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JULY 2012

Paddleboards on
the Galena River

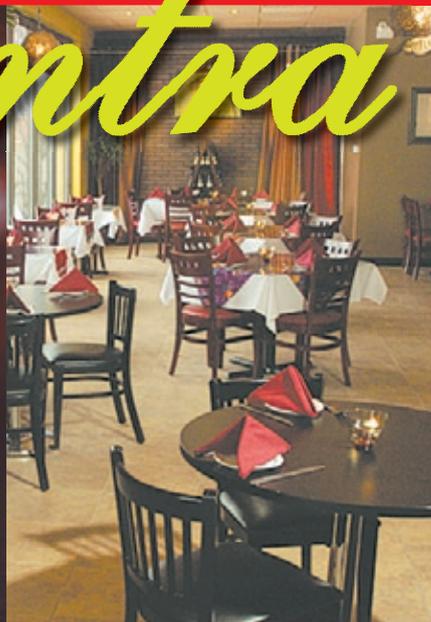
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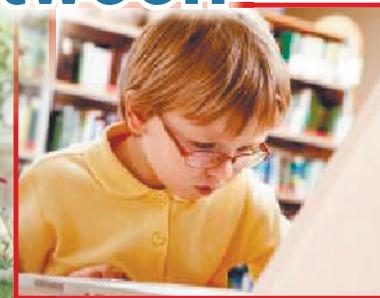
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from the editor



Radish editor Sarah J. Gardner with Magic and Galena of Peppertree Alpacas at the 2012 Healthy Living Fair. (Photo by John Greenwood / Radish)

And so we come to July, a month I think of as “maximum velocity summer,” when we have a near embarrassment of bright weather and recreational opportunity. For me the season always seems to kick off with the Radish Healthy Living Fair a few weeks prior, and then it just picks up steam with each passing backyard cookout, bike ride, baseball game and trip the farmers’ market. Before you know it, we’ll be licking our fingers after eating some delectable tidbit at the county fair, wondering how we could be arriving so quickly at the other end of the season.

I’m sure come October I’ll be looking forward to autumn’s inwardness, and by December I’ll welcome the excuse to knit by the fire, but in the meantime all my instincts are to revel in the sunny days and summer bounty. Certainly, if you are looking for ideas as to ways to make the most of the season, you’ll find plenty to inspire you in this issue of the Radish, from stand-up paddleboarding in Galena, Ill., to great places to pack a picnic and head out for a hike. You’ll also find tips to help make sure the season doesn’t get the most of *you*, including articles with suggestions on finding the right sunblock and making your own skin-soothing herbal scrubs.

Of course, for me July is also an anniversary of sorts, the month I came to settle into the Quad-Cities. At the time, I knew next to nothing about the area. In fact, my husband and I still laugh about the day I set out from the apartment we initially rented in Iowa, determined to see the lay of the land for myself. When he called a couple hours later to confirm a meeting place, I responded breathlessly, “You’re not going to believe it. I’m in Illinois. I *walked* here!” Having lived the previous three years in Texas, a very big state with far fewer pedestrian accommodations, the idea that I could pass from one state to another on foot seemed nothing short of astounding.

Five years later, I feel lucky for the chance to have gotten to know so many of the wonderful people and interesting places that make this a great area in which to live and work. In fact, in many ways I feel like I’m still discovering much that the region has to offer — especially through my work with Radish. When Joe Payne submitted his description of Mississippi Palisades State Park for our picnic article, for example, my first thought upon reading it was, “How have I not been there yet?” As a result, you can guess what will be high on my list of things to do as this summer kicks into high gear.

— Sarah J. Gardner
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Radish

HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

Paws for reflection (June 2012): "Awww. I love this story."

— Bruce Bachmann, Cedar Rapids, IA

Faith in action (June 2012): "Very nice article! It is such a worthwhile cause. And though people may feel they should practice 'green' habits, showing them simple ways of doing so can demonstrate how easy, and economical, it can be. The impact can be huge!"

— Dean Reynolds, Eustis, FL

"Kudos on the inspiring and motivational article 'Faith in action ...' The fact that these dear people come from local congregations makes it all the better, because as scripture tells us 'faith without works is ...' well, you know."

— David Grimes, Monmouth, IL

On the Road with Radish

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

- Watershed Festival 2012,

8 a.m. to 1 p.m. Saturday, July 14, adjacent to the Freight House Farmers' Market, 421 W. River Drive,

Davenport. For more information, visit cityofdavenportiowa.com/watershed.

• Seed Savers Exchange 32nd Annual Conference & Campout, July 20-22 (Radish will be on site July 20), at Heritage Farm, 3094 N. Winn Road, Decorah, Iowa. Read more about keynote speaker Frances Moore Lappé on page 32, and for more information, visit seedsavers.org.

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

Beg your pardon

In the June issue of Radish, instructor Scott Caulpetzer's place of business was incorrectly identified. It should have been listed as Great River T'ai Chi Ch'uan. We regret the oversight.

Farmers' markets

Traveling in Radishland this summer? Be sure to check out the complete list of farmers' markets, including locations and hours of operation, available at radishmagazine.com. It's your guide to find the best the area has to offer in fresh, local produce, meats, baked goods and more.

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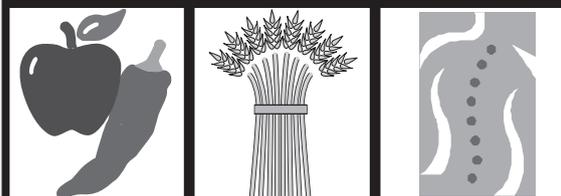
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Denise Hnytka & Jason Fechner

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Shanti Sellz, Pete Flynn, Sophie Mae Stutsman, Jessica Stutsman, Anne Stork, Oliver Stork, and Noah Stork of Dirty Face Creek Farm. (Photo by Mary Blackwood)

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Geneseo Campground owners Shari and Craig Weber like helping people get away, and their latest addition helps folks get a world away — like to the steppes of Central Asia.

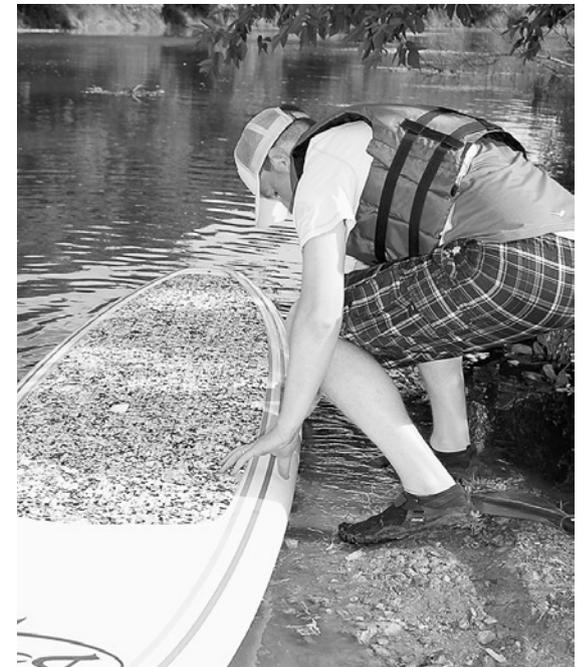
"The yurt certainly has attracted a bit of attention," Shari said of the campground's newest rental unit, a modern take on an ancient tent-like dwelling. Read all about it online at radishmagazine.com.



healthy living

Paddle up

Stand-up paddleboards offer a unique river excursion



From left, Fever River Outfitters in Galena, Ill., owner Deb Malone and employees Eva Folks and Will Hoyer. (Photos by Sarah J. Gardner / Radish)

By Sarah J. Gardner

It was a perfect day in early summer: The blue of the sky, the bright sun overhead, the river coolly lapping at the shore. Just downstream I could see swallows swoop down to the water to nip a bite to eat, then veer back toward the tree-lined banks. As I paddled my way down the Galena River, I couldn't help but muse that on a summer afternoon, there's nothing like being out on the water — and when it comes to being on the water, there's nothing quite like being on a stand-up paddleboard.

"It's just really relaxing," says Deb Malone, owner of Fever River Outfitters, who added stand-up paddleboards. She got her first taste at a conference where it was being touted as one of the fastest growing water sports, and in 2011 she added the boards to canoes, kayaks and bikes that could be rented from her shop at 525 S. Main St. in Galena, Ill.

