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from the editor



Meg McLaughlin / Radish

You guys — it's July! I realize that just a month ago, I was gushing on this very page about how excited we were for the Healthy Living Fair; how months and months of work and preparation finally were coming to fruition.

Well, now, I'm sort of saying that again. But we have so much to be excited about! Our first Radish Magazine Yoga Fest is this month! We have spent the year planning the Healthy Living Fair and the Yoga Fest in tandem. We knocked out the Healthy Living Fair last month, and we've been eagerly ticking the days off of our calendars ever since!

The Radish Magazine Yoga Fest will be July 15-17, at the Holiday Inn Rock Island, 226 17th St. (It's the Quad-Cities' first yoga fest, too!) Not only will we have several area studios on hand teaching a variety of classes, we also will have big-name yogis from the Chicago area in attendance, as well.

But this festival isn't just for the yoga elite — it's for beginners, too. Whether sun salutations are your daily ritual or you don't even know what they are, there will be something for you at the fest. I think that that is my favorite part about it. It will be very come-as-you-are, much like Radish and yoga are as a whole.

In this issue, you'll find many great stories, from a feature story on QCTrails.org (on page 12), which launched earlier this year, to a story on the results of an ice cream taste test my coworkers and I conducted one recent afternoon (on page 22).

You'll also learn more about Walnut Acres Family Farm, in Walnut, Ill., and how they raise their meat on page 10, and workouts you can do outdoors on page 8.

Read all about our upcoming Yoga Fest in the guide on pages 17-20. There, you'll find information on classes, vendors, the area studios that will be in attendance, how to buy tickets and more.

We're looking forward to meeting you there!

— *Laura Anderson Shaw*
editor@radishmagazine.com

Radish
HEALTHY LIVING FROM THE GROUND UP

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Gerald J. Taylor
PUBLISHER

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

Val Yazbec
CHIEF REVENUE OFFICER

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

Rachel Griffiths
ADVERTISING EXECUTIVE
(309) 721-3204

Kay Abbitt
ADVERTISING EXECUTIVE
(309) 757-4914

Kimberly Calhoun
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Loeser Small
DIRECTOR OF SPECIAL PROJECTS

Sally Hendron
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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the grapevine

From our readers

"Since Radish has started in the QC, I believe the community has become more health conscious and businesses have become more aware of the changes they can make." — *Susan Griffiths, Milan*

"Love the recipes. I've made a few. I do organic gardening and there have been a few pertinent articles. But I'd like more." — *Fran Sedam, Colona*



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

- The Growers Market, East Moline, a 100-percent local farmers market, 8-10 a.m. Wednesday, July 13, Skate City parking lot, 1112

42nd Ave. For more information about this market, visit growersmarkets.com.

- The 2016 Quad Cities Health Fair, 5-8 p.m. July 23, at the John Deere Night at Modern Woodmen Park, 209 S. Gaines St., Davenport.

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

Radish Reads: Check out these free titles!

In honor of summer, we're rolling out another batch of books! We have a handful of titles waiting to be reviewed, and the quick summary you write could be published right here in The Grapevine.

If one of the books below sparks your interest, request it by sending an email to editor@radishmagazine.com. Titles are available on a first-come, first-served basis, and are limited to one per reader. All we ask is that you write a short 200- to 250-word review within six weeks of receiving the book. Then it's yours to keep!

- **"Eat To Stay Young: Ingredients and Recipes to Rejuvenate Your Body & Mind,"** by Gill Paul and Karen Sullivan (Hamlyn, 2016)
- **"Naturally Lean: 125 Nourishing, Gluten-Free, Plant-Based Recipes — All Under 300 Calories,"** by Allyson Kramer (Da Capo Press, 2016)
- **"The Meals to Heal Cookbook: 150 Easy, Nutritionally Balanced Recipes to Nourish You during Your Battle with Cancer,"** by Susan Bratton (Da Capo Press, 2016)
- **"The Forager's Feast: How to Identify, Gather, and Prepare Wild Edibles,"** by Leda Meredith (The Countryman Press, 2016)

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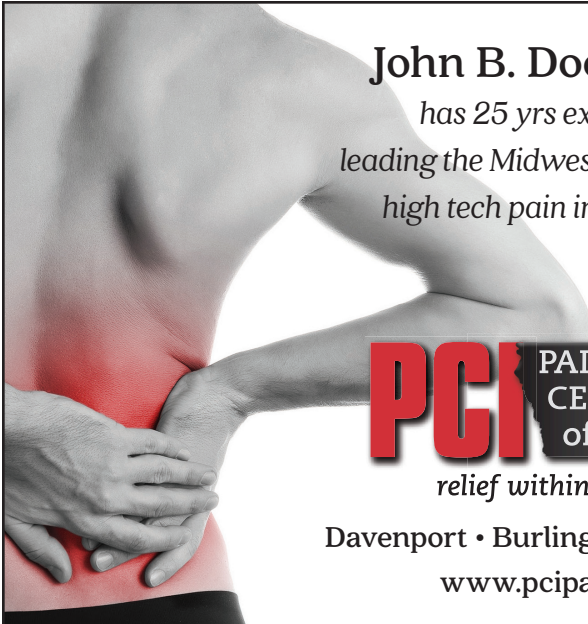
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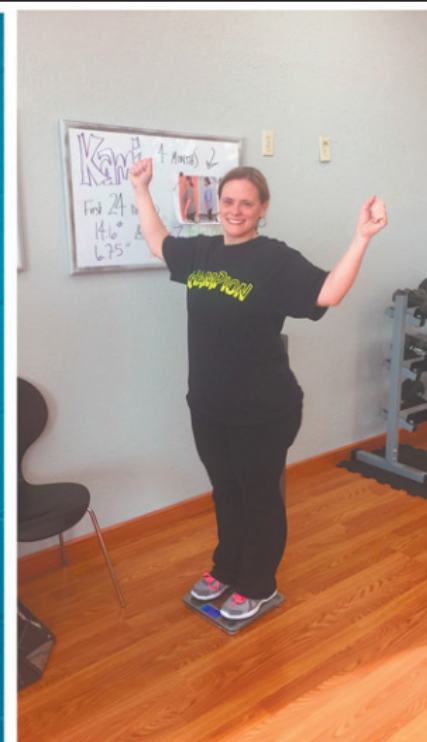
Independent Distributor
Linda Flockhart
(563) 529-8746
advocare.com/9612196
lindaeflockhart01@gmail.com

Independent Distributor
Sandy Kennis
(563) 340-1466
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April 14, 2016

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healthy living from the ground up



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Local yogis Sara Smile, Erika Kovach and Clarissa Thompson demonstrated some yoga poses recently at the Holiday Inn, Rock Island. (Photo by Todd Welvaert / Radish)

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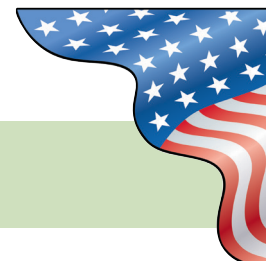
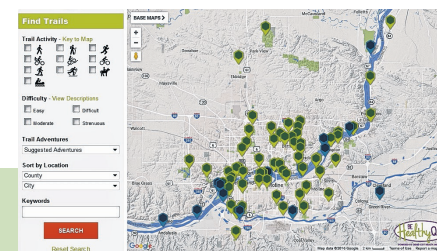
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radishmagazine.com

Have a free weekend coming up? Looking for a change of scenery? Load up your reusable bags, pack some snacks and take a road trip to a nearby farmers market. There are plenty throughout the Radish region to explore!

