parsley, thyme, bay leaves, and other herbs), pearl onions and mushrooms.

Turn to Resources, page 38, for an elk recipe.

great places

Public plots

Iowa City gardeners share space and spirit of generosity

By Jen Knights

Earth Source Gardens of Iowa City is growing much more than just vegetables, fruits and flowers. Here on this small plot of land — rented to the upstart community-garden project for just a dollar a year by local nonprofit Harvest Farm and Preserve — some 100 gardeners also are growing community, sustainability and food security as they work the soil.

Harvest Farm and Preserve, which oversees 400 acres on the northeast side of Iowa City, teamed up in 2009 with New Pioneer Food Co-op to make small plots of land available for local gardeners interested in sustainable, chemical-free gardening. In the project's first year, Earth Source Gardens offered 20 10-by-50-foot plots to co-op members. In 2010, that number more than doubled to the 80 plots currently in production.

Among the garden plots here you can find peas, corn, peppers, eggplant, herbs, lettuce, edible and ornamental flowers, kale, radishes, carrots, soybeans, and yes, the irrepressible and ever-popular tomato. There's incredible abundance here. But it goes beyond the diversity and plenitude of crops. There's an abundance of spirit.

Most co-op members who garden here grow food for their families. They may join the community garden because they don't have a suitable space of their own in which to garden, or they may opt for an Earth Source Gardens plot because they enjoy meeting and working alongside like-minded people. Some members grow massive quantities of a few items while others fill their gardens with a wide range of crops. Last year, one garden plot was filled with flowers for cutting — lovingly grown and then donated to the gardener's church and the local hospice.

Beyond giving members a place where they can grow their own food, Earth Source Gardens is a source for education and empowerment. Though the gardens are private and not generally open to the public, access is granted periodically for the public to participate in free gardening classes and tours. Class topics range from natural pest management and composting to a presentation of art made from gourds grown in the garden. And like these educational presentations, the benefits of the project can reach far beyond the relatively small number of people who actually lease plots in the community garden.

Theresa Carbrey, New Pioneer's education and member services coordinator, calls the garden "a gift to the community from New Pioneer." Though the project was spearheaded by New Pi and Harvest Farm, she hopes that one day Earth Source Gardens will be a thriving, independent nonprofit serving the Iowa City area.

A number of demonstration plots are planted and maintained by Carbrey and New Pioneer member Roxane Mitten. These demonstration plots exhibit gardening principles in action. This year the New Pioneer demo plot exhibits the fun of edible flowers; the rewards of sequential planting; the range of peppers from sweet to fiery hot; and the charm and flavor of tomatoes of all sizes, shapes, and colors.

Kesa, Chinwe and Chidera Onwere at work in Earth Source Gardens. (Submitted)

There already is strong evidence that members of this community garden are committed to sustaining the space, ready to invest their sweat equity in making it work. Community gardeners pitch in to lay cardboard and wood chips for nonchemical weed control on garden paths in the spring; help with neighboring garden plots as needed throughout the growing season; "put the garden to bed" in the fall; and teach classes to less experienced gardeners.

Not only that, but — and here's another place where Earth Source Gardens' dedication to community shines through — there's a section in the demo area devoted to what Carbrey calls the "Full Plate Club," a garden planted not only to remind us how fortunate we are if we have plenty to eat, but also to provide food for the hungry. The harvest from this year's Full Plate Club plot will be donated to charitable organizations feeding hungry people in the county.

This fledgling community garden is growing, and you have to believe that its continued success will only mean good things for Iowa City and surrounding areas.

For more information on Harvest Farm and Preserve as well as a list of upcoming classes at Earth Source Gardens, visit our website at radishmagazine.com.

Dry fresh, dry local

A food dehydrator lets you taste summer all year long

By Leslie Dupree

If you have a garden or shop regularly at a farmers' market, it's not long before you start wishing you could have fruits and vegetables at their seasonal peak all the time. Like, say, January.

Many people "eat local" all year long by canning or freezing fresh foods. For me, those methods have some drawbacks.

Canning makes me think of steamy kitchens, hot glass jars and a lot of mess. Then there is the need to have plenty of shelving or other space for all those jars. Also, I am just plain scared of killing someone because I produced a jar full of botulism.

Freezing, while certainly safer, can only take a cook so far. Frozen foods do taste great — once you get them thawed out. And storage space is an issue. I've known serious gardeners who had multiple chest freezers, but that's not a solution for most of us.

I thought about drying as a way to hold onto summer after reading a memory book written by my grandmother, who was born on a central Illinois farm in 1900. She described how families would dry sweet corn by scattering the cut kernels onto clean sheets they had spread on the farmhouse roof.

Fruit before and after dehydration. (Photo by John Greenwood / Radish)

Sun-drying is possible in the Midwest on bright, hot days when the humidity is low. But how many of those days do we have? And do they reliably occur when your produce is ready?