Skimming along the surface of the water, I heartily agreed with her description, though just a half hour prior when Malone had been demonstrating how to get started by moving from a kneeling

Within a half hour, I was happily making my way up the river as easily as if I were walking on it.

position to a standing one on the boards, "really relaxing" was not the phrase that jumped to mind. It was more like, "Yoga, don't fail me now."

This isn't to say you have to be particularly flexible to get on a paddleboard, but good balance is

helpful. "You begin like this, with your hands and knees on the board, and your weight centered over the middle," Malone instructed, as the paddleboard rocked gently in the water and I watched from shore. "Then you move one foot under you, and then the other, and then you — just — slowly — stand up!" She finished, upright, with a smile and assurances that the boards were very stable.

A few minutes later, I was standing in the middle of the river on my own paddleboard next to her, having imitated her step-by-step instructions carefully (albeit with a bit more wobbling). Malone gave me a few minutes to get my bearings and then demonstrated some basic strokes with the paddle, which resembles an elongated canoe paddle. And that was it. Within a half hour, I was happily making my way up the river as easily as if I were walking on it, taking in a cheery view of the tops of Galena's brick buildings hovering just above the floodwall.

A sense of the familiar

It sounds like the start of a riddle, but the phrase kept coming to me as I moved up and down the river: How is a paddleboard like a platypus? Both glide through the water, obviously, but there's another connection. Just as descriptions of platypuses invoke other animals (a duck's bill, a beaver's tail), you can't help but refer to other sports (surfing, boating) to describe paddleboarding.

Much like in kayaking, you propel yourself forward on a paddleboard by planting the paddle in the water and then, keeping your arms straight, you push down with your top hand while rotating your torso to draw the paddle towards you — although, also like in kayaking, many beginners start out by bending their arms to sweep the paddle in. “Which is totally fine,” said Malone. “But eventually you discover keeping your arms straight is more efficient.”

There's also a bit of skiing to it. Before setting out on my paddleboard adventure, I asked Jasper Henderson, a Fever River Outfitters employee, to describe his experiences to me. An avid snow skier, he was quick to compare the two activities, advising that in both, “the more you try to lean, the higher your risk of failure.”

True enough, as I soon discovered. Near the end of my excursion, I instinctively leaned into a turn (a habit I have from cycling, so if there is a lesson here, it is that paddleboarding is like many things, but biking is not one of them). The board beneath me suddenly jugged up to a precarious 45-degree angle to the water. A quick crouch and careful re-centering of my weight averted total disaster, but not before I felt the cool lick of water on my feet. My day on the river narrowly avoided becoming a day in the river — a mistake I did not repeat.

Asanas on the water

For Malone, the most exciting connection is between paddleboarding and yoga. Shortly after the first paddleboards arrived at her shop and she began taking them out on the water herself, she saw how the two activities could connect.

Malone invited Darcee Monde, the instructor who has taught combination yoga and kayaking classes for Fever River Outfitters, to take out a paddleboard and see what she could do. The result? “Yoga on Stand-up Paddleboards” being added to the busy roster of classes offered by the outfitter. Tree might be out, laughs Malone, but many other poses are quite manageable. “To see her do ‘crow’ on a board in the middle of the river is just really cool,” she says.

For those who aren't quite ready to try their hand (and feet and knees) at yoga on a water craft, Fever River Outfitters also offers basic introductory classes on the paddleboards Wednesdays and Saturdays throughout the summer, as well as by appointment. A minimum of five students are needed to run the class, so it's a good idea to call ahead. Classes cost \$40 per person and take about 30 minutes, after which paddlers are free to spend an additional hour and a half exploring the Galena River. Once someone has taken a class, he or she can return and rent a paddleboard anytime for \$25 for two hours. Paddleboards need to be reserved 24 hours in advance.

In the end, getting the basics of paddleboarding down proved far less difficult for me than getting back off the board — not because I hadn't worked out the balancing act by then, but because I was reluctant for my session to end. With such beautiful weather and such a nice way to spend the time, who could blame me?

Sarah J. Gardner is editor of Radish. For more on Fever River Outfitters, including a complete list of classes and rental fees, visit feverriveroutfitters.com.

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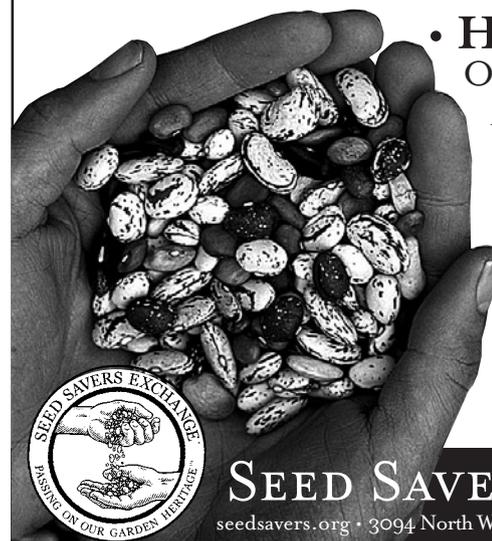
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healthy living

Garlic, a love story

Discovering the romantic charm of the ‘stinking rose’

By Leslie Klipsch

Never mind that garlic has long been said to contain a host of health benefits. Or that it's famous for warding off vampires. For many, garlic is about a pungent smell wafting through the kitchen as a glass of wine is poured by the cook; or the simple anticipation of a thoughtfully prepared evening meal.

But for me, garlic is about falling in love.

In my final year of college, I dated a man with whom I was utterly smitten. Because I was eager to impress him and because it seemed like something you should do when falling in love, I invited him to

my apartment for a romantic dinner. After all, he had already expertly prepared a lovely meal of roast chicken and rice pilaf for me. As he accepted my invitation, my heart began to race — and not just because I was standing next to him and he had that effect on me. My pulse quickened because I had no idea how to cook.

I had grown up watching my grandmother prepare delicious meals for huge crowds and my mother throw elegant dinner parties with carefully planned menus, so it felt like preparing a notable meal should be second nature. But unfortunately, at that point, my main kitchen accomplishments consisted of

slicing cheese to place atop Ritz crackers and boiling water for a box of Uncle Ben's wild rice. I clearly needed assistance.

Without hesitation, Carrie — a sophisticated friend with significant culinary chops — came up with my date plate: fettuccine with homemade Alfredo and shrimp. Paired with a salad and a loaf of crusty bread, the plan seemed simple, yet impressive. She quickly wrote out the recipe, gave me a few basic pointers (fresh garlic, not the dehydrated flakes found in the spice section; fresh parmesan, not the green and yellow container on the shelf; fresh pasta, not boxed) and wished me luck.

A bulb of garlic, it turns out, is different than a clove. This I did not realize until I had painstakingly peeled and minced approximately 35 cloves of garlic — the entire contents of three bulbs — served the pasta and taken a bite.

That evening, at a carefully set table, my date and I dined by candlelight. “It’s a bit garlicky, don’t you think?” I asked over and over again.

“It’s perfect,” he would reply.

We breathed garlic for days.

Since then, I like to think I’ve made some progress in the kitchen. For instance, when cooking with garlic, not only am I able to identify each part of the versatile bulbous plant, but I’m beginning to

But for me, garlic is about falling in love.

understand its nuance and potential. I’ve learned that it’s wise to crush or chop each clove and then let it rest on the cutting board for 10 minutes or so before throwing it into the mix. Doing so triggers an enzyme reaction that maximizes the healthy compounds in garlic, whose hydrogen sulfide production is said to protect against various cancers and may also defend the heart. I’ve scoured cookbooks and learned to roast whole bulbs, using them as a base



Photos by John Greenwood / Radish

for a deliciously rich garlic soup. I've even learned a technique to shake loose each plump, fleshy clove from the flaky skin of an entire bulb in 10 seconds flat.

I have also married the gracious man who acted as if nothing was amiss when I overwhelmed him with garlic masked as Alfredo. Ten years, three children, and hundreds of memorable meals later, I am still an enthusiastic cook who makes all kinds of mistakes. And he is still a sweet man who always compliments my cooking.

Leslie Klipsch is a frequent Radish contributor. For a recipe for Roasted Garlic Soup, visit radishmagazine.com.

Pasta with Garlic and Roasted Summer Vegetables, Two Ways

1 pound cherry tomatoes, cut in half
1 pound asparagus, trimmed and cut into 2-inch lengths
1 small zucchini quartered lengthwise and cut into 2-inch pieces
1 small summer squash quartered lengthwise, cut into 2-inch pieces
1 large red bell pepper, cored, seeded and cut into chunks
8 scallions, white and tender green parts only, cut into 2-inch lengths
1 tablespoon extra-virgin olive oil
Salt and freshly ground pepper, to taste
1 pound pasta



Preheat oven to 450 F. Combine tomatoes, asparagus, zucchini, summer squash, bell pepper and scallions in a large bowl. Drizzle oil over the top, season with salt and pepper and toss to coat well. Spread on two baking sheets and roast, stirring occasionally, for 15 minutes, or until tender.