For a listing of area markets, including addresses, hours and contact information, visit radishmagazine.com/markets.



health & fitness

Take it outside!

Enjoy the weather and move your workout outdoors

By Chris Cashion

Sometimes all we need to shake up our workout routine is a change of scenery.

Here in the Midwest, it seems a change of scenery happens in the great outdoors nearly as often as we blink. The spring, summer and fall months provide a plethora of opportunities to take our workouts outside, and it can be just the ticket to help us bump our motivation up a notch.

Don't get me wrong — working out in a gym can be a great thing. You'll never have to worry about rain or snow. A dog will never chase you when you're running on the treadmill. A restroom is only a few steps away, should the need arise. But let's face it — seeing the same walls every day can become a little stale. Getting out into the sunshine and feeling the breeze on your face can breathe new life into your fitness routine.

"Personally, exercising outdoors is my favorite," says certified personal trainer Keirra Crocker, of Prophetstown. "There is nothing better than fresh air and working up a good sweat on a warm day. It's not hard to be motivated once you're outside. You see others running or gardening, and you think 'it's a nice day to get something done,' and you do it."

Crocker's fitness journey is familiar to many, although hers led her to a career in personal training.

"I had a daughter and became a stay-at-home mom. I couldn't lose the dreaded baby weight, so I started running and eating better. I fell in love with running. I started doing Jillian Michaels DVD workouts at home for strength training. Once my second daughter was born and I got back into the fitness grind, I had numerous people ask me how I did it.

"I shared advice, but thought I should get paid for it, so I looked into personal training," she says.



Chris Cashion / Radish
Personal trainer Keirra Crocker leads an outdoor bootcamp at Prophetstown High School, in Prophetstown, Ill.

From there, her career in personal training blossomed. With her certification, she has taught boot camps, started a Couch to 5K running group, assisted with weight loss challenges and trained clients one on one, all while striving to reach her own fitness goals.

Crocker says she sees a number of benefits to taking your workouts outdoors.

"Being outdoors means less people to deal with and not having to share equipment. It also costs less than a gym membership. You can invest in a good pair of shoes and some workout clothes, and it still costs less than the average gym," says Crocker.

"The best thing is just being outside and taking in all the scenery. Whether you're up early and see the sunrise or you're running as the sun is setting, it's beautiful being outside."

Crocker finds ways to make the world her gymnasium. "I see what I can use for my workout and go from there. It could be bleachers or the track for running. I might find a grassy area to do floor work, or hills for some leg training. Almost anything can be used for an outdoor workout; you just have to get creative," she says.

And creative she is. Crocker suggests a few ways to work common places into our workouts:

Buildings

Try wall sits outdoors against buildings. Lean your back against a wall, and sit with your knees bent at 90 degrees. See how long you can hold it.

Tracks

Your local school likely has a track. Use the markings on the track to run sprints or alternate running and walking laps.

Rocks

Find a large rock, place one foot on it and lunge. Do 10 reps on each leg, then reverse it. Stand in front of the rock and place your back foot on the rock and lunge. Do 10 reps each leg.

You also can do single leg squats. Stand next to the rock and put your right foot on the rock and squat with your left. Do 10 reps, and then repeat on the other side.



Metro Creative Graphics

Monkey bars

This piece of playground equipment is good for practicing pull ups. If you're not quite ready for a pull up, most bars have steps leading up to them that you can use for assisted pull ups.

Bench or picnic table

Benches and picnic tables are great for incline push ups. Facing the bench, place your hands shoulder-width apart on the bench. Walk your feet back until your body is in a push-up position. Do 20 push ups.

Benches also are great for tricep dips. Stand with your back to the bench with your hands at your sides. Reach back to the bench and hold it. Walk your feet forward until your back is about two to three inches from the bench. Bend at your elbows and push yourself back up. Do 20 dips.

Bleachers or steps

Bleachers and steps are good for quick cardio sessions, which have the added benefit of burning a lot of calories. Run up the bleachers, across the very top and then back down. Complete the circuit four to five times.

With steps, climb up then back. Repeat two to four times, depending on the size of the stairs.

Exercising outdoors can come with its own set of challenges, so Crocker recommends a few ways to deal with heat and safety issues:

- Always have water with you
- Know where the nearest water station is, whether it's a water fountain, gas station or restaurant in case you run out of water
- Take a break from activity every 20 to 30 minutes
- When possible, exercise in the shade
- Wear sunscreen
- Work out with a partner, or always have your cellphone within reach
- Dress in light clothing

Be sure to drink regularly to stay hydrated — once you feel thirsty, your body is already becoming dehydrated. Also, make sure you continue to reapply sunscreen if you are going to be outdoors for any length of time, even on cloudy or hazy days.

Enjoy your outdoor workouts while you can. The dog days of summer are fleeting, and the snow will fly again before we know it.

Chris Cashion is a writer on staff with Radish.



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healthy living

Keeping it old-school

Walnut livestock farm sticks to its roots

By Cindy Hadish

Robin and Dave Jameson have turned back the clock on livestock farming. They each grew up on family farms, and when they married, continued the farming tradition passed down through generations. But the push they witnessed to modernize methods of raising livestock didn't sit well with the Illinois couple.

High-volume confinement facilities coupled with the widespread use of growth hormones, antibiotics and other medications didn't interest the Jamesons, who primarily raised hogs at the time.

"We just weren't comfortable with that," Robin says. "We needed to go back to our roots and raise meat the way our parents and grandparents did."

It was the right choice for the Jameson family, which includes eight children, and three grandchildren.

Walnut Acres Family Farm, in Walnut, Ill., on the edge of Lee, Bureau and Whiteside counties, has become a popular source for "clean" meats for families in Illinois and Iowa. Robin describes clean meat as healthy, high-quality food, from animals that primarily were pasture-raised without the use of artificial growth hormones.

"It's meat raised in the healthiest manner possible," she says. "There's a big difference between naturally raised and factory-raised meats."

Those differences are important for customers of Walnut Acres. The farm adopted the Community Supported Agriculture model, where its customers, or members, pay an upfront subscription fee to receive regular shares of a farm's products, and in return, the farmers have a guaranteed source of income.

The Jamesons started out by selling freezer meat, which they continue to offer, but about seven years ago, they were mentored by a family who operates a meat CSA in Illinois.

Vegetable CSAs, which provide weekly shares of a farm's fresh produce during the growing season, are becoming more popular, but meat CSAs still are relatively rare. Robin notes that there are only eight meat CSAs in Illinois.