Today there are several brands of food dehydrators and a range of prices available. I recommend you read the reviews and shop around. You will want a dryer with a thermostat. As for myself, I requested (and received) a dehydrator for Mother's Day two years ago that has four trays and cost less than $60. It runs quietly and doesn't heat up the room.

The advantages of a food dehydrator

• **Use produce at its peak.** Typically, I buy or grow enough to eat and have leftovers to put in the dehydrator. Everyone loves sun-dried tomatoes, for example. I buy lots of tomatoes in late summer at the market when they are at their best. These go directly into the dehydrator and then the cupboard.

• **Waste less food.** If I buy more than I need, there's no guilt. The extra can go into the dehydrator. At a recent market I came across some freshly harvested organic leeks. They were so beautiful that I naturally bought too many. I cut the white bulb into thin slices. The leeks dried quickly and easily.

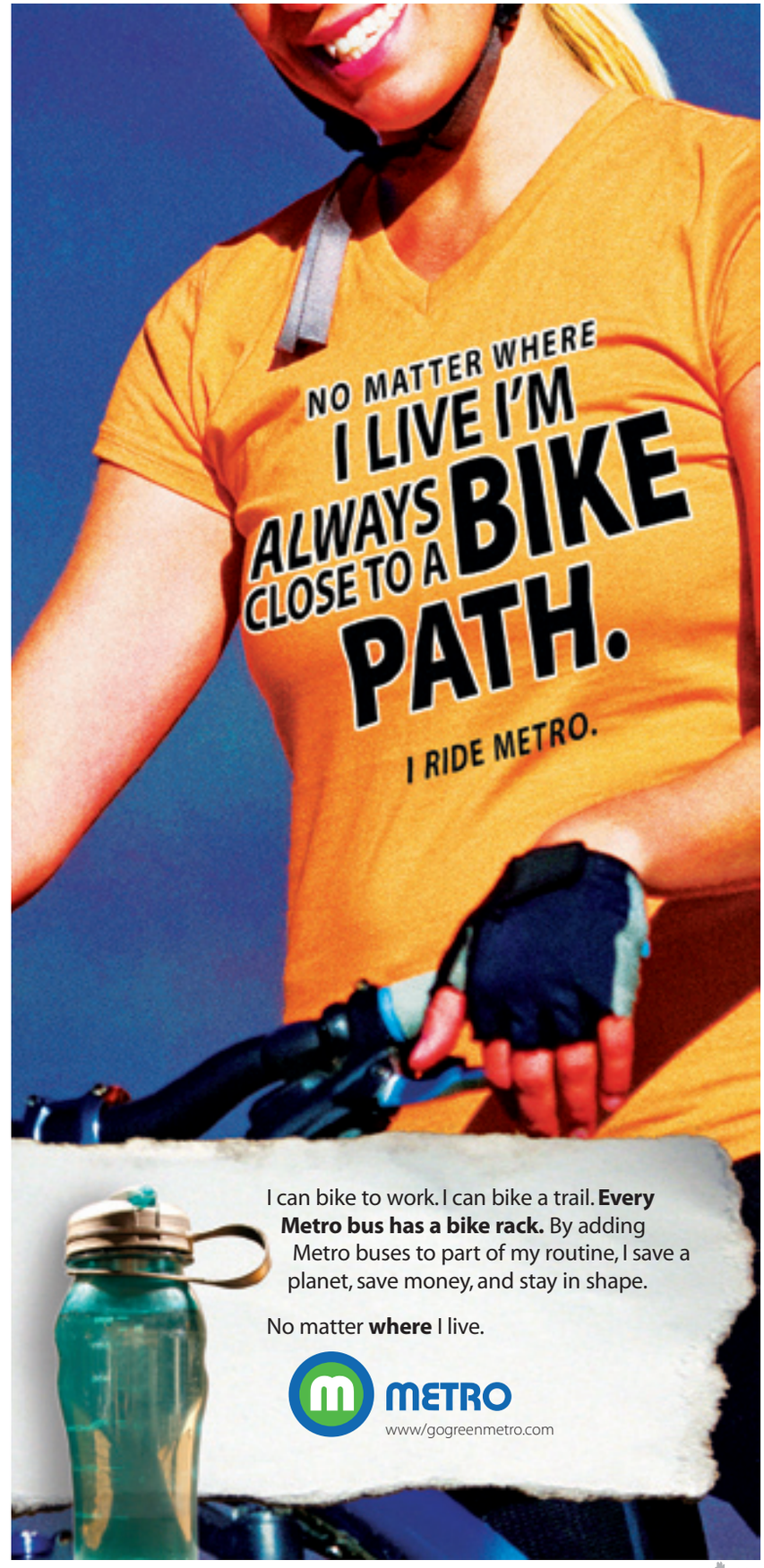
• **Make small batches.** Canning is an event, and few people would bother to heat up the kitchen for only a half a bucket of tomatoes. If you have a dehydrator, you're more likely to process smaller batches more frequently as produce ripens.