Meanwhile, cook pasta (linguine or fettuccine are preferred) in a large pot of boiling salted water until tender but firm. Drain and place in a large serving bowl. Toss with the roasted vegetables and EITHER the garlic puree or crème sauce (below). Season with salt and pepper and serve immediately.

Garlic Puree

1 cup vegetable stock
2 tablespoons balsamic vinegar
10 large cloves garlic, peeled and cut in half

Combine stock and garlic in a small saucepan. Bring to a boil, reduce heat to low and simmer, covered, for 15 to 20 minutes, or until garlic is tender. Place broth, garlic and vinegar in a blender or food processor and puree until smooth. Return to the saucepan and keep warm over low heat until pasta and vegetables are ready to serve.

Carrie's Crème Sauce

½ pint whipping cream
1 stick butter
1 cup fresh, shredded parmesan
3 cloves garlic, peeled and minced

Melt butter in large sauté pan. Add garlic, making sure temperature isn't higher than medium. Add whipping cream and stir in parmesan, adding just a bit of cheese at a time. When cheese is melted, toss with noodles and vegetables.

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Great places to combine a good hike with a picnic

By Radish staff

Is it any accident that most hikers also like to picnic? Probably not. After all, nothing works up a healthy appetite like a good walk in the fresh air. With both picnic and hiking season in full swing, we asked Radish staff about their favorite places to pack a lunch and hit the trail. Here are their recommendations.



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Lunch
with a
view

Maquoketa Caves State Park, 10970 98th St., Maquoketa, Iowa. *More information: Call (563) 652-5833 or visit iowadnr.gov and click on “destinations.”*

If the caves at Maquoketa Caves State Park had not been closed for the last two seasons, I might never have discovered the rustic, six-sided shelter that has become a favorite picnic destination for my family. Perched atop a narrow limestone ridge at one of the highest points in the park, the shelter rewards hikers with a cool, breezy spot to dine and unwind with views of the rock faces and woods below.

To reach the shelter, take the trail leading to the Lower Raccoon Valley Caves as it winds past Rainy Day Cave and Ice Cave. Just past these, you'll find a series of wooden stairs that lead to the top of the ridge. Turn right (south) on the trail at the top and climb a second, shorter series of stone steps, then continue to follow the trail as it meanders along the ridge line. A final set of steps will lead you to the shelter atop the ridge, resembling a large gazebo with six thick log posts and a shingled roof.

For this effort, the shelter will reward you with a quiet, out-of-the-way place to relax in the heart of a very busy park. The floor of the picnic shelter is dirt and stone, which means you may want to bring a blanket to sit on, and there are no trash containers, so plan on packing out any leftovers and packaging you bring with you. And if you'd like to combine your picnic with a visit to the caves, they are once again

open to park visitors. You only need to attend a short information session on protecting bats from White Nose Syndrome to obtain a bracelet allowing access to the caves all summer.

— Sarah J. Gardner

A trip
worth
taking

Mississippi Palisades State Park, Savanna, Ill. *More information: Call (815) 273-2731 or visit dnr.illinois.gov and click on “parks.”*

One of my favorite places for hiking and picnicking is Mississippi Palisades State Park, three miles north of Savanna, Ill., off Illinois Route 84 along the Mississippi River.

Such a picnic takes a little more time due to the travel involved to get there, but it's well worth the trip. I've been visiting the park my whole life, ever since I first went there as a child of about 7 with my best friend and his family. The park has never disappointed me, always providing really good tromps to bring on the hunger, making even the most blah of fare — cheese and bologna sandwiches come to mind — taste exquisite.

Palisades park offers 13 miles of trails ranging in difficulty, depending on your ability and desired workout. The High Point Trail on the north side and the more strenuous Sentinel Trail on the south offer many shaded, out-of-the-way places to spread a blanket and have a feast. Both trails lead to breathtaking views of the Mississippi River valley from atop the

bluffs. Picnic tables and large shelters also are available in the park as well.

After you've hiked and had your picnic, hike some more. If you've yet to try the Sentinel Trail and are up to the challenge, follow it to the incredible limestone bluffs such as Indian Head and Twin Sisters. By this time you'll be hungry again — your cue to have your second picnic of the day.

— Joe Payne

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File

When I visit the beautiful Black Hawk State Historic Site, I usually go with a particular plan in mind. In the mood for a longer hike? Meander through six miles of marked hiking trails that weave through a varied landscape. If a short stroll is more your thing, stay near the clearings toward Black Hawk Road / 46th Avenue. Either way, there are plenty of places to wander and many sights to see.

With time on your hands, you can make your way through the trails and choose a picnic spot where you can see the river or in a nice shady patch deep in the woods. There are plenty of spots to lay a blanket, and many downed trees or benches to sit on.

Whatever the length of the hike, I also make time to play. No matter how old I get, I'll always enjoy a good swing. Find at least two playground areas on either side of 46th Avenue and let out your inner kid.

— Laura Anderson Shaw

Close
to
home

Sylvan Island Park, Moline. More information: Visit moline.il.us and click on "recreation"

This little gem of an urban park is on a small island tucked between the Rock Island/Moline riverfront and Arsenal Island. Once home to a steel mill that closed in 1956, it's now a great destination for people who want to walk, bike, fish or picnic.

The city of Moline this spring completed work on a new parking lot at First Street and First Avenue and a nearby bathroom building with drinking fountains. Both are handicapped-accessible.

After strolling across the bridge that leads to the island from the parking lot, we spotted a picnic table in the shade. There, we munched on the food we had carried in while our two dogs eyed rabbits hopping through the grass along the sandy path. The day was hot, but the breeze through the shade cast by tall trees was refreshing. Walking along the shore path, we spotted a flock of pelicans, an isolated egret standing sentinel in the shallows, and countless people with fishing poles.

— Laura Fraembs

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In it together

Dirty Face Creek Farm builds sustainability, community

By Mary Blackwood

Dirty Face Creek Farm is well-named, if you go by the faces of 4-year-old Sophie Mae Stutsman and 2-year-old Oliver Stork. The creek that runs along the farm property in rural Johnson County, Iowa, reportedly got its name from a settler family's children who perpetually had dirty faces. Today, Sophie Mae runs along the furrows of deep-green kale while Oliver munches on a radish pulled straight from the earth, bits of soil smearing his cheeks. A little dirt never hurt anyone, particularly when it's organic dirt with no pesticides, no synthetic fertilizers, no genetically altered substances — in short, nothing that Mother Nature didn't put there.

That's exactly what Mike and Jessica Stutsman, Sophie Mae's parents, had in mind when they founded Dirty Face Creek Farm in 2005 on land the Stutsman family has farmed for generations. Although Mike passed away unexpectedly more than three years ago, he is remembered with great fondness for his kindness as well as his dedication to the land and to sustainable and organic principles. Getting certified was a long and arduous process: "It was Mike's baby all the way," says Jessica. "We have around three acres certified right now and are looking at certifying another 10 acres in the future."

From this little organic farm comes a bounty of kale, basil, raspberries, cherry tomatoes and garlic (not to mention the oyster mushrooms, rainbow

chard and blackberries) destined for the Iowa City farmers' market and for the tables of members of the farm's recently-inaugurated CSA. The produce can also be found at Iowa City's New Pioneer Co-op, numerous local restaurants, and even in select Hy-Vee grocery stores.

Growing all that produce takes the work of many hands. Dirty Face Creek Farm is a true community, tended jointly by Jessica Stutsman with friends Anne and Noah Stork (parents of Oliver), Shanti Sellz, and farm manager Pete Flynn. They also get seasonal help from participants in the Youth Empowered to Serve (YES) program, through which Iowa City youth are paid a decent wage to work and learn, getting their hands dirty, quite literally.



From left: Oliver Stork, Anne Stork, Noah Stork, Shanti Sellz, Pete Flynn, Jessica Stutsman and Sophie Mae Stutsman. (Photo by Mary Blackwood / Radish)

According to Sellz, “The kids learn about where food comes from, how it moves from farm to table, and also things like how to prepare a resume. They work side by side with us, learning skills and getting real satisfaction from a job well done.”

