

Radish



BY LIVING FOR THE FUTURE

PROJECT InSECT

Mildred, Norman
and other big bugs
invade Muscatine

David Lynch on TM

Hope Farm

'The Story of Stuff'

Inside: Your guide to the 2008 Healthy Living Fair!

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Claudia Douglas, MetroLINK Operator with commuter Jeff Cornelius

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GUADALUPE NEWS 8 WGAD



Rachel Griffiths and her son Andrew. (Radish photo)



Never let it be said that Radish does not go the extra mile to help the least of its brothers — even if they are but a brood of baby praying mantises.

Radish account executive Rachel Griffiths received a call last month from Jessa Huebner-Reitinger, the PROJECT InSECT artist currently in Muscatine, Iowa. Jessa — pictured on our cover with Mildred the mantis — and her husband were in possession of a newly hatched batch of mantises as part of their exhibit. However, they could not locate any baby mantis food — aphids — anywhere in Muscatine. (Good news for Muscatine, bad news for baby mantises.)

"She had called all the greenhouses and she couldn't find any," said Rachel. "She knew I worked for Radish and figured I would know somebody who could help her out."

Rachel gave Jessa the numbers of several greenhouses to call in the Quad-Cities area, then headed out to make a sales call at Wallace's Garden Center in Bettendorf, Iowa. Turned out Wallace's had just received a couple of plants infested with aphids, which were quarantined and waiting to be treated — and which Rachel could take to Muscatine.

"I called and talked to Jessa's husband, James, and told him about the aphids," said Rachel, adding that she couldn't deliver them until the next day because of her younger son Andrew's baseball game that evening. "That's OK," James told her. "Some will just die."

But Andrew — bless his 9-year-old bug-loving soul — would have none of that. "Mom," he said, "I don't want the mantises to die!"

And so after the baseball game, Rachel, Andrew and the aphids made an environmentally responsible and insect-friendly 35-mile trip from the Quad-Cities to Muscatine via Rachel's Honda Civic Hybrid. They pulled in to Muscatine about 10:15 p.m., meeting James at a laundromat to make the drop.

"The aphids arrived secure and unscathed," said Rachel. Then she and Andrew turned around and headed back home.

If this entomological epic has piqued your interest in PROJECT InSECT, turn to page 20. Then meet Jessa and James Huebner-Reitinger in person at the 2008 Healthy Living Fair. The event will be held June 14-15 at the Quad City Botanical Center in Rock Island, Ill. The fair brings to one place many of the subjects, ideas, people, resources and advertisers that have appeared in Radish; PROJECT InSECT, for example, will join the event on Sunday.

For more on the Healthy Living Fair, turn to the complete guide appearing on pages 41-48 or visit radishmagazine.com.

— Joe Payne

editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

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Gerald J. Taylor
PUBLISHER

Joe Payne
EDITOR
editor@radishmagazine.com

Val Yazbec
ADVERTISING DIRECTOR

Nancy Renkes
ADVERTISING MANAGER

Rachel Griffiths (309) 721-3204
Paula Parrella (309) 269-7997
ADVERTISING EXECUTIVES

Brandy Welvaert
Laura Anderson
STAFF WRITERS

Spencer Rabe
LAYOUT & DESIGN

PUBLISHED BY
Small Newspaper Group

Deborah Looser Small
DIRECTOR OF SPECIAL PROJECTS

Joseph Lacaeyse
TREASURER

Robert Hill
VICE-PRESIDENT

Thomas P. Small
SENIOR VICE-PRESIDENT

Len R. Small
PRESIDENT

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

contributors



John Ivanko and Lisa Kivistir are innkeepers, organic farmers and partners in a marketing consulting company. They are innovative young leaders in the growing rural renaissance movement and have been featured in a variety of media for their contemporary approach to homesteading, conservation and green living. Read an excerpt from their new book, "ECOpreneur: Putting Purpose and the Planet Before Profits," on page 8.



Michelle Campbell of Bettendorf, Iowa, has a bachelor's degree in horticulture and 15 years' of nursery and landscape experience. She specializes in designing landscape and hardscape to create beautiful outdoor spaces in harmony with the environment. An advocate for environmental stewardship, she and her husband designed and built their own strawbale house. Read her story on peace gardens on page 28.



Sharon "Sheri" Colman is secretary and assistant outings leader of the Eagle View Group of the Sierra Club, for which she also serves as a national outings leader. She lives on the Mississippi River in the Quad-Cities with her husband, Dick, and her two cats, Stinker and Skitty-Kitty. She enjoys hiking, camping, canoeing