• **Reduce prep time.** Preparing most food for dehydrating is less work than canning and about the same as freezing. Wash and cut into slices or small pieces. Peel sometimes. The things you'd most commonly want to dry — herbs, tomatoes, garlic, peppers and onions — do not require any special treatment. Some foods may require blanching before drying, just as for freezing.

• **Save money.** Although I did not start drying to save money, it's easy to see how it can be done. Produce does not have to be in perfect condition for drying, nor does it have to be just-picked. See a great sale on fresh pineapple? Buy it and dry it. Also, there is no need to spend money buying special containers to store dried food. Any clean jar or container will work: I wash and re-use glass bottles and jars of all kinds.

• **Take control.** Drying lets you decide how much salt, sugar or other flavorings might be included in food, not to mention preservatives. None are necessary. Dried foods will be safe indefinitely if properly stored; the quality will begin to deteriorate after a year.

• **Make your own seasoning.** If you have an herb garden — even a modest one — you'll never again be tempted to use dried herbs that may have been on a grocery shelf for a very long time. Parsley, oregano, basil, mint, rosemary, marjoram and thyme all are foolproof to grow and dry. They dry easily and seem to me to retain more flavor than store-bought herbs. Even delicate herbs like basil do well.



Straight from the cow

Is raw milk unsafe to drink or a raw deal for farmers?

By Sharon Wren

Kate Potter is a big fan of raw milk. "I have my own cow and the flavor is very different (from store bought); it's very rich," says the Peoria County (Ill.) farmer. "My cow eats grass and produces beautiful, creamy yellow milk. If the milk is white, you know they're not eating grass; it's the same thing for pale butter." She and her family don't drink raw milk just for the taste, though. "The butterfat content is higher in raw milk, which is good because that's where the 'good stuff' is (the vitamins). I'd never go back to pasteurized milk from the store."

Proponents of unpasteurized or "raw" milk say it fights allergies, boosts immunity and relieves eczema, autism, arthritis, digestive problems and learning disabilities. Others say drinking raw milk is another way of doing things the old-fashioned way, like churning butter and line-drying clothes. They also say it tastes much better, the way Grandma's cinnamon rolls beat those from the grocery store.

Unless you have a cow of your own, raw milk is hard to come by. It is illegal to sell raw milk in Iowa; in Illinois, it's illegal to advertise raw milk for sale, and customers must bring their own containers to the farm.

In some situations, providing raw milk is akin to running a speakeasy during Prohibition. In 2008, Pennsylvania farmer Mark Nolt was found guilty of selling raw milk directly to consumers without a permit after being arrested in a sting operation involving state Department of Agriculture employees. He was fined more than $4,000 and his business was shut down.

Potter knows Nolt and says his situation isn't an insolated incident.

"There's been a lot of persecution from the FDA lately; very clean, reputable milk producers have been getting in trouble."

What's the big deal about raw milk? Plenty, according to the Illinois Department of Public Health's website. "Raw milk can cause serious infections. Raw milk and raw milk products (such as cheeses and yogurts made with raw milk) can be contaminated with bacteria that can cause serious illness, hospitalization or death. Pasteurization is the best method of eliminating disease-causing organisms in milk and the only method routinely used in the United States."

"Enforced pasteurization is a pretty recent phenomenon," says Potter. "In 'The Untold Story of Milk,' Ron Schmidt writes about cows that were kept in dark breweries and fed distillers grain, which isn't what they should eat. The cows got sick, so the milk was bad, and some well-meaning people got together to ensure safe milk."

Still, Potter doesn't understand the fuss some people make over raw milk when cows are raised properly. "People who produce raw milk are under the same regulations as the commercial dairies; the only difference is that they don't pasteurize; they use the same equipment and pay attention to cleanliness. Besides, you know the farmer, he's very accountable to the consumers — you can see what he feeds the cows and how he takes care of them."

iStockphoto

If you want raw milk, there are a few options. You can visit realmilk.com/where2.html to find a supplier. The next time you're at the farmers' market, you also can ask the beef vendors if they offer "cow shares" on meat and dairy products.

If you have some land, you might try raising your own cow. But be sure to do a great deal of research first, including talking to experts. The Humane Society isn't set up to care for homeless cows.

Potter, the leader of the central Illinois chapter of the Weston A. Price Foundation, says the campaign for raw milk isn't just about health benefits or the right to buy products, however.

"Right now it's a lot of farmers trying to protect their right to make a living from their farms."