What goes in the ground

Biodiversity is key at Dirty Face Creek Farm. “Diversity is great for the soil,” says Flynn, “because a single plant is not using up all the soil’s nutrients, and also because it allows us to put more diversified offerings in the boxes for our CSA members.”

In accordance with the many forms of biological farming used at Dirty Face Creek Farm, Flynn encourages mycorrhizal (from the Greek for “fungus-root”) life in the soil. These fungi grow around plant roots but are able to extend much farther into the soil than most roots. In this way, they help the shallower roots of crops to access deeply buried nutrients and water.

The diversity is also on display in the furrows. Heirloom varieties of vegetables are cherished at Dirty Face Creek Farm for their flavor and genetic diversity. Instead of relying on far-off multinational companies to provide seed, Dirty Face Creek Farm closes the loop and helps perpetuate heirloom varieties by saving seeds from their own produce yearly. Seed-saving, like organic farming, is labor-intensive and difficult, but it provides commensurate benefits.

Crops are planted in contoured rows that follow the curving slope of the land, assuring that water will be captured in the rows rather than running off. For the same reason, clover and other ground covers are encouraged in nonplanted areas. Particularly in a spring as dry as this one, conserving water becomes incredibly important.

While Dirty Face Creek Farm is mostly about produce, there are some animal friends living on the farm, including a “guard” llama, fluffy sheep and curly-haired Angora goats that provide fiber for Stutsman’s loom. Chickens roam the grounds, more to eat pests than for egg-laying. Of course there are also visitors from nature, such as rabbits. Flynn feels that these creatures also have a right to be on the land, and our stewardship should encompass care for Iowa’s native animals as well as the soil.

Taking the next step

Dirty Face Creek Farm has expansion plans to sustain its own future. An almost-completed cooler building, the size of a small barn, is rising near the century-old farmhouse. This will help keep produce fresh over the winter. The growers are also planning to create community meals based around freshly harvested food and the recipes developed by Anne Stork, a professionally-trained cook. The meals will invite CSA members, friends and family to eat together at picnic tables and benches right on the farm property.

It all comes back to community, a model of sustainability built on a vision in which urban and rural people, large and small food-growing concerns, old and new technology are all intertwined — even the past and the future. In the place where settlers with dirty-faced children first tilled the soil of Iowa, Sophie Mae and Dirty Face Creek Farm are growing up — together — on the very land where her father was raised.

Mary Blackwood is a freelance writer based in Iowa City. For more information on Dirty Face Creek Farm, visit dirtyfacecreekfarm.com.



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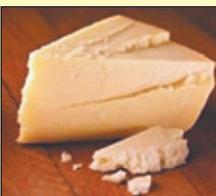
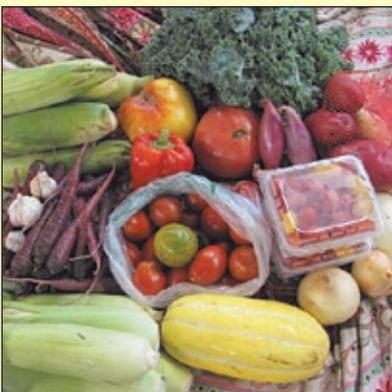
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outdoors

From paper to park

Creativity and science combine in public space design

By Becky Langdon

Whether swinging a golf club, strolling along a waterfront or jogging down a path in a public park, chances are you're not thinking about the careful combination of art, science, math and nature that come together to create these spaces. But parks don't just happen. Long before the first tree is planted or the first water feature is installed, these parks begin with a goal and a bit of imagination.

Sandy Doran, a landscape architect with Shive-Hattery in Moline, is one of the people who helps bring parks into existence. Doran has worked with municipalities to design and update numerous parks across the area. Her work has ranged from renovating Prospect Park in Moline, to developing an urban plaza on Iowa Street in downtown Davenport, to her most recent project — designing an “enabling garden” at Vander Veer Park in Davenport.

Whatever the project, the process of creating a park usually begins by meeting with the stakeholders and city staff to identify the goals for that space. For instance, the enabling garden at Vander Veer Park began with a goal to offer horticultural therapy opportunities for people recovering from physical injuries. This would allow activities that would normally happen inside the hospital to be brought out into nature.

The revitalization of Prospect Park in Moline had a different set of aims. The city hoped to renovate the space to offer a variety of forms of recreation. The improvements included restoring the pavilion, adding a disc-golf course, and developing new trails with designated levels of difficulty for use by Trinity Health heart patients, to name a few.

Keeping such goals in mind, Doran starts each project by tapping into her artistic side, putting her initial concepts on paper. As ideas begin to take shape and life, she moves on to develop the master plan, which provides a graphic representation of the park and includes budget numbers. Subsequent renderings



Sandy Doran in Davenport's Bechtel Park, one of a number of Quad-Cities public spaces she has helped design. (Photo by Paul Colletti /Radish)

made by members of her team, including more detailed drawings and 3-D representations of the park, help the stakeholders visualize the final result. Line by line the park takes shape.

As she adds elements and refines the design, there are several factors that Doran takes into consideration. Staying within the limitations of a budget can be one of the biggest challenges. “We always want to spend more money than anybody has,” Doran laughs.

One of the most important considerations is the environmental impact of the park. “We like to use green practices for stormwater management and for plantings,” Doran says.

For some projects, resolving environmental issues is one of the chief goals in making renovations. For example, the pond at Prospect Park was suffering from poor water quality. By applying best practices for stormwater management such as installing small berms along a hillside to slow down storm runoff, Doran's team was able to resolve drainage issues and improve the water quality.

The ability to maintain the park long term is also critical to achieving the goals for the park. Doran says, “It can look beautiful, but if no one can care for it, it's not a success.”

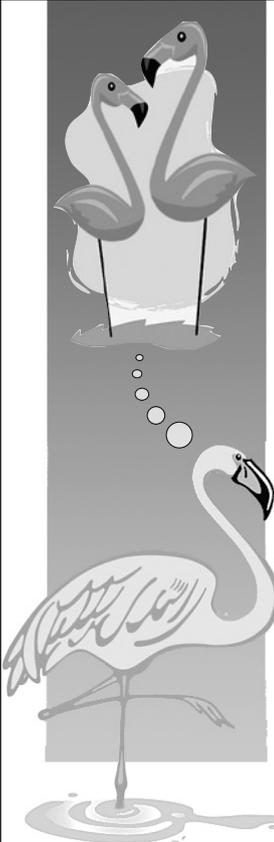
A successful park balances looking good and being useful, but fortunately, those elements often go hand in hand. For example, big trees can add beauty to a park, but they also serve the practical function of providing shade.

From concept to construction, a variety of people are involved to accomplish the park's goals, including engineers, architects, graphic designers and general contractors. Doran emphasizes the importance of all those roles in building a park.

For her, choosing landscape architecture as her career was a no-brainer. She says, “I grew up in a family that had artists and plant people and designers, so I was drawn to the profession through my background.” The aspect she most enjoys about her work is giving people in the community a space to be outside and enjoy nature — whether that comes through a traditional park complete with trees, plants, playgrounds and picnic areas, or a beautifully landscaped urban plaza.

“I think a park is any space where people can be a part of the natural environment,” she says. “A space that brings people outside for physical health and mental health.”

Becky Langdon is a regular Radish contributor.



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Feel-good fish

CSA model supports sustainable fishing practices

By Ann Ring

Sustainably-harvested Pacific salmon is closer than you think, thanks to Sitka Salmon Shares. Originating from Sitka, Alaska, and now operating a distribution point in Galesburg, Ill., Sitka Salmon Shares operates on a community supported agriculture (CSA) model, except instead of purchasing shares of crops from local farmers, consumers buy wild salmon directly from the fishermen.

Alaska's main export, excluding oil and natural gas, is seafood, primarily salmon. Catching this much typically means commercial fishing with nets "the size of football fields," according to Nic Mink, Knox College visiting professor and one of Sitka Salmon Shares' founders. He also notes that commercially-caught and processed salmon tastes fishy because the salmon have to sit in a boat in water and are often mishandled by their tails and thus become bruised and battered. Plus, there is the time it takes before the seafood is processed and delivered to your grocery or restaurant — a process of up to eight days. "Most people are eating wild salmon at the end of its shelf life," he says. "It's like shooting a cow and letting it sit two or three days."