They began their first month with two members; a number that has steadily grown to about 400 families now.

While still working the fields of their family farms, the Jamesons moved to a 65-acre farm in Walnut to expand their livestock operations, with chickens — for both meat and eggs — and cows added to the hogs they raise.

The numbers change every two weeks, but at any given time, the family might have 450 laying hens, 70 or so hogs and 65 cows. They raise about 6,000 meat chickens, known as broilers, in season from March through October.

Robin cites the difficulty in finding organic livestock feed as one of the obstacles in obtaining organic certification. Still, the practices used on the farm are as natural as possible, and the family points out those practices on their website so potential customers are aware and can make their own decisions regarding where to buy their meat.

"We want you to know how we raise it, and you decide if it's a fit for your family," Robin says.



Submitted

Dave and Robin Jameson own and operate Walnut Acres Family Farm, in Walnut, Ill., on the edge of Lee, Bureau and Whiteside counties. The farm raises chickens for meat and eggs, hogs and cows — all as naturally as possible. It adopted the Community Supported Agriculture (CSA) model, and provides meat and eggs to its members.

Avoiding the use of artificial growth hormones and antibiotics not only aligns with the values shared by the couple and their CSA members, but Robin says the practices they use are good for the animals, too. The room to move freely, ample sunshine and proper nutrition allows their animals to thrive. That includes avoiding the stress that comes with crowding livestock into confinement buildings and forcing them to grow at a rapid rate through artificial hormones or extra feedings.

"When you raise the animals in a healthy and more natural environment, then they're not prone to sickness," Robin says.

On the rare occasions when antibiotics are needed to save the life of an animal, the meat is shipped to open markets after the proper medication withdrawal time, and does not enter the CSA shares.

Robin notes that food is an important component of raising healthy livestock. The cows and chickens are pasture-raised, with their primary source of sustenance coming from grass, hay, clover and other plants. In addition, the cattle are fed small amounts of corn each day to round out their diet, and, the couple say, to make the beef more tender.

Chickens are fed a non-GMO supplemental feed that is custom-ground by Amish neighbors, and all of the animals have full-time access to water that has been filtered to remove groundwater contaminants from neighboring fields.

Continued on page 32

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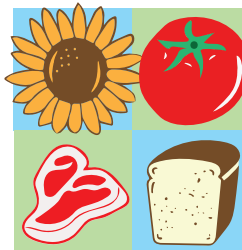
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outdoors

Happy trails

New website connects users to area paths

By Ann Ring

If you're looking for something different to do that's free, gets you outdoors, and — maybe most importantly — gets you moving, discover and explore the 300 miles of trails and nearly 7,500 acres of parks across the Quad-Cities area. Simply type qctrails.org into your computer, smartphone or tablet's browser to begin your adventure.

The website's goal is to improve our health. A 2014 study conducted by the Quad City Health Initiative revealed that in the Quad-Cities, 72 percent of people are overweight, 33 percent are obese; 19 percent of adults smoke; 36 percent have high blood pressure; and 36 percent have high cholesterol. As a result, a multi-sector coalition of health and human service providers, businesses, city governments and other stakeholders gathered to combine their efforts to counteract this trend.

Grant funding for the website project, which launched in January, is from Partnerships to Improve Community Health (PICH), through the Centers for Disease Control and Prevention. PICH is a three-year initiative that supports the implementation of evidence-based strategies to improve the health of communities and reduce the prevalence of chronic disease, according to cdc.gov.

The QCHI's goals are a perfect match for this grant, as the organization seeks to be a catalyst for improving the health and overall quality of life within the QC community, and raises awareness of health issues, encourages or creates projects to address gaps in health services, and fosters community collaboration in all aspects of health, its website states.

The Bi-State Regional Commission was chosen to develop the website because of its involvement and expertise with infrastructures and local governments.

"This website is a tool," says Lisa Miller, of the Bi-State Regional Commission. "It's a valuable asset to get people active."

Whether you're an avid cyclist, outdoor enthusiast or you're just someone interested in doing more outside, the website allows you to search trails easily based on 10 various activities, such as walking, biking, running, snowshoeing, paddling and even horseback riding. Or, you can choose your trail by its adventure, such



File / Paul Colletti / Radish
Jake Ralfs rides through Illiniwek Forest Preserve in Hampton during a past Taming of the Slough urban adventure race.

as family-friendly; by county, including Rock Island and Henry counties in Illinois and Scott County, Iowa; or city, which includes nearly 25 cities' worth of trails on both sides of the Mississippi River.

The site also allows you to search by four levels of difficulty, ranging from easy to strenuous.

Qctrails.org is easy to navigate and interpret. On it, there are 79 pages of trail sites. Also included are trails that connect to other trails, and quick facts that tell you a trail's surface type, whether it allows dogs and its length in miles.

If you still need some incentive to get you going, you can log your physical exercise right into the site and earn up to 17 badges for your efforts. The more I think about this idea, the more I like it. You can earn badges after completing certain milestones, such as walking your first trail; completing 13 this summer; tackling all riverside long-distance trails in the region; all 20 trails in the Quad-

Cities, or completing seven trails in as many days.

You also can keep track of your favorite trails; keep a wish list of trails you'd like to explore; and log notes from your journeys, such as the date, the distance you traveled, and your mode of travel.

On the site, you'll also find how-to tips on safe riding; taking care of your skin; navigating slippery trails in the wintertime; sharing the trail with others; using portable devices and more.

The one caveat is in the "trails and groups" section. While it lists related organizations such as River Action and Let's Move Quad Cities, you won't find specific groups of people who meet up to walk the trails.

Qctrails.org is chock-full of places to discover around the Quad-Cities while getting some exercise. Even if you were born and raised here or have lived here a long time, you may be surprised at how many parks and trails (paved and unpaved) that are available to walk, ride, run, paddle or ride by horseback.

So as the song goes, "Happy trails to you, until we meet again. Happy trails to you, keep smilin' until then."

Ann Ring is a frequent Radish contributor.

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Welcome home

Housewarming gifts that are good for the earth

Lindsay Hocker

Homebuying season is upon us, with many moving into their new houses this summer. There is no better way to help someone make a house a home than by picking up or creating a thoughtful, useful gift for them as they settle into their new abode.

If you have a housewarming party to attend, or just want to do something nice for a new neighbor, friend or family member who recently bought a home, you might be wondering what to get. No matter what you opt to buy, remember that the thought behind the gift goes a long way.

Consider what the recipient would make the best use of or enjoy the most in their new place. Think of their hobbies or an item you know they were in need of in their last place. If you need a little inspiration, here are a handful of ideas to get you started:

Flowers with a personal touch

Make a special bouquet with the homeowner in mind. Miss Effie's "u-pick" flower farm in Scott County is a great way to support a local business while taking a hands-on approach. Or, head to your favorite flower shop with a vase you snagged at a yard sale or thrift store that matches the recipient's taste.