For more information, visit westonaprice.org or realmilk.com.

rooting around

Extra Mile award given to yogaG founder


Sara Johnson (File)

Sarah Johnson, founder of yogaG, was recently recognized with a Lujack Extra Mile award for her efforts to bring free yoga instruction to domestic violence shelters. "Watching moms and kids come together on their yoga mats and engage in a healthy activity is tremendous," says Johnson, describing her experiences. Her nonprofit, yogaG, engages and trains volunteer yoga instructors to encourage creativity and togetherness by sharing yoga in a playful, family-minded way. For example, a recent "Girl Power yogaG Talent Show" at the Davenport Family Resources Shelter showcased girls ages 6-10 demonstrating their own original yoga poses. The Lujack Extra Mile award carries with it a $500 check, which Johnson plans to use to enhance the yogaG training program for instructors, ambassadors and shelter staff. Some of the funds also will be used to roll out formal training modules and incorporate class reporting on the yogaG website. For more information, read the yogaG feature from the May issue of Radish on radishmagazine.com or visit yogaG.org.

Eight chefs enter, one chef will triumph in the Homegrown Iron Chef Competition

Quad-Cities area chefs will compete in the 2010 Homegrown Iron Chef Competition from 4 to 6 p.m. each Monday in July at the Trinity Bettendorf Farmers' Market, 4500 Utica Ridge Road, Bettendorf, Iowa. Hosted by the Scott Community College Foundation and the Culinary Arts program, the event showcases the value of cooking with fresh, locally-grown food. One winner each week will advance to the Home Grown Iron Chef Competition Final Showdown Aug. 15 at the Isle of Capri's Isle Center, 1777 Isle Parkway, Bettendorf. The event raises money for the college's culinary program and other college funding needs. A ticket to attend the final event also includes a cooking demonstration by Chef Phil Virant and a plate of delicious, locally grown, savory and sweet tastings. There will be a cash bar. Tickets are $40 and $50. The best advice last year's winner, chef Eran Salzmann of ZBest Café in Sheffield, Ill., has for this year's hopefuls? "Drink lots of water," he says. "This competition is hot!" To learn more or reserve a seat, call (563) 441-4063.

New device at Moline library makes it easy to check out your home electricity usage

Curious how much wattage your refrigerator is using? How about that old TV? Find out by using a Kill A Watt device that allows you to plug in household devices and learn just how energy efficient they are. Lights for Learning, an education-based outreach and fundraising program, has donated a Kill A Watt device to the Moline Public Library where it is now available for checkout, free of charge, at the first floor reference desk. Additionally, adult services librarians are available to help patrons find Energy Star ratings and check Consumer Reports appliance ratings. E-mail reference@molinelibrary.org for more information.

La Farge, Wis., to host Midwest's largest celebration of organic foods

Now in its seventh year, the Kickapoo Country Fair is the Midwest's largest organic food and sustainability festival. Nestled among the ancient hills of the Kickapoo Valley in La Farge, Wis., the fair serves up a celebration of family, culture and community, all the while looking toward a healthy, sustainable future. Held July 24-25 on the grounds of Organic Valley headquarters, Kickapoo Country Fair will bring together thousands of attendees for two days of food, music, bike and farm tours, cooking demonstrations, theater, kids' activities, dancing, author readings, and speakers — all offered at an affordable price for families. Highlights of the fair this year include Temple Grandin, author of "Animals Make Us Human;" musical headliner Miles Nielsen; the fourth annual Butter Churn Bike Tour; and a new fine arts pavilion. More information can be found at organicvalley.coop/kickapoo.

Kids have a chance to connect with the great outdoors at Nature Explore day camp

Enrich your child's summer with outdoor play in Maharishi School's Nature Explore Classroom in Fairfield, Iowa. Nature Explore Classrooms are part of the Nature Explore program, a collaborative project of the Arbor Day Foundation and Dimensions Educational Research Foundation. Developed in response to the growing disconnect between children and nature, certified Nature Explore Classrooms are designed to help fill the void, integrating nature into children's daily learning. Such unstructured play and activities are shown to enhance concentration, develop creativity and problem-solving, relieve stress and improve skills in many areas. The day camp is open to children ages 5-10 and will run from 9 a.m. to noon each week in July, with costs starting at $125 per week (discounts available for each additional week and/or child). For more information or to register your child, contact Laura Bordow at lbordow@msae.edu or visit maharishischooliowa.org/parents/summer-program.