Sitka Salmon Shares is the antithesis to commercial fishing. Sitka fishermen use "one line, one hook," according to Mink. By this he means that instead of using gigantic nets, Sitka Salmon Shares contracts with small businesses that will catch salmon using one fishing pole and one line, except for sockeye (which can't be caught in this method and will be caught instead by low-volume gillnet fishermen). The one-hook method minimizes by-catch, controls the harvest, and is an environmentally-sound practice. If a fish is too small or not a desired species, a fisherman can simply release it back into the water. This helps sustain the ecosystems, fishing communities and fish populations. Plus, there's a transparency in how Sitka Salmon Shares operates as a business — members know who caught

the fish, how it was caught, and where it was caught, connecting customers to where their food comes from.

At Sitka Salmon Shares, once salmon are caught, they're pressure bled — a skilled process that isn't practiced by commercial fishermen — filleted, cut into 1-pound portions, vacuum-sealed and blast frozen to 40 below zero, all within hours of landing the plane. The finicky way in which the salmon are processed and shipped means "even six months later from freezer, there is no decline in quality or taste," says Mink.

Membership in the community supported fishery (CSF) means you can receive three different wild salmon packages of 15, 24, or 36 pounds of sockeye, king, and coho salmon, in varying prices (about \$16 to \$18 per pound) delivered to your door in July, August and September.

As a community supported fishery, Sitka Salmon Shares brings more to the table than a tasty delicacy. Mink says, "We care about where food comes from, and we're about supporting a system that's equal and just for all parties involved."

Sitka Salmon Shares pays its fishermen 10 percent to 100 percent more than multinational fish processors pay, enough for small businesses to thrive in an Alaskan economy. Mink says, "We have exclusive partnerships with these fishermen. They subscribe to these practices and are truly dedicated to producing the highest quality of fish they can."

One percent of revenue will go toward supporting salmon habitat restoration, enhancement, and outreach and education in Southeast Alaska. Sitka Salmon Shares also is committed to buying carbon offsets that help fund Midwestern wind energy.

Ann Ring is a regular Radish contributor. For this year's season, Sitka Salmon Shares can be purchased online through July 15 at sitkasalmonshares.com.



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health & fitness

UVA, UVB, SPF?

Sorting through sunscreen recommendations

By Jeff Dick

Covering up or staying out of the sun may be the ideal way to avoid sunburn, prematurely aged skin, and a greater risk for skin cancer, but that approach is not practical for most people.

Using sunscreen offers a compromise, offering protection that lessens but does not eliminate the harmful effects of two types of ultraviolet rays: UVB, which causes sunburn, and UVA, the deeper-penetrating kind that triggers carcinomas and deadly melanoma. Most sunscreens protect against UVB rays; only “broad spectrum” sunscreens (often called “sunblock”) also protect against UVA.

Sunscreens are labeled with a Sun Protection Factor (SPF) ranging from SPF-15 to SPF-50 (and higher), which indicates duration of protection. A person whose unprotected skin starts to burn after 20 minutes of sun exposure, for example, will take 15 times longer, or 300 minutes, to start burning when using an SPF-15 product. Most dermatologists recommend a minimum of SPF-30. SPF ratings above 30 offer only marginally better protection. Beyond 50, any gains are insignificant.

For sunscreen to be work properly, it must be copiously applied. When applying cream or lotion, use a half-teaspoon for the face, neck, hands and arms. Then, use a full teaspoon for the legs and upper torso (front and back). Sunscreen takes a while to start working, so put it on a half-hour before going out in the sun. It should be reapplied after swimming or heavy sweating.

With a plethora of sunscreen products on the market, choosing the right one can be a sticky proposition due in part to conflicting studies about the safety of certain ingredients.

According to research from the Environmental Working Group (EWG), most sunscreens products don't offer adequate protection and many cause side effects, such as eczema, rashes and acne — not to mention breathing problems from inhaling synthetic fragrances.

The EWG cites the frequent sunscreen ingredient oxybenzone as a potential source of skin-cell damage, but the American Academy of Dermatology says that oxybenzone is safe and helps provide broad spectrum UV protection. It has been approved for use by adults and children older than 6 since 1978.

The EWG also warns against retinyl palmitate, a type of vitamin-A that studies have suggested may increase the risk of skin cancer. But that research was conducted on mice, and the Food and Drug Administration does not consider the ingredient to be a risk for humans. Only about one-quarter of sunscreens contain retinyl palmitate.

Twenty-five percent of 800 sunscreens work effectively without the use of potentially harmful ingredients, according to the EWG. Those with natural ingredients — black tea gel, green tea polyphenols, etc. — get the nod in the group's 2012 Sunscreen Guide, which can be found at ewg.org. To make the list, sunscreens had to be free of oxybenzone, retinyl palmitate, have an SPF no higher than 50, and protect against both UVA and UVB rays.



iStockphoto

In the June issue of *Consumer Reports*, the magazine rated 18 sunscreen products with SPF ratings ranging from 30 to 75-plus. Seven products received recommendations. All Terrain AquaSport, Banana Boat Clear UltraMist Sport Performance Active Dry Protect, Coppertone Sport High Performance Ultra Sweatproof, and Eco All Natural Sunscreen Body garnered top recommendations, while No-Ad with Aloe & Vitamin E, Walgreens Continuous Spray Sport, and Coppertone Oil Free Foaming got “Best Buy” designation as top values.

In an effort to clarify confusion on the part of consumers, the FDA will be requiring manufacturers to clearly identify on the front label which products — based on a formal standard — provide broad spectrum coverage. In addition, the terms “sweat- or water-resistant” will replace “sweat- or water-proof.” And sunscreens also will have to carry a “drug facts” box that provides more detailed information about sun protection.

The FDA planned to implement these new regulations this summer but backed down when manufacturers claimed they couldn't meet the deadline set last year without risk of product shortages. The guidelines are now slated to go into effect in six months — just in time for winter.

Jeff Dick is a frequent Radish contributor who gets most of his sun exposure out on the links. For more information, visit ewg.org or consumerreports.org.

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Celiac disease diagnosis gives rise to Good Life Baking

By Ann Ring

Shortly before Thanksgiving in 2010, Nancy Brown of Dehina, Ill., had a bout of illness that was hard to ignore. She grew increasingly weak and ill — to the point where she couldn't get up. She discovered in early 2011 that she has celiac disease.

Celiac disease, also called celiac sprue, gluten sensitive enteropathy, and nontropical sprue, is an autoimmune disease found in children and adults that affects the small intestine by damaging the villi. Without healthy villi, the body can't absorb nutrients, which can lead to malnourishment, other autoimmune diseases, osteoporosis, thyroid disease, infertility and cancers. About one in 133 Americans has celiac disease (and the number is increasing). While its cause is unknown, it is a permanent genetic disorder.

Brown's disease was confirmed through a blood test, but celiac disease symptoms are not easily detected — exactly what Brown and her oldest daughter, who has it as well, experienced. Research indicates that a plethora of symptoms, which vary from person to person, can emerge suddenly or gradually. For example, Brown's exhaustion was sudden but her daughter's rash was intermittent. These symptoms do not immediately indicate celiac disease. Other symptoms can include

abdominal pain, bloating and gas, heartburn, nausea and vomiting, diarrhea or constipation, canker sores, irregular periods, vitamin and mineral deficiencies, weight loss, and bone and/or joint pain. It is often misdiagnosed as irritable bowel syndrome.

While Brown's condition requires no medication, a strict gluten-free diet is the only treatment. Gluten, Latin for glue, is a protein found in wheat, rye and barley that gives bread elasticity and the ability to rise. Gluten is also found in other products such as ketchup, ice cream, soy sauce, caramel color, processed lunch meat, hot dogs, and even nonfoods like cosmetics and vitamins.

Up against a new challenge, Brown, who for three years wrote a weekly newspaper column called The Recipe Box and was field editor for Healthy Cooking magazine, accepted her gluten-free diet with determination. Brown purchased gluten-free baking mixes, but to her, "they were awful. They tasted like metal, dry, hard ... not palatable at all." So she experimented on her own.

Brown's baking with various flours was trial and error. "A lot of (what I baked) was yuck," she says. "I ended up with Civil War biscuits where the texture was from 1865, I'm sure, and sawdust brownies." Finally, she found "it" — a blend of five flours that withstood her discriminating tests. That "it" led to opening a baking business — that, and serendipitously, a partnership with En Season Café in Galesburg, Ill., which was about to open a brand-new public commercial kitchen and restaurant. She met the kitchen staff and used the kitchen once a week to bake bread, desserts, cookies, cakes and pies. "I was selling out as fast as I could bake it," says Brown.

"If it weren't for En Season, I would have done this (baking) at home, but because of the Cottage Food Law, I would not have been able to sell online," says Brown. The Cottage Food law allows certain foods made from home to be sold at farmers' markets with limited regulation. Illinois' law passed this year, while Iowa's has been in effect since 2005.