Miss Effie's — at 27387 130th Ave., Donahue, Iowa — is open for the flower-picking season, and a bucket of flowers is only \$20 at Miss Effie's. Although flowers are often a go-to gift and might seem a little cliché, flowers with a personal touch are a welcome, beautiful gift that help give a new house a homey vibe.

What's cookin'?

If the new homeowner enjoys cooking, consider picking up your favorite cookbook to share with them. Or, pick a cookbook that offers recipes for their favorite type of food, or something you know they have been wanting to cook more of.

If the person doesn't enjoy cooking, a cookbook featuring beginner or easy

recipes might still be useful and a good fit, such as a book about healthy, easy-to-prepare lunches. To add an extra special touch, wrap it in a kitchen towel, and a serving utensil, such as a hand-carved spoon, can serve as a bow.

A gift for the guest bathroom

Locally created, handmade soaps are beautiful gifts on their own. To make them extra special, you could tie them up with a ribbon or pair them with a soap dish. Area pottery and handmade shops can be a great place to find a small plate that would work well, and that way, you are supporting two local artisans. Try Crafted QC, 217 E. 2nd St., Davenport; or Dot's Pots, 2822 16th St., Moline, to name a couple.

For soaps, visit area farmers markets, including the market at the Freight House, 421 W. River Drive, Davenport.

Look for soaps in scents you know the homeowners like, and know that there are many types of soap out there. If you have a friend with sensitive skin or a friend who is vegan, you will still be able to find several bars that will work for them.

For an added touch, wrap the soap in a tea towel. Find some at Miss Effie's.

Conscientious cleaning supplies

Unfortunately, with a house comes housework! Help make it easier for the homeowner by purchasing them a basket of natural cleaning supplies. Rock Island-based Whoa Nelli Natural Products offers them for \$25, which includes an all-purpose spray cleaner, a canister of powder cleanser, a jar of sink and tub cleaner, and a reusable microfiber towel. Visit the company's website at whoanelli.com.

If you want to take a DIY approach, you also could fill a basket with your favorite handmade cleaners.

Help for the handyman (or woman!)

A gift certificate to Habitat ReStore is a thoughtful gift for an HGTV-obsessed loved one planning to tackle home projects or purchase furniture. Habitat ReStore offers new and gently used doors, windows, lighting, flooring, furniture and appliances that were donated to the shop, at 3629 Mississippi Ave., Davenport.

Gift certificates also would be useful for someone who likes taking on Pinterest projects. The ReStore diverts these materials from landfills, and by shopping at the ReStore, you support the work of Habitat for Humanity.

Lindsay Hocker is an occasional Radish contributor.



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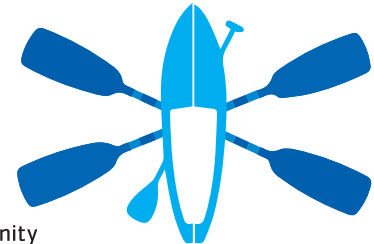
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Add natural color and scent to your home with cut flowers. You'll learn great tips from local florist, Michelle Mampre, of LiveLoveFlowers. *Registration required.*



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Classes & Events @





Local yogis Erika Kovach, Sara Smile and Clarissa Thompson demonstrated some yoga poses recently at the Holiday Inn, Rock Island.

Todd Welvaert / Radish

Yoga opportunities abound in the Quad-Cities area. Whether you're looking for hot yoga, aerial yoga, the more traditional vinyasa-style yoga, or more, you'll find it at a studio near you. But the Quad-Cities has never had a yoga festival — until now.

The Radish Magazine Yoga Fest will be held July 15-17, at the Holiday Inn Rock Island, 226 17th St. It will be an event for all things yoga, for experienced yogis and beginners alike.

Tickets — available now at radishmagazine.com/YogaTickets — are \$30 for Friday only; \$175 for Saturday only; \$55 for Sunday only; \$200 for Saturday and Sunday; and \$225 for a full weekend pass. Snag your tickets now and take your pick from about 30 classes spread throughout three sessions Saturday, and two sessions Sunday.

For more information, a complete class schedule, instructor bios and more, visit radishmagazine.com/yogafest.

Friday

- **4 p.m.** — Registration and marketplace open
- **6 p.m.** — Keynote address with Sara Strother, a yoga instructor at Yogaview, Chicago
- **6:30 p.m.** — Community yoga session, led by Jeani Mackenzie, founder and director of the Davenport School of Yoga
- **7:30 p.m.** — Opening social, with music, cash bar and snacks

Your guide to the first Radish Magazine Yoga Fest

Saturday

- **8 a.m.** — Registration, marketplace and meditation room (with the Lamrim Kadampa Buddhist Center) open
- **9 a.m.** — Session A classes begin
- **11 a.m.** — Lunch (provided)
- **12:30 p.m.** — Session B classes begin
- **3:30 p.m.** — Session C classes begin

Sunday

- **7 a.m.** — Meditation room open
- **7:30 a.m.** — Registration and marketplace open
- **8 a.m.** — Session A begins
- **11 a.m.** — Session B begins
- **1 p.m.** — Closing ceremony with Jeani Mackenzie

Guest yogis

Jim Bennitt is a popular yoga presenter in the U.S. and abroad. The co-founder of Tejas Yoga Studio in Chicago, Bennitt began studying yoga in 1997.

Quinn Kearney has taught yoga for more than 20 years, and is the co-founder of Yogaview in Chicago.

Sara Strother, who has visited the QC many times with her family, is a teacher at Yogaview. She has studied yoga for 16 years, and has been teaching for more than 12 years.

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Yoga Fest

Classes

Saturday

While Saturday's spread of classes mostly is designed for those who wish to dive deeper into their practice, those who are new to yoga will find plenty to enjoy, too.

You'll have 19 2-hour classes spread out over three sessions throughout the day to choose from, beginning at 9 a.m., 12:30 p.m. and 3:30 p.m.

Some Saturday class highlights include:

• **Everyone is a Beginner in Yoga, with Quinn Kearney:**

This class is for beginning and advanced students. It will focus on reminding students there is always room to grow and learn in yoga and in life.

• **Rock 'n' Roll Vinyasa, with James Wesson:** This class will feature a 'rock 'n' roll' soundtrack and a baddha vinyasa power sequence. It is designed to fire up students and mellow them out at the same time.

• **Peak Experience: Handbalancing, with Sarah Strother:** This class is designed to help students of all levels come off of their feet and onto their hands for peak poses with more confidence and knowledge.

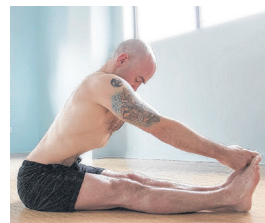
• **Intro to Flow-SUP-Yo, with Abby Webster Moran:** This class is an introduction to Stand-up Paddle-board Yoga, and will help students get comfortable with paddling, standing and safely transitioning poses on the boards.

• **Pranayama for Teachers and Experienced Students, with Jim Bennitt:** This class will dive deeper into the true purpose of yoga, which originally was practiced to build, move and eventually stop the flow of prana, also known as the breath.