Nominations sought for Organic Farmer of the Year

Know an organic farmer who is making a difference? The Midwest Organic and Sustainable Education Service (MOSES) is seeking nominations for the 2011 Organic Farmer of the Year award, which will be presented at the 22nd annual MOSES Organic Farming Conference in La Crosse, Wis. Every year, MOSES recognizes an outstanding organic farmer or farm family who are innovators; who excel in managing their farm resources like soil, water, wildlife, and biodiversity; and who serve as educators and shining examples in their communities and to the next generation of organic farmers. "We believe it is absolutely vital to publicly recognize these impressive producers," says Faye Jones, MOSES executive director. "They are changing the way America farms and the way we eat." To nominate a farmer for the award, complete and return the nomination form which is available by calling the MOSES office at (715) 778-5775 or at the MOSES website, mosesorganic.org/foy.html.

rooting around

Seed Savers conference features workshops, garden tours and a new film festival

Seed Savers Exchange will host its annual conference and campout July 16-18 at Heritage Farm in Decorah, Iowa. Attendees at this year's event can choose from gardening workshops that range from the practical to the technical and even to the whimsical. The event features an expanded offering of tours, including opportunities to see the preservation gardens, commercial seed house, seed storage and laboratory facilities, and a walking tour of the gardens and natural landscape of Heritage Farm and Twin Valleys. Keynote speakers include Australian scientist Kenneth Street, Rural Advancement Foundation International co-founder Pat Mooney, Seed Savers co-founder Diane Ott Whealy and author Maria Rodale. A simultaneous youth conference will be held for children ages 6 years and older. New this year will be the first annual Seed Savers Exchange Film Festival. For more information and to register for the conference, go to seedsavers.org.

Second annual watershed festival celebrates water quality and quality of life

Water is important to us all, but many are unaware that the grass clippings here, the oil from a car over there, the roof over our head, the prescription drug down the toilet, the litter on the street, the products we use for our lush green lawns, and the pavement we use for our daily commute collectively impact the quality of our water. At the second annual Watershed Festival, attendees will have the opportunity to celebrate water and learn how to protect its quality. The festival will be held from 8 a.m. to 1 p.m. July 17 at the Freight House Farmers' Market, Davenport. For more information, contact Robbin Dunn, public works program coordinator for the city of Davenport, at (563) 327-5159.

Iowa public library offers storytime alfresco and green reading program for teens

In cooperation with the Iowa City Parks and Recreation Department, the Iowa Public Library will be provide an outdoor storytime for children ages 3 to 6 at two local parks this summer. Willowcreek Park storytimes will be held from 10:30 to 11 a.m. Wednesdays through Aug. 4. Mercer Park storytimes will feature the same program held from 10:30 to 11 a.m. Fridays through Aug. 6. The series is free of charge with no registration required. In case of rain, the storytimes will be held at the Iowa City Public Library. Teens, meanwhile, are invited to go green with the Teen Summer Reading Program. In addition to a chance to win prizes by reading books, teens have the opportunity to participate in a variety of eco-activities. The program runs through the end of July. For more information on either program, stop by or call the Iowa Public Library at (319) 356-5200.

resources

GROWING ROOFTOPS

(Story on page 18)

Even if homeowners don't opt to turn their roofs into gardens they still can keep rainwater on-site through rain gardens and/or rain barrels. To create a rain garden, Kathy Wine of River Action says people need to identify an area in their yard that catches water and then add rocks and long-rooted plants. Rain barrels just need to be placed by a downspout. Water from them can be used to water lawns, landscape beds, gardens or wash cars. Rain barrels also reduce storm-water runoff, lessening the impact on storm sewers, local streams and rivers.

Rain barrels can be ordered for $75 from River Action and include a 60-gallon barrel, lid, mosquito netting, downspout diverter, spigot, and two overflow attachments. To order, visit riveraction.org or call (563) 322-2969. The barrels can be picked up at River Action's office, 822 E. River Drive, Davenport.

THEN HE SAID 'BUBBLES'

(Story on page 24)

Autism organizations in the Radish region include:

- **Eastern Central Iowa Autism Society,** 642 10th St. Suite 201, Marion, IA, 52302; (319) 431-9052; eciautismsociety.org
- **University of Iowa Regional Autism Services Program Child Health Specialty Clinic,** 100 Hawkins Drive, Room 226, Iowa City, Iowa 52252; (319) 356-4619; www.medicine.uiowa.edu/autismservices; sue-baker@uiowa.edu
- **Mercy Service Club Autism Center,** Professional Arts Plaza, 3rd floor, 200 Mercy Drive, Dubuque, Iowa 52001; (563) 589-9035; mercydubuque.com/ProgramsServices/AutismCenter/index.htm; dqautism@mercyhealth.com
- **Tri State Autism Society,** 219 S. Campbell St., Macomb, IL 61455; (309) 833-3830; macomb.com/~ropejer
- **Quad Cities Autism Center,** New Hope Community Center, 2430 6th Ave., Moline, IL 61265; (309) 764 5555; qcautismcenter.org

COOKING WITH ELK

(Story on page 26)

Elk Tenderloin

½ cup vegetable oil
¼ cup soy sauce
Grated rind of one orange
Freshly ground pepper to taste
½ tablespoon minced garlic
¼ cup Madeira or red wine (optional)
1 whole elk tenderloin, sheath and extra fat removed

Combine oil, soy sauce, orange zest, pepper, garlic and (optionally) Madeira or wine. Marinate tenderloin in this mixture for 2-4 hours, turning often. Make double layer of tin foil, turn up edges and place in bottom of roasting pan. Remove tenderloin from marinade and place on foil. Put in preheated 450 degree oven for 15-20 minutes (time will vary depending on size of loin) until internal temperature reaches 120 degrees on a meat thermometer. Remove and let sit for 5-10 minutes before carving. Serve hot. Alternately, tenderloin also can be placed back on tin foil with cooking juices. Seal tin foil and refrigerate. Meat will absorb juices. Serve cold.