In spite of a glut of gluten-free products available, Brown's sales are increasing and she's hired two assistants. Using all natural ingredients, she believes her products are superior, like her cinnamon streusel walnut coffee cake and her grandmother's gingersnap cookies.

The next step for Brown is to patent her flour blends and recipes and move into retail stores. For now, her products can be purchased online, at En Season, and at the Methodist Atrium Spring Market, in Peoria, Ill.

Brown imagines a gluten-free storefront where people enjoy coffee and gluten-free baked goods. "Being able to have pizza again, pumpkin pie on Thanksgiving, or taste a chocolate chip cookie — it's little things like that that are exciting," she says.

Ann Ring is a frequent contributor to Radish magazine. Nancy Brown's products can be ordered online at goodlifebaking.com.



Clockwise from the left, snickerdoodle cookies, loaves of sandwich bread, chocolate chip banana muffins and cinnamon swirl walnut streusel cake, all gluten-free, from Good Life Baking. (Submitted)

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body, mind & soul

Chakra insights

Ancient system can help us integrate our experiences

By Annie L. Scholl

Growing up in India, Corrina Thomas had some knowledge of the chakra system, but it wasn't until she moved to the United States that she came to fully understand its potential.

Thomas, a Franciscan Sister of Perpetual Adoration, says in her younger years she took the chakra system for granted. "I heard of it, I took some classes, but it was more for personal use," she says. After she migrated to the U.S., she began using her knowledge of the chakras in her spiritual guidance and massage work. It was then that she discovered its potential for "empowering and healing people."

While the earliest descriptions of the chakra system come from Hindu (Vedic) writings more than 4,000 years ago, Thomas says it isn't a theology connected with any religion or dogma, but rather a philosophy. Therefore, it can be incorporated into any belief system.

The major chakras (properly pronounced "chuck-ras" but often pronounced "shock-ras") are located along our spines and generally thought of as seven 'wheels' of energy. They include the root chakra at the base of the spine (grounding); the sacral chakra, located in the pelvic region (emotions); solar plexus, located in the naval area (power); heart chakra (compassion); throat chakra (communication); third eye, located in the center of the forehead (intuition); and crown, located at the top of the head (spiritual).

"The chakra system is like a map for the journey of our life," Thomas explains. "Understanding this map can make our journey more direct, profound and deliberate."

Thomas also sees the chakras as "like a portal between our inner and outer world. If the outer world has to be transformed, then the process must begin within," she says. "If our inner world has to be transformed, then we need to understand it in the light of the outer world that shaped it. These two realms are not separate. The chakras system is a systematic way of bringing both these realms into alignment — spiritually, mentally, emotionally and physically."

"It is said that the chakras are like the sacred God-given wheels that help transport the self and body along our individual evolutionary quest in order to reclaim our divine inheritance."

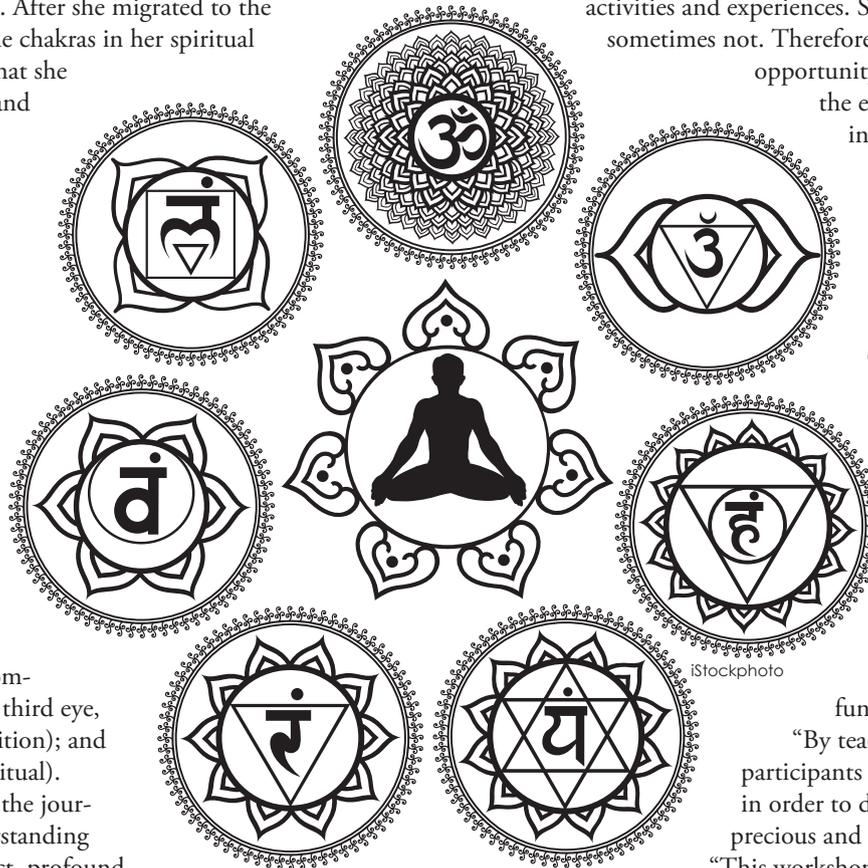
She explains that the chakras are where our life experiences are "sensed, processed and interpreted" — where our beliefs are established. "This is crucial," she maintains. "The chakra centers that processed the original experience in childhood have a similar automatic and often unconscious response to similar life activities and experiences. Sometime the interpretation is helpful and sometimes not. Therefore by exploring each chakra center one has the opportunity to shift one's behavior and belief, so that the energy centers become more balanced, leading to a healthy and abundant life."

So how best to nurture our chakra systems? Thomas suggests meditation, prayer, massage, healing touch and study as possibilities. Later this month she will lead a workshop, "Nurturing the Sacred Within," at the Prairiewoods Franciscan Spirituality Center in Hiawatha, Iowa, that will draw upon the wisdom of the chakra system.

Through the July 15-21 workshop, Thomas, who is the program director at WomanWell, a center for spirituality and healing in St. Paul, Minn., will offer a general introduction to the chakra system and how it influences our biological, mental, emotional and spiritual health. She also will share how each chakra processes information and functions in our everyday life choices.

"By teaching this workshop, I hope to introduce participants to the concepts and theories of the system in order to deepen their understanding of how very precious and uniquely designed they are," Thomas says. "This workshop helps in the integration of body, mind and spirit. It is my desire that the participants be empowered by this knowledge and are able to use this knowledge on a continual basis for growth."

Annie L. Scholl is a frequent Radish contributor. To learn more about the upcoming workshop on chakras and other programs offered at the Prairiewoods Franciscan Spirituality Center, visit prairiewoods.org.



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Firecracker Guacamole

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Time: 20 minutes

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8 ripe, fresh California avocados, peeled,
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¼ cup minced green onions
2 ripe tomatoes, seeded and diced

4 habanero chilies, stemmed, seeded
and minced (or less, to taste)
2 Tbsp. lemon juice
Salt, to taste

All you do:

Gently combine all ingredients in a medium serving bowl. Let sit for at least 10 minutes for the flavors to blend. Serve with Hy-Vee HealthMarket Organic Tortilla Chips.

Nutrition Per Serving: Calories 140; Total Fat 11g (Sat 1.5g, Trans 0g, Mono 8g); Cholesterol 0 mg; Sodium 20 mg; Potassium 450 mg; Total Carbohydrates 12 g; Dietary Fiber 3 g; Total Sugars 4 g; Protein 3 g; % Daily Value: Vitamin A 8%; Vitamin C 25%; Calcium 0%; Iron 6%

Source: California Avocado Commission



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body, mind & soul

A natural glow

Simple steps for making skin-soothing herbal scrubs

By Janice Cox,
from *The Herb Companion*

Want healthy, glowing skin? Dead surface skin cells can build up over time and become unresponsive to lotions and creams. This gives your complexion a dull, dry appearance since creams, lotions and oils do their job by forming a protective barrier on your skin and locking in moisture. Ridding your complexion of dead, flaky skin will allow these moisturizers to function.

Natural exfoliators (or cleansing scrubs) keep your skin healthy and glowing. As an added benefit, they also boost circulation, giving you an extra glow. Depending on your skin type, cleansing scrubs should be used two to three times a week. Despite the name “scrub,” these exfoliators take just light pressure applied in a circular motion to slough off dead skin.