• **Guided Ashtanga, with Evan and Kelly Harris:** See where it all began with the first sequence every student of the Ashtanga system learns. The class will include some flowing sections and some deconstruction of the more challenging "peak" postures of the sequence.

• **Kundalini, with Mario Cortez:** Kundalini yoga is a practice of self-awareness, asana, pranayama, mantra, relaxation and meditation. This class will use simple exercises to help you experience your best self, regardless of your busy lifestyle.

• **All About You Yoga, with Jeani Mackenzie:** This class is simply about showing up and doing yoga. It will be about standing up straight, staying in the moment, alignment, breath and feeling instead of thinking.



Mitchell Manz Photography
Jim Bennitt



Kristie Kahns Photography
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Classes

Sunday

Slowing your pace and becoming more mindful sometimes is exactly what your body (and your brain) need. Rest, relax and explore yoga on Sunday with a variety of classes designed to help you unwind and restore.

You'll have six 2-hour classes to choose from during each of the 8 and 11 a.m. time slots, followed by a closing ceremony led by Davenport School of Yoga founder and director Jeani Mackenzie at 1 p.m.

You also may slip away at any time to the meditation room for some quiet reflection.

Some Sunday highlights include:

• **Yoga, Tantra and Ayurveda, with Jim Bennitt:** This class explores the relationship between yoga and its sister sciences, tantra and ayurveda.

• **Chair Yoga, with Jennifer Douglas:** A chair can be a helpful prop in yoga, and Jennifer Douglas will show you how. This will be a gentle class, suitable for all levels, including teachers who wish to learn to use chairs as props in their own classes.

• **Centering and Setting Intention, with Rebecca Sebastian:** Learn how to use your yoga practice to help you change your outlook in life.

• **Led Moon Series, with Evan and Kelly Harris:** Slower-paced movements and a soft approach are the hallmarks of this vinyasa-style class, which targets the hips and spine, encouraging deep release.

• **The Yogic Art of Living with Ease, with Jennifer Vondracek:** Jennifer joins forces with teachers Rebecca Sebastian, Erin Burchett and Susan McLoone to bring you this relaxing class that is designed to teach you the practices of Yoga Nidra, iRest and mindfulness-based body-scanning. (Nidra offers the opportunity to simply lie on your mat).

• **The 8 Limbs of Yoga According to Patanjali:** Philosophy and Practice, with Shannon Moran: This class will delve into all eight limbs of yoga, including breath, meditation, how we conduct ourselves in life and more.

• **Prenatal Yoga, with Roberta Kelson and Kela Ganzer:** You can even do yoga when you're pregnant! These two prenatal-certified yoga teachers will guide you through relaxing and calming poses designed to help ease discomforts. This class is for current and future moms-to-be.

• **Yin Yoga, with Carol Mackel:** The long holds used in yin can make it seem like you're not doing much, but you're actually helping your muscles stretch and your joints open. The slow breathing will help quiet the mind and relax the body.



Metro Creative Graphics

For more information and a complete schedule of classes throughout the weekend, visit radishmagazine.com/yogafest.

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The marketplace

A fun collection of vendors and yoga studios

Spread out throughout the marketplace and the Radish Magazine Yoga Fest, you'll find over 20 yoga studios, businesses and health professionals offering information and more.

Abundant Health Chiropractic: Learn more about the state-of-the-art technology that determines how well your body is functioning, as well as natural, drug-free, neurologically based chiropractic care. Receive a free health assessment. getabundantthehealth.com

Backwards Yoga: Learn more about this Eldridge studio that offers vinyasa yoga classes for all levels. It offers hot yoga, a variety of workshops, cardio classes, private yoga sessions, personal training sessions and more. backwardsyogiowa.com

Be Well Quad Cities: Meet local holistic businesses offering unique modalities and products designed to enhance your personal wellness. Services include colon hydrotherapy, juicing and thermography. Stop by the booth for special discounts and class information. qccolonhydrotherapy.com

Davenport School of Yoga: Learn more about health-related yoga, and aerial for fun, and sign up for several prizes. davenportschoolofyoga.com

Ethereality Holistic Wellness: Ethereality is an integrative wellness experience that works to support balance and serenity in all aspects of your life through therapeutic massage and Reiki Energy Therapy. Learn more about its services and the products it offers to enhance well-being, such as crystals and essential oils. 563-209-7283, etherealitywellness@gmail.com

Illuminate Reiki Studio: If you're open to natural solutions, stop by to learn more about Reiki and dōTERRA with Becky Nakashima Brooke, Reiki teacher and master dōTERRA wellness advocate. 563-505-0476, beckynakabrooke@gmail.com

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- 1 – 3 oz. bar Endangered Species Chocolate 72% Smooth Dark Chocolate

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- Allow frozen dessert to thaw while prepping ingredients
- Dice each marshmallow into 8 chunks and set aside, careful not to let the chunks stick together
- Roughly chop chocolate into 1/4 inch pieces
- Break each sheet of graham in half and place on baking sheet or platter (to be placed in freezer)
- Place frozen dessert in a mixer with a paddle attachment and mix on medium low until it reaches a frosting like consistency
- Add marshmallow chunks and chocolate pieces while mixing. Continue to mix until both the chunks and pieces are somewhat uniformly distributed
- Place a heaping spoonful on top of one half graham, and sandwich with the other half graham. Continue until all the sandwiches are assembled.
- Using plastic wrap, tightly wrap each sandwich, squeezing into squares to avoid ice cream running out of the sides
- Place in freezer until you are ready to serve. Yum!

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Searching for ice cream alternatives? Here's the scoop



Meg McLaughlin / Radish

By Laura Anderson Shaw

As the decades-old tune goes, “I scream, you scream, we all scream for ice cream!” That statement couldn’t have been more true on one recent afternoon, when several of my coworkers and I sat around a conference table with mouthfuls of Purely Chocolate Arctic Zero.

There were plenty of screams, mostly internal, but they weren’t of joy — they were of terror. You see, Purely Chocolate Arctic Zero doesn’t taste like chocolate — or anything like

ice cream — at all. It tastes like nightmares.

No wonder why its pint-sized container says “fit frozen desserts” and not “ice cream” — though “dessert” is a stretch, too. (It’s more like “torture,” but I digress ...)

But there we sat, sampling the stuff, in the name of journalism. Or something.


Now that summer is in full swing, temperatures are climbing into the 90s and fans and air conditioners are running in overdrive, we decided to sample a handful of Hy-Vee HealthMarket ice creams, many of which are dairy-, lactose- and

gluten-free. We decided to stick with chocolate varieties to make it a bit easier to compare flavors.

Until this taste test, I never met an ice cream I didn’t like, which makes shopping for the stuff somewhat of a daunting task. It usually means spending 15 minutes or more standing in the aisle, staring into the abyss of the freezer, trying to decide which flavor to take home.

Now that we’ve put some chocolatey (and

Continued on page 26



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Grilled Watermelon Steaks with Walnut Gremolata

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Watermelon contains potassium, lycopene, and vitamins A, C, and B6. If you like grilled pineapple, then give grilled watermelon a try!