Source: Kathy Anderson, "Iowa Elk Breeders Association's 3rd Cookbook"

farmers' markets

ILLINOIS

BUREAU COUNTY
Bureau County Farmers' Market, Darius Miller Park at the train station, Princeton; 3:30-6:30 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, through October. (815) 875-6468

CARROLL COUNTY
Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 8 a.m.-noon Saturdays, through October. (815) 244-3027

HENRY COUNTY
Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, June 26-late October or early November. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, through September. (309) 852-2175

JO DAVIESS COUNTY
Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, through Nov. 19. (815) 598-3138

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

Galena Territory Association Farmers' Market, 2000 Territory Drive, Galena; 7:30 a.m.-12:30 p.m. July 4, 18; Aug. 1, 15, 29; Sept. 5, 12, 26; Oct. 10. (815) 777-2000

Stockton Farmers' Market, 3-6 p.m. Tuesdays, next to Casey's on S. Main Street, and 8 a.m.-noon Saturdays, Stockton High School, 500 N. Rush Street, through October. (815) 947-3197

Warren Farmers' Market, 110 W. Main St.; 8 a.m.-noon Saturdays, through October. (815) 745-3373

KNOX COUNTY
The Fairgrounds Farmers' Market, Knox County Fairgrounds, 1392 Knox Highway 9, Knoxville; 8:30 a.m.-12:30 p.m. Saturdays, through Sept. 25 and 3:30-7:30 p.m. Wednesdays, through Sept. 22. (309) 289-2714 or knoxfair.com

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Oct. 30. (309) 368-9844

Oneida Farmers' Market, across from the DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 1-Sept. 30. (309) 483-6467

LEE COUNTY
Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-6 p.m. Wednesdays and 7 a.m.-noon Saturdays, through October. (815) 284-3306

MCDONOUGH COUNTY
Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, through Oct. 23. (309) 837-4855

MERCER COUNTY
Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, through Oct. 14. (309) 582-2751

OGLE COUNTY
Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 8-Sept. 30. (815) 946-3131

PEORIA COUNTY
Shoppes at College Hills Farmers' Market, Von Maur parking lot, intersection of Towanda Avenue and Veterans' Parkway, Normal; 4-8 p.m. Wednesdays and 8 a.m.-11 a.m. Saturdays, through October. (309) 692-3672 ext. 19

ROCK ISLAND COUNTY
East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, May 1-Oct. 30. (815) 778-4483

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2:30 to 6:30 p.m. Wednesdays, through Oct. 27. (309) 756-9978 ext. 10

Main Street Market, 700 block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, through Sept. 30. (563) 441-4070 or (563) 940-7029

Port Byron Farmers' Market, downtown Port Byron, 2-5 p.m. Wednesdays, through October. (309) 269-8705

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 30. (309) 936-7792 or (309) 944-7980

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. (815) 626-8610 or tcmarket.org

IOWA

CEDAR COUNTY
Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, through Oct. 2. (563) 886-2076

CLINTON COUNTY
Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-6 p.m. Wednesdays and 8-11 a.m. Saturdays, through October. (563) 577-2216

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

DES MOINES COUNTY
Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, through October. (319) 752-6365

DUBUQUE COUNTY
Dubuque Farmers' Market, near City Hall on Iowa and 12th-13th streets; 7 a.m.-noon Saturdays, through Oct. 30. (563) 588-4400

Fountain Park Farmers' Market, Fountain Park Plaza, 2728 Asbury Road, Dubuque; 3-6 p.m. Thursdays, through Sept. 30. (563) 588-2700

HENRY COUNTY
Mount Pleasant Farmers' Market, McMillan Park, Walnut Street; 4:30-6:30 p.m. Wednesdays and 8:30-11 a.m. Saturdays, through Oct. 16. (319) 931-1458 or mpfarmmarket.org

JACKSON COUNTY
Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, through September. (563) 872-4170

JEFFERSON COUNTY
Fairfield Farmers' Market, Howard Park at Main and Grimes streets; 3-6 p.m. Wednesdays and 8 a.m.-1 p.m. Saturdays, through Oct. 30. (641) 472-6177

JOHNSON COUNTY
Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-8 p.m. Mondays and Thursdays, through Sept. 30. (319) 248-1750

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, through Oct. 30. (319) 356-5210