When making herbal scrubs, it is important to

grind the ingredients as finely as possible. Treat your skin with care and gently scrub in a circular motion. Rinse the skin thoroughly and always pat, never rub, your skin dry. For the body, you can use a scrub with a bit more grit and even apply the treatment with an all-natural skin scrubber, such as a loofah or rough cotton washcloth.

These beauty ingredients can be used to keep your complexion clean and clear. Mix a teaspoon or two of the chosen ingredient with water (or your favorite cleanser) in the palm of your hand. You can use a clean coffee grinder to process nuts, grains and other scrub ingredients.

- **Sugar:** Brown sugar, raw sugar and granulated sugar all work well to cleanse and soften dry skin.

- **Nuts:** Almonds, walnuts, hazelnuts and pecans all work well. Make sure you use only the meat of the nut and avoid any shells. Shells are too sharp and can tear delicate skin.

- **Grains:** Grains are instant skin scrubbers, and, aside from whole-grain oats, no extra processing is necessary. Try wheat germ, cornmeal, whole-wheat flour and quinoa to keep your complexion healthy.

- **Fruit peels:** Citrus peels can be dried, ground and added to skin scrubs for extra sloughing action.

- **Fruit pits:** Pits such as apricot, peach and avocado can all be ground and added to cleansers, or incorporated in skin scrub recipes. When using stone fruit pits, make sure that you crack them like a nut and only use the soft inner kernel. The pits are too sharp to use on skin.

*Excerpted from *The Herb Companion*, a national magazine devoted to growing, cooking and healing with herbs. To read more articles from *The Herb Companion*, please visit HerbCompanion.com or call (800) 456-5835 to subscribe. Copyright 2011 by Ogden Publications Inc.*

Lavender Soy Body Scrub Recipe

2 teaspoons dried lavender flowers	2 tablespoons vegetable oil
or 1 to 2 drops lavender essential oil	2 tablespoons soy milk
	¼ cup granulated sugar

Soy is great for the skin. It increases collagen production and helps keep skin tone even. This scrub also is soothing to dry skin because it uses sugar, which is less dehydrating than harsh chemical peels or salt rubs. The vegetable oil also helps moisturize, and dried lavender is naturally soothing and antiseptic to dry skin.

1. Stir all ingredients together until smooth and pour into a clean container.
2. To use: standing in the tub or shower, gently massage the mixture all over your body to increase circulation and remove any dry or flaky skin. Rinse well, then follow with a light natural oil or rich body lotion.



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community

Iowa City Book Festival: Celebrating literature and the volunteers who saved the books

By Nicole Lauer

The Iowa City Book Festival will run the gamut from summertime county fair to a “Hunger Games”-style battle to the death. Presented by the University of Iowa Libraries, the fest runs July 13-15 and celebrates books, authors, writing and reading with activities for adults, teens and children.

The weekend will kick off with a literary carnival to be held at Hotel Vetro, 201 S. Linn St., Iowa City. It will feature games with a literary twist, such as throwing a dart at balloons that contain book covers. Carnival attendees will purchase activity tickets and trade them in for gourmet food and wine, games and other activities. They can chat up authors and enjoy live music by the Ballyhoo Jazz Babies.

The carnival is open to the public but does require advance payment of admission. Entrance fees are \$100, \$40 or \$20 and may be purchased at iowacitybookfestival.org. University of Iowa Libraries director Kristi Bontrager says the rest of the festival activities are free and open to the public, but this first night raises funds to support the costs of putting on the remainder of the weekend.

Saturday and Sunday the festival will feature author readings, book art demonstrations, live music, book sales and children’s activities. Saturday’s programs will take place on the university campus, and on Sunday the fest will take over downtown Iowa City with an event called “A Day in the City of Literature.”

“This is a really fun day. We host readings in businesses all over downtown Iowa City,” Bontrager says. “We describe this as seeing writers in their natural habitat, you know? So we’ll have local writers and poets and some of the other festival authors we’re bringing in.”

Sunday will also feature “Hunger Games”-focused programming for teens. As part of the program, teens can participate in a training center which will teach them some of the skills employed in the book — like weaving and camouflaging — and then they can enter the battlefield.

“Kids go into an area and fight to the ‘death,’ death being in quotes — university insurance doesn’t actually cover real death. We don’t have that kind of liability,” Bontrager jokes.

Bontrager says the book festival project started in 2009 as a thank-you to the hundreds of people who helped evacuate thousands of library materials before the floods of summer 2008. She says the first event also was a celebration of the University Library acquiring its 5 millionth volume.

Nicole Lauer is a freelance writer living in Bettendorf. More information on the festival is available at iowacitybookfestival.org.



Submitted

Greens with Red Peppers

Ingredients

- | | |
|--|------------------------|
| 1 bunch of tender greens | 1 clove garlic, minced |
| 1/4 c. butter | 1/2 tsp. salt |
| 1 medium red pepper, cut into half inch pieces | 1/8 tsp. pepper |

Wash greens well. Trim tough stems. Chop coarsely. Bring to a boil 1/4 inch water in a 10 inch skillet. Add greens, cover and cook one minute or until greens are wilted. Drain and set aside. Melt butter in same skillet. Add red pepper and garlic, cook until tender. Stir in greens, salt and pepper. Cover and cook 3-5 minutes.

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outdoors

Writer and woodsman: Nahant Marsh to host evening with Kenny Salwey

By Elizabeth Jurich

Kenny Salwey is a modern-day hermit who has lived most of his life in the Mississippi River bottoms, eking out a living by setting traplines, digging and selling roots and herbs, and acting as a hunting, fishing and nature-watching guide. He has lived off the land, eating the food he hunted, fished and foraged, taking only what he needed: starchy roots in the early spring, berries and fruits in summer, nuts and grains to be stored for the harsh winter. Kenny knows the river ecosystem with an intimacy unavailable to most. He is said to have “cut his milk teeth on a canoe paddle and seasoned it with Mississippi mud.”

From 5:30 to 7 p.m. and again from 7:30 to 9 p.m. on July 26 at the Nahant Marsh Education Center, Salwey will sign copies of his newest book, “Muskrat for Supper: Exploring the Natural World with the Last River Rat,” after which he will tell stories of his adventures and life on the river. “Muskrat for Supper” is Salwey’s first book geared toward children. It tells the tale of a family that embarks on a hunting and trapping adventure, weaving together themes such as sustainable living, our natural environment and living closer to nature. The book aims to inspire young people to explore nature’s life cycles and understand the concept of the circle of life. It includes questions that young people have asked him about his life on the river and is illustrated with black-and-white photographs.

In addition to “Muskrat for Supper,” Salwey has authored two other books: “Tales of a River Rat: Adventures Along the Wild Mississippi,” and “The Old-Time River Rats: Tales of Bygone Days Along the Wild Mississippi.” He has also co-authored “The Last River Rat: Kenny Salwey’s Life in the Wild,” with J. Scott Bestul. Known as the “Woodsman of the Mississippi Backwaters,” Salwey is an advocate for the upper Mississippi River and has been an educational speaker since 1988. He is also a master storyteller with the ability to pull his audience into his world of backwater adventures. By sharing his experiences, his love for the natural world, and his respect for the Mississippi River, Salwey hopes to inspire his audiences to protect this amazing ecosystem.

Following Salwey’s presentation, Nahant staff will lead trail tours around the marsh. Cost to attend either the 5:30 or 7:30 presentation is \$6 in advance and \$10 at the door. Tickets for children ages 16 and under are \$3. Tickets are limited, and advance registration ends July 19. To register, visit nahantmarsh.org.

Elizabeth Jurich is an Americorps volunteer at Nahant Marsh. The Nahant Marsh Education Center is located at 4220 Wapello Ave., Davenport. For more information on this event, call (563) 323-5196.



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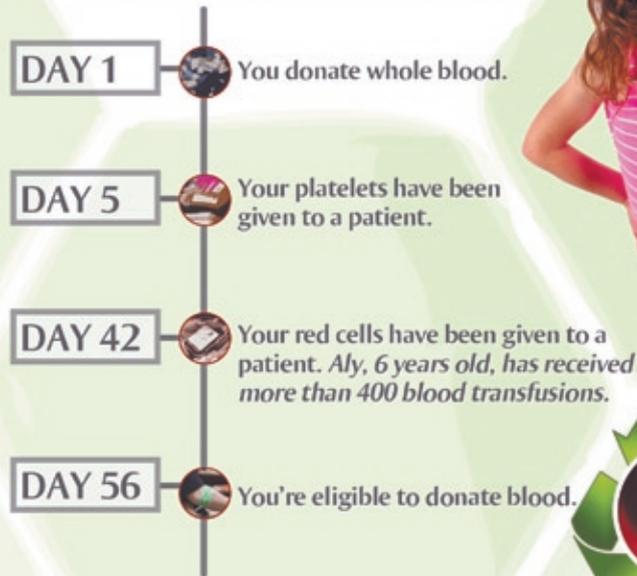
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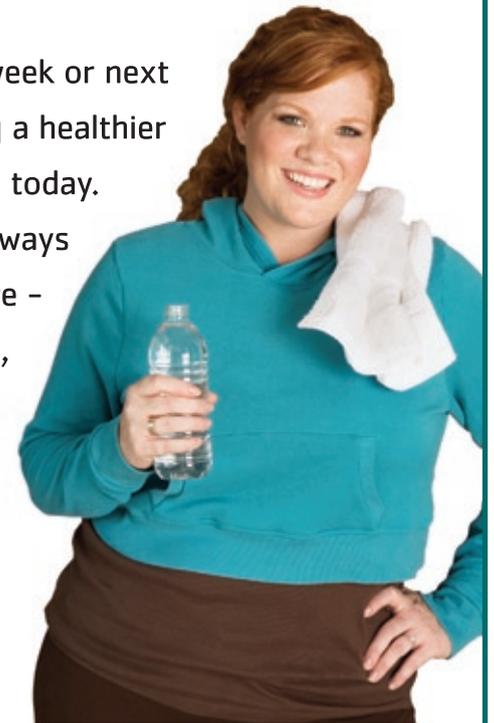
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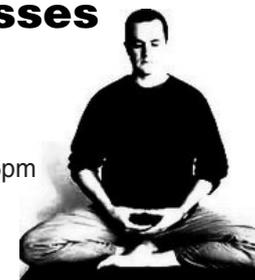
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food for thought

Do not despair

Taking action begins with changing how we think

By Frances Moore Lappé

A few years ago I was asked to speak in Washington, D.C., at a big conference on the global environmental crisis. A lot of my heroes would be presenting — nearly 60 speakers in just a couple of days.

“Wow,” I thought. “This is bound to be just the crash course I need to make me more effective in addressing the problems I care most about. How convenient.”

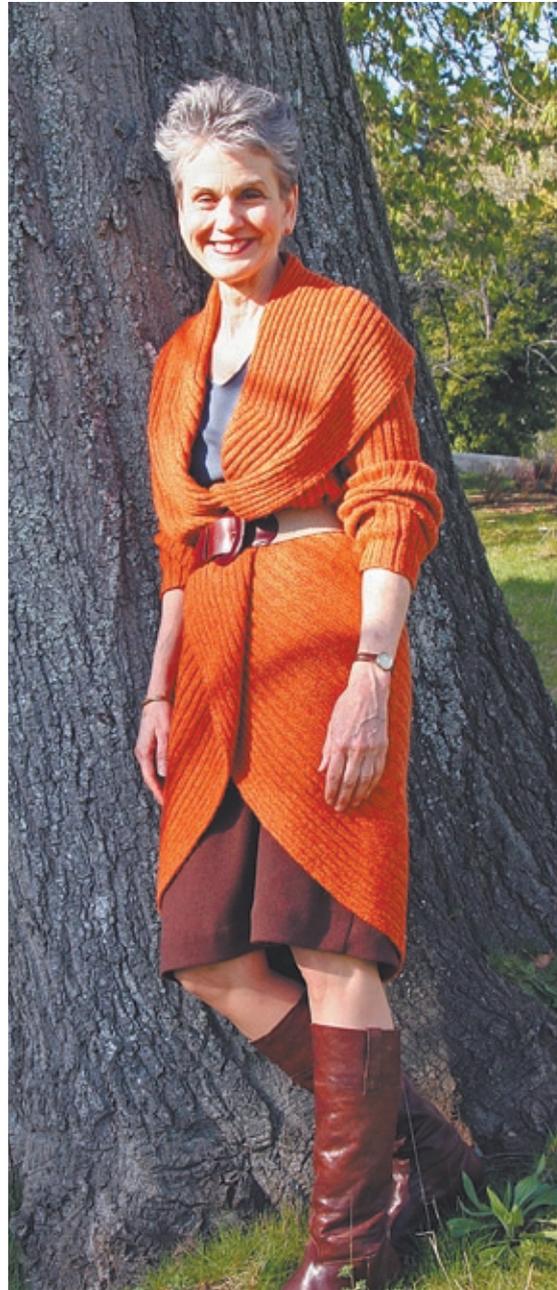
I did learn a huge amount in those two days. But as I walked out of the auditorium after the final speaker, something hit me. Actually, I felt that something had just hit me. I felt numb and heavy, very heavy. Reflecting on the experience, I noted that as the conference had worn on, the audience had wound down. I wondered what the departed ones were feeling when they left. Were they overwhelmed, stuffed so full of scary data that they felt stuck?

If others were experiencing what I was, it was not a good thing. Psychologists have found that if we believe there is no hope of overcoming a problem, many of us assume an uncaring posture to protect ourselves. And if I’d learned one thing over years studying the food and environmental crises, it’s that our way out of this mess is inconceivable without the active engagement of millions — well, no, billions — of us who do care. So, our earth can’t afford overwhelmed, discouraged people who are too depressed to engage.

Arriving home after the conference, I was deeply troubled and asked myself, “Are we environmentalists actually defeating our own ends? Just when the magnitude of our environmental crises is becoming clearer by the day, are we pushing people to despair?”

This question seized me.

I believe that human beings are by nature doers. Most of us love to solve problems. Without that core trait, our species could never have created our complex societies. (Forget the wheel. Forget the steam engine. Forget decoding the human genome.)



Environmental advocate and author Frances Moore Lappé. (Submitted)

But over decades, I’ve also come to appreciate that central to our ability to solve a problem is how we perceive the challenge. That “seeing” determines our capacity for doing. So I asked myself if there is a way of perceiving the environmental challenge that is at once hardheaded, evidence based and invigorating — one that welcomes us to become engaged problem solvers? Might it be possible to transform something that can feel so frightening as to make us go numb into a challenge so compelling that billions of us will eagerly embrace it?

Soon I was searching for answers to that question. I decided to do something I’d never before thought of: ask my readers for help. I put out a draft of my ideas, distributed via the website of the organization my daughter, Anna Lappé, and I run — the Small Planet Institute — and at talks I was giving. I had no idea what would happen, but since then readers have contributed enough comments to fill another small book. Study groups formed to confer together on feedback, and several professors used the draft in their classes. In all, I was profoundly moved by people’s generosity — their willingness to give their time and effort.

With their help I became even more convinced that what had so deadened my spirit after that environmental conference *could* be transformed. We don’t have to keep telling ourselves a story that robs us of the energy we need now, more than ever. We can each make the “leaps of mind” that move us from discouragement to an empowering stance. We can each reframe our thinking and seeing in ways that give us energy to engage. Get ready.

Excerpted from “EcoMind: Changing the Way We Think, to Create the World We Want,” by Frances Moore Lappé. Available from Nation Books, a member of The Perseus Books Group. Copyright © 2011. Lappé will be a keynote speaker at the 32nd Annual Seed Savers Exchange Conference and Campout July 20-22 in Decorah, Iowa. For more information on her appearance at this event, visit seedsavers.org.

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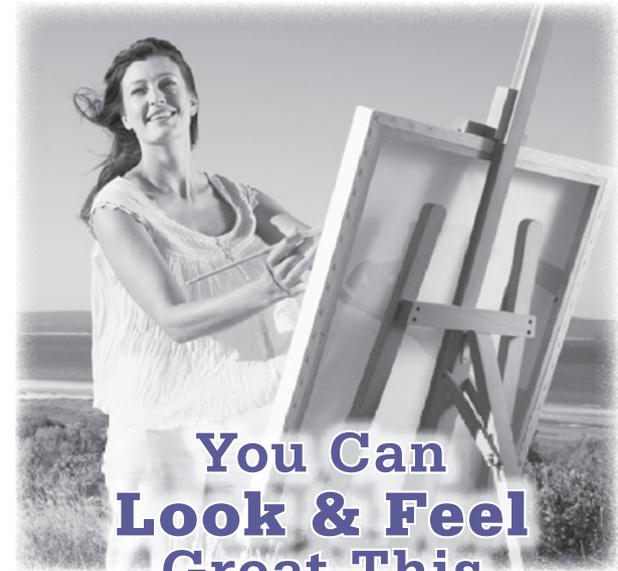
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