All you need:
1/2 small seedless watermelon
1/2 cup white balsamic vinegar
2 tbsp olive oil
1 tbsp lemon juice
1 tsp McCormick Gourmet rosemary, crushed
1/2 tsp sea salt from McCormick sea salt grinder
1/2 tsp coarsely ground McCormick black pepper
1/4 cup finely chopped toasted walnuts
1/4 cup finely chopped parsley
1 tsp grated lemon peel

All you do:
1. Cut 4 (1-inch thick) half-moon slices of watermelon. Reserve any remaining watermelon for another use. Mix vinegar, oil, lemon juice, rosemary, salt and pepper in small bowl. Reserve 2 tablespoons for drizzling grilled watermelon. Place watermelon steaks in glass dish. Add remaining marinade. Refrigerate 20 minutes, turning watermelon halfway through marinating time.
2. Meanwhile, for the Walnut Gremolata, mix walnuts, parsley and lemon peel in small bowl. Set aside. Remove watermelon steaks from marinade. Reserve leftover marinade for brushing watermelon during grilling.
3. Grill watermelon steaks over high heat 2 to 4 minutes per side or until grill marks appear, brushing with leftover marinade.
4. To serve, cut watermelon steaks in half. Drizzle with reserved 2 tablespoons marinade. Sprinkle with Walnut Gremolata.

Nutrition Facts per serving: 126 calories, 6g fat, 1g saturated fat, 0mg cholesterol, 93mg sodium, 16g carbohydrate, 1g fiber, 2g protein.
Source: www.mccormick.com.

not-so-chocolatey) treats to the test, hopefully you'll have an easier go of it the next time you find yourself parked in front of them at the grocery store.

In addition to the Arctic Zero pint, our staff also sampled Luna & Larry's Organic Coconut Bliss Dark Chocolate non-dairy frozen dessert; SO Delicious dairy-free Cashew Milk Dark Chocolate Truffle; Halo Top Creamery Chocolate; and SO Delicious dairy-free Coconut Milk Chocolate. (For fun, we also tried Ben & Jerry's Non-Dairy Chunky Monkey and Coconut Bliss' Chocolate Hazelnut Fudge.)

By and large, everyone disliked the Arctic Zero. They said it had a bit of a sherbet texture, like a "slimy ice milk," one tester said. Another taste-tester said the chocolate flavor was only recognizable "because it's brown."

The tester went on to say that it "tastes like hair conditioner that's been in the freezer."

Luckily, SO Delicious' Cashew Milk Dark Chocolate Truffle was there to swoop in and save the day. Voted the favorite pint by many tasters, this delicious treat features little chunks of truffles.

"Cashew flavor really comes through," one tester said. "Creamy texture. Liked the truffle chunks," said another.

Above all, most testers said of all the pints on the table, the Dark Chocolate Truffle would be the one they'd purchase for themselves.

I had high hopes for the Halo Top Creamery Chocolate. I recently found Halo Top's offerings at my local Hy-Vee, and have since been addicted to its Lemon Cake and Birthday Cake. Its chocolate had to be equally satisfying, right?

Well, maybe not.

Halo Top's chocolate was a bit powdery and crumbly, and one tester said you had to chew it because it didn't melt. Because of its texture and its look — "Doesn't even look like ice cream," a taster said — its flavor didn't matter. Most testers said they wouldn't purchase it.

The two chocolatey pints made with coconut

were deal-breakers. "Guess what — not creamy. No, I would never purchase."

Though it, too, is made with coconut milk, the Coconut Bliss Dark Chocolate surprisingly didn't taste much like coconuts.

"I would have expected a strong coconut flavor with the name," a tester said.

Instead, it had a very pronounced dark chocolate flavor. It's "very chocolatey and smooth," a tester said.

"Tastes way better than the other coconut one," said another. "Creamy!"

We also sampled "wild cards" Ben &

Jerry's Non-Dairy Chunky Monkey and Coconut Bliss' Chocolate Hazelnut Fudge for fun. But for some taste-testers, it was anything but.

I thought the gang would appreciate Ben & Jerry's non-dairy take on its classic Chunky Monkey, but I was wrong.

"I hate bananas. I don't like this ice cream," one taster said. "Why did you make me eat this?"

Some testers found it too sweet and "gooey." But at least some of the testers enjoyed it. They said it had a "good banana flavor" with a "nice, creamy texture."

Most of the testers weren't a fan of the Chocolate Hazelnut Fudge, either. While it was soft and creamy with chunks of hazelnuts, the nuts became rubbery and soggy, and were nearly tasteless.

"Not as sweet as others," one tester said. "Not my fav."

Even if some of the pints left a little to be desired in the flavor or texture departments, we still got to spend part of an afternoon eating ice cream at work. While we try to keep cool these next few months, hopefully our work will allow us all to spend a little less time agonizing over our selection, and a little more time for fun!

Laura Anderson Shaw is the editor of Radish.



Meg McLaughlin / Radish

milk might have been the strangest of the bunch, and taste-testers were split on their decisions.

The coconut flavor is quite pronounced in the SO Delicious Coconut Milk Chocolate pint, which some testers said overpowered the flavor of chocolate. In fact, it left a bit of a coconutty aftertaste. Was this a bad thing? For some, it wasn't. One tester said, "Very good. I would buy." Another said "Tasty, but not my first choice."

But for other testers, the flavor and texture

The chocolate flavor was only recognizable "because it's brown."

The tester went on to say that it "tastes like hair conditioner that's been in the freezer."

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food

Pizza night

Trading traditional crust for cauliflower

By Laura Anderson Shaw

Pizza is absolutely my favorite food. I love it no matter where it comes from: spinning from a metal rack at fancier gas stations; from the freezer section of the grocery store; from the local, Quad-Cities-style joint five minutes from my house; from down the road at the national chain; from my own kitchen, build-your-own style.

I could eat pizza for breakfast, lunch and dinner — cheese for breakfast, pepperoni for lunch, garden for dinner. (Hey, you gotta eat your veggies, right?) It's easy and delicious, and often requires little to no actual cooking. You can order a

pizza for one, or order a few more and feed a party's worth of people. Whether you're a vegetarian or a meat lover, there's a pizza for you. It's versatile like that.

But apparently, eating pizza every day is bad for you. It's also a difficult meal to enjoy when you're married to someone who currently is avoiding excess carbs. But I am no quitter!

I had heard the hype about cauliflower-crust pizza, and wanted to give it a shot. True, it takes a little more elbow grease than opening an app on your phone, clicking a few buttons and answering the door 45 minutes later. And true, the pizza crust matters. But pizza with a cauliflower crust is just as

versatile, it gives you far more servings of veggies than the average pizza, and it's still smothered in cheese.

Because I have the culinary skills of a toddler, I had to look long and hard for the right recipe. Along the way, I also found recipes for breadsticks that were pretty similar to the crust recipes I found. So, I decided to try both!