Lone Tree Farmer's Market, North Park, 402 N. Devoe, Lone Tree, Iowa; 4-6:30 p.m. Tuesdays, through Oct. 26. (319) 629-4299

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. 26. (319) 338-6111

LEE COUNTY
Fort Madison Farmers' Market, downtown Avenue G; 8 a.m.-noon Saturdays, through Aug. 28. (319) 372-5482

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 6:30-11 a.m. Saturdays, through Sept. 25. (319) 524-3985

LOUISA COUNTY
Louisa County Farmers' Market, American Legion parking lot, 99 2nd St., Columbus Junction; 4:30-6:30 p.m. Fridays, through Oct. 8. (319) 728-7971 or cdc@columbusjunctioniowa.org.

LINN COUNTY
8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, through Oct. 23, except for July 3, 17; Aug. 7, 21; Sept. 4, 18. (319) 286-5699

Green Square Farmers' Market, Green Square Park, 3rd Avenue and 5th Street SW, Cedar Rapids; 4-6 p.m. Thursdays, through Aug. 26. (319) 286-5699

Downtown Farmer's Market, 3rd and 4th avenues, downtown Cedar Rapids; 7:30 a.m.-noon, July 3, 17; Aug. 7, 21; Sept. 4, 18. (319) 398-0449

Mount Vernon Farmers' Market, Memorial Park, 1st Street W., Mount Vernon; 4-6 p.m. Thursdays, through Oct. 14. (319) 310-6399 or mtvernonfm@yahoo.com

Noelridge Farmer's Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through Oct. 22. (319) 286-5699

MUSCATINE COUNTY
Muscatine Farmers' Market, Wilson's True Value Hardware Store; 2:30-5:30 p.m. Tuesdays, 1420 Park Ave., and 7:30-11:30 a.m. Saturdays, Mississippi Drive and Cedar Street, through Oct. 30. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY
Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 25. (563) 332-5529

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, through Oct. 28. (563) 332-5529

Davenport Freight House Farmers' Market, 421 W. River Drive; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, year-round. Outdoor market through October. (563) 940-0634

Davenport Farmers' Market, parking lot of NorthPark Mall, 8 a.m. to noon Wednesdays and Saturdays, through Oct.30. (563) 332-5529

Blue Grass Farmers' Market, Paul Barnes' farm, 430 Mayne St.; 4-7 p.m. Thursdays, through September. (563) 381-3761

food for thought

Best served slow

Slow Food says enjoy what you eat, eat what you enjoy

By Linnea Crowther

Good, clean and fair. These might sound like words of wisdom for running a business or playing a Little League game, and they are certainly sound advice on how to live. This motto, however, belongs to the Slow Food movement.

For Slow Food members, "good" means food that is healthy and delicious. "Clean" means food that is as good for the earth as it is for our bodies. And "fair" means food that is available to all regardless of income, produced by people who are treated with dignity and paid a living wage.

As its name suggests, Slow Food is also about slowing down. It encourages us to step away from the fast-food burgers, meal-replacement shakes and instant mac-n-cheese, and take pleasure instead in creating and enjoying our food. Food isn't an enemy or a chore in the Slow Food philosophy. Delicious food is a delight, and nourishment is a good thing. A meal savored with loved ones satisfies a human need for community that we risk missing out on more and more as we eat in our cars or at our desks.

The Slow Food movement began over 20 years ago in Europe, where it was initially a protest against a new McDonald's slated to open near the Spanish Steps in Rome. Since then the organization has expanded to embrace a variety of goals and programs, all centered around the idea of good, clean and fair food.

Food isn't an enemy or a chore in the Slow Food philosophy.

One of these programs, the Ark of Taste, identifies and promotes heirloom and heritage foods that face extinction — including produce; animals raised for meat, milk, and eggs; and foods we make, like breads and cheeses. Heirloom and heritage foods are what our grandparents ate, at a time when food like tomato varieties were prized for excellent flavor or unique color, not for an ability to travel across the country in a truck without getting bruised. The Ark of Taste catalog features foods from all over the world in an attempt to make sure these unique foods aren't forgotten in favor of uniformity.

Another key advocacy area for Slow Food proponents is an effort to improve what children eat at school. Slow Food USA's Time For Lunch campaign is a part of these efforts. Slow Food is raising awareness and working toward legislation to provide more money for school lunches and better nutritional standards. The group also advocates for funding for Farm to School programs, which bring local, healthy food to cafeterias — and also create and maintain jobs.

Slow Food USA is made up of hundreds of local chapters across the U.S., including a chapter in Iowa City and another that is forming in the Quad-Cities. Each chapter is involved with the national group's efforts, but they also work on smaller — but no less important — school programs in their communities. One chapter might help a school to plant and maintain a garden where children can make a personal connection to their food. Another might sponsor an after-school farmers' market or a field trip to a local farm, helping engage and interest kids in the food they eat.