As I mixed the ingredients, my kitchen began to smell like pizza (thank you, Italian seasoning and oregano!). It was wonderful. I began to cross my fingers that it would taste as yummy as it smelled

Continued on page 29



Making breadsticks or pizza with a cauliflower crust is just as versatile as their traditional counterparts, and it gives you far more servings of veggies than the average pizza.

Todd Mizener / Radish

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Cauliflower continued from page 26

— and it does! You'd never confuse it for actual pizza or actual breadsticks, especially because of the texture, but the flavor is pretty great.

Texture-wise, the cauliflower took a little getting used to. The cauliflower's flavor is very mild, as the spices and cheese really come through, but it is a bit more crumbly and chewy than true crust or breadsticks.

In the future, I might not serve both dishes in the same meal. It might just be a personal preference, but for some reason, the carbohydrate explosion of pairing breadsticks with pizza is a perfectly acceptable amount of bread, but

“breadsticks” and pizza crust each made with cauliflower was a little overkill.

I am, however, looking forward to serving the cauliflower breadsticks as an appetizer, or bringing them to the next potluck we attend.

And now that I sort of know what I'm doing with the cauliflower pizza crust, I'm excited to try different variations. I could add green peppers, mushrooms and onions, sausage or pepperoni. The sky is really the limit with toppings. I also could substitute the tomato sauce for some Alfredo or pesto sauce.

I might not be a complete cauliflower convert, but I'm happy to have options that taste this great.

Laura Anderson Shaw is the editor of Radish.

Cheesy Cauliflower Breadsticks



4 cups diced cauliflower (about 1 large head)
4 eggs
2 cups mozzarella cheese
3 teaspoons oregano
4 cloves garlic, minced
salt and pepper to taste
1-2 cups mozzarella cheese (for topping)

Preheat oven to 425 degrees. Prepare two pizza dishes or a large baking sheet with parchment paper.

Chop cauliflower into florets and pulse them in a food processor until it resembles rice. Place the rice into a mesh strainer, and press with a clean kitchen towel to remove some moisture. Then, transfer it into a microwave-safe container and microwave, covered, for 10 minutes.

Pour the cooked cauliflower into a large bowl and add the eggs, 2 cups of mozzarella, oregano, garlic, salt and pepper. Mix.

Divide the mixture in half and place each half onto the baking sheets or pizza dishes, shaping them into rectangles.

Bake for about 25 minutes, or until it's golden. Then, sprinkle with 1-2 cups mozzarella cheese and return to the oven for another 5 minutes, or until the cheese has melted.

Slice and serve. Each rectangle will make roughly six breadsticks; 12 if also cut in half.

Serve with marinara, or another dipping sauce of your choice.

Recipe slightly adapted from jcooks.com.

Hungry Girl's Cauliflower Crust Pizza

Crust

5 cups roughly chopped cauliflower (about 1 medium head)
1/4 cup egg whites (from about 2 large eggs)
1/4 cup shredded mozzarella cheese, part-skim
2 tablespoons grated Parmesan cheese
1 teaspoon Italian seasoning
1/4 teaspoon black pepper
1/8 teaspoon sauce

Topping

1/2 cup crushed tomatoes
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon Italian seasoning
1/2 cup shredded mozzarella cheese, part-skim
2 tablespoons finely chopped fresh basil



Photos / Todd Mizener / Radish

Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

Pulse cauliflower in a food processor until it is the consistency of coarse breadcrumbs. (Work in batches if you need to.)

Transfer cauliflower to a large microwave-safe bowl; cover and microwave for 3½ minutes. Uncover and stir. Re-cover and microwave for another 3½ minutes, or until it's hot and soft.

Transfer cauliflower to a fine-mesh strainer, and thoroughly drain. Press out moisture using a clean dish towel.

Return cauliflower to the bowl, and add remaining crust ingredients. Mix thoroughly.

To form crusts, evenly divide cauliflower mixture into two circles on the parchment-lined baking sheet, each about 1/4-inch thick and 7 inches in diameter.

Bake until the tops have browned, about 35 minutes.

Meanwhile, in a medium bowl, combine crushed tomatoes, garlic powder, onion powder and Italian seasoning. Mix well.

Spread seasoned tomatoes over each crust, leaving a 1/2-inch border. Sprinkle with cheese and basil. (Or add the basil into the tomato mixture, and then just sprinkle with cheese.)

Bake until the cheese has melted and the crust is crispy, about 5-7 minutes.

Makes two servings.

Recipe from hungry-girl.com

outdoors

Land of the wild



Wildland Trust's first executive director seeks to define its mission

Gary Krambeck / Radish

Eric Anderson, head of the River Bend Wildland Trust, stands before a sedge meadow full of smartweed at the Milan Bottoms in West Rock Island earlier this year.

By Anthony Watt

The fields, woods and meadows of the Milan Bottoms can seem immovable landscapes to the layperson. But in them all, Eric Anderson sees the dynamic action of nature.

Anderson, 40, was hired late last year as the first executive director of the River Bend Wildland Trust, which performs a variety of conservation services in the Quad-Cities.

Earlier this year, he walked through a 100-acre section of the former farmland between Rock Island and Andalusia that makes up the Milan Bottoms. River Bend manages the tract and is working to restore its wetlands, prairie and river bottom hardwood forest as a natural area.

"I'm looking at wood chips. I'm looking at wood chips," he says, scanning the ground at the foot of a tree for pale yellow, thumb-length shreds of fresh wood. Then he looked to a spot 20 or 30 feet up the tree.

"Oh, there it is," he says, in a "puzzle solved!" tone, noting a hole 7 or 8 inches high and 3 or 4 inches across.

"See the squareness of that hole?" he says. "That's probably a pileated (woodpecker)."

Much of what he highlighted seemed unremarkable at first glance — the bend of a tree branch or holes in the ground. But where others see the mundane, he sees signs of the wind's prevailing direction or an animal's home.

He also saw competition between native and invasive plants. The trust harvested trees that were there, he says, and planted young oaks of several species that happily live near rivers. They will be a big contributor to the habitat River Bend is trying to restore at Milan Bottoms, he says.

"I see an oak right here that's definitely going to be a dominant tree," Anderson says of one young oak that appeared to be the tallest.

Around it, other plants were making use of the cleared ground. On one side was a horde of young shoots a few feet tall, all about as thick as a pencil. On the other end was a mass of golden grass humped and tumbled on the ground.

The shoots were young green ash trees, Anderson says; the grass was invasive reed canary grass. The prolific ash trees were preventing the sun-loving grass from spreading by creating shade, he says. Eventually, he says, the oaks will be big enough that their shade will make the area altogether an

unwelcome place for the intruder.

His knowledge comes from years of association with forestry and conservation. He's been a volunteer and board member for the wildland trust for about 12 years and was an organizer of the 2013 BioBlitz at the Milan Bottoms that identified more than 700 species of animals and plants.

Professionally, he has done forestry and conservation work with a number of businesses and groups, including Chad Pregracke's Living Lands and Waters, where Anderson helped restore river habitat. He also helped the Natural Land Institute in Rockford develop long-term conservation plans.