For its own members, a Slow Food chapter might hold a workshop on foraging for wild foods or planting an urban garden. Or there could be classes and demonstrations in canning and preserving. Local chapters also enjoy fun activities like potlucks and restaurant dinners based around local and regional food. Some organize tours of area farms, while others hold tastings with local breweries and wineries. Getting people together to celebrate food is a key element of Slow Food.

So much of the pleasure of food has been lost in our superfast culture, and the Slow Food movement strives to change that. Slow Food's programs are becoming more important in these days of over-processed and under-nutritious food. We can regain a good relationship with food by taking our time with it, sharing it with family and friends, and knowing its origins.

For more information about Slow Food programs, visit slowfoodusa.org. To get involved with the Iowa City chapter, check out slowfoodiowa.org. Or, to learn more about the newly developing Quad-Cities chapter, email slowfoodqc@gmail.com.

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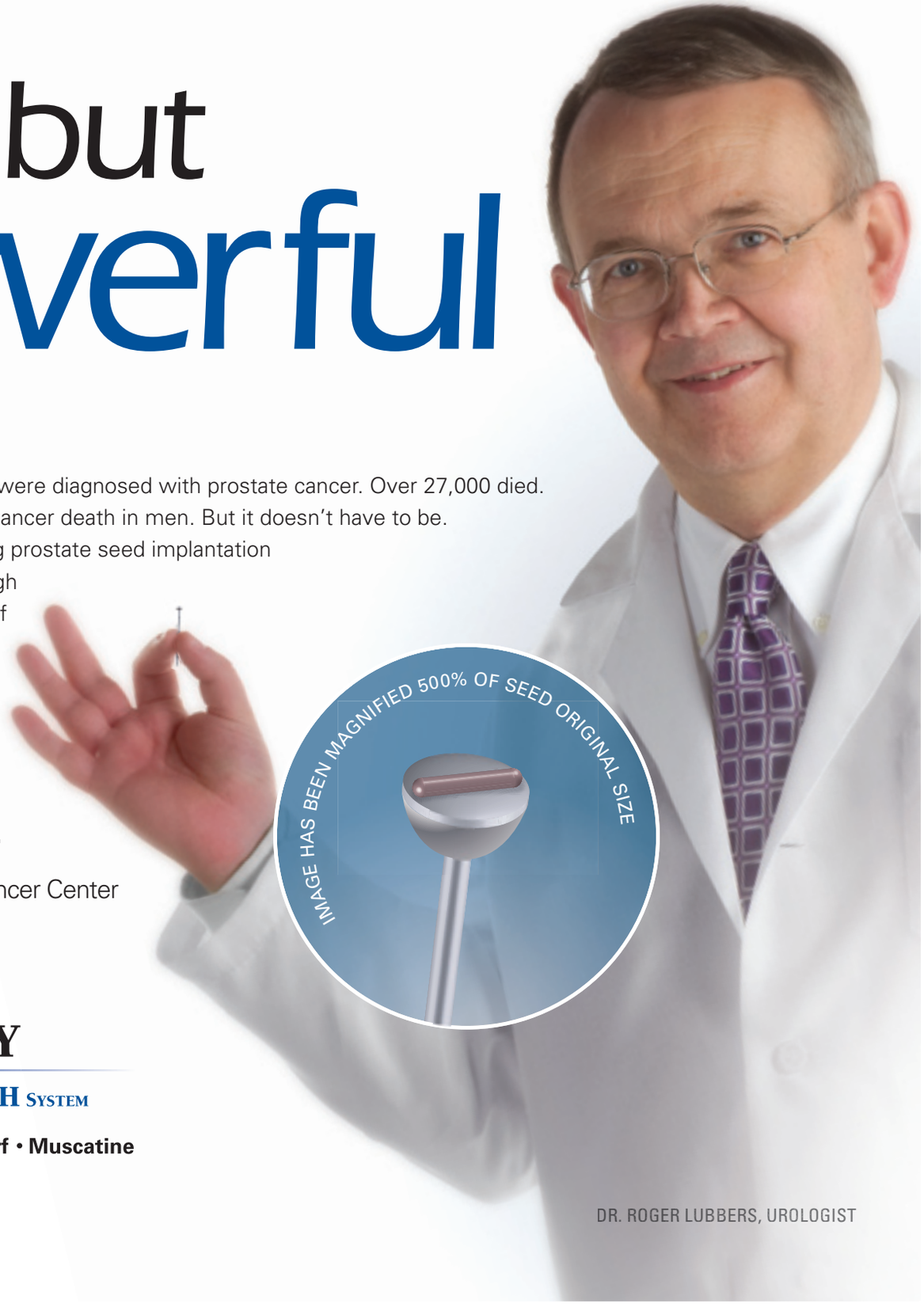

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