Originally from Kansas, Anderson earned a Bachelor of Arts in geology from Augustana College in 1999 and a Master of Arts in geography in 2006 from Western Illinois University. In between, he was a U.S. Peace Corps volunteer in Kenya where he helped small-scale farmers incorporate trees on their property as a resource for fuel, fodder and building material.

As the wildland trust's first executive director, Anderson says he wants to better define its mission, so the group is reviewing the its strategic plan, which was created when the trust organized in 2013.

He also plans to recruit a paid staff to help manage its growing list of services, such as species counts, education and habitat restoration.

The group also is offering long-term conservation strategies to people, Anderson says, such as creating conservation easements, which allow property owners to limit how a site is used to protect its ecological integrity. The trust currently is the only local group able to help set them up, he says.

Since taking the position, Anderson has helped the group find new members for its board and wants a larger membership.

He wants to encourage and train future conservationists and is taking interns.

"I want to be churning out future ecology and conservation sector workers," he says.

Contributor Anthony Watt is a writer on staff with The Dispatch and Rock Island Argus newspapers. For more information about River Bend Wildland Trust and how to get involved, contact Eric Anderson at 309-517-1571, eanderson@rbwt.org, or visit rbwt.org.

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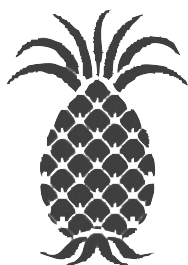
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walnut farms,
continued from page 10



Submitted

Chickens on the farm at Walnut Acres Family Farm, in Walnut, Ill.

Pigs don't graze on grass, though they enjoy the outdoors. They receive feed that Dave personally grinds so he knows exactly what is in the mix.

Currently, their corn is a mix of GMO and non-GMO, with the family working toward feeding all GMO-free corn. That will take time, as they have to grow the non-GMO corn themselves and create a significant amount of storage for the grain.

All of the couple's children have been home-schooled. Those who are still at home, ages 5 to 19, help out with the farming chores as they can, while four of their older children sell vegetables and baked goods at the farmers market.

"I think we're raising a bunch of entrepreneurs here," Robin says, adding they have all learned to work together to accomplish their tasks. "It's a wonderful environment to raise a family. They've come to enjoy the hard work; I think there's something rewarding about that."

Robin says the most common comments the family receives from new members are on the high quality of the farm-fresh eggs.

"The work is hard, but then you get the feedback from members saying how much they appreciate finding meat they can trust," she said. "That makes it all worthwhile."

Cindy Hadish writes about farmers markets, gardening and local foods at homegrowniowan.com.

Snag Walnut Acres Family Farm's food

The best way to purchase meat from Walnut Acres Family Farm is by joining its CSA. Other options include freezer meats, a bulk quantity that can be ordered by phone at 815-343-3936.

Nearby residents also may send an email order based on the price list on the farm's website, at walnut4meat.com, and pick up the order at the farm, at 294 Baseline Road, Walnut, Ill.

Monthly CSA pick up locations include Bettendorf and Clinton, Iowa; and Walnut, South Elgin, Yorkville, Aurora, Batavia, Lombard, Naperville, Oswego and Ottawa in Illinois.

Through the Basic CSA, members receive about 18 pounds of meat and eggs for \$100 per month. One month's share might include stew meat, ground beef, rib steak, butterfly pork chops, diced pork, breakfast links, two dozen eggs, a whole chicken and a cut up chicken.

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Food for Thought

Some political drama

Give yourself a history lesson this Fourth

By Julie Stamper

Last summer, I took my newly graduated daughter to New York City for a theater trip. I'd never been to NYC, but as my daughter was headed to college with majors in public relations and theater, we decided to see as many Broadway shows as possible in four days.

I love New York City. I didn't expect to love it. I didn't want to love it. But I did. My daughter was in NYC for a high school music trip during her freshman year, and she saw "Mary Poppins" on Broadway, which really sparked her love of theater. In a full-circle moment, she played Mary Poppins as her last role in high school, so we were on a sentimental journey.

We had purchased tickets in advance to "Aladdin," which was fantastic. We also saw "20th Century," "It Had to Be You," and we loved "A Gentlemen's Guide to Love and Murder."

We tried to get cheap tickets to "Curious Incident of the Dog in the Night-Time," but the last early-morning tickets were sold to the person in line ahead of us.

There was another show the discount booth told us we could see. It had just moved from off-Broadway to Broadway that week, and we could get two tickets for less than \$100 each. It was a hip-hop musical, and President Barack Obama was coming to see it, were we interested? We said no, even though I love hip-hop, love musicals, love history and love politics.

If you haven't already guessed, we passed on the opportunity to see the hottest musical on Broadway right now, nominated for a record 16 Tony Awards, "Hamilton."

We didn't realize our mistake until fall. My daughter started college, and people in the theater department introduced her to the "Hamilton" soundtrack. It truly is brilliant.

Lin Manuel Miranda, writer and star of the show, read Ron Chernow's book, "Alexander Hamilton," and transformed it into a story of love and loss, perseverance and political maneuvering, all set to a hip-hop score. It sounds strange, I know, but it really works.

I've learned more about the politics of founding our country from the soundtrack to this musical than I did in school. Not all of it is 100 percent accurate, and I've started reading the Chernow book and researching on my own, but it gives you the big picture.

What "Hamilton" makes me realize is that perhaps our current political climate isn't the craziest time in our political history. There were blowhards, revolutionaries, sex scandals, intrigue and murder. And perhaps, at that time in history for this fledgling country, there was more to lose.

Hamilton was a Founding Father of the United States; chief staff aide to Gen. George Washington; the first U.S. Secretary of Treasury under

Washington; one of the most influential interpreters and promoters of the U.S. Constitution; the founder of the nation's financial system; the founder of the Federalist Party; the Father of the United States Coast Guard, and the founder of The New York Post.

He also was the subject of the first sex scandal in our new nation, in which he exposed his own dalliance with Mrs. Maria Reynolds and his subsequent blackmail by her husband. Eliza Hamilton, Alexander's wife, went to her grave believing future President James Monroe set up Hamilton.

Philip Hamilton, the Hamilton's oldest son, died in a duel defending his father's honor after the scandal. After Hamilton died in a duel over political matters with Aaron Burr, Eliza spent the next 50 years preserving his legacy in American history.

Some of the political tidbits in "Hamilton"? George Washington may not have been the military success he was portrayed to be, as he lost more of his battles in the American Revolution than he won. Thomas Jefferson was a slave owner, as were many of the founding fathers, and spent time defending and protecting the Southern way of life as the Constitution was written. He also spent much of the Revolution in France, causing many Americans to distrust him as something of an expat.

And that's just scratching the surface.

So, as politically original and controversial as we may think we are today, we've got nothing on the Founding Fathers. This Fourth of July, I challenge you to learn something new about the founding of our country. "Hamilton" is coming to Chicago this fall, but at \$650-\$1,200 per ticket, you're more likely to find me dumping tea into the Chicago River.

Julie Stamper is a regular Radish contributor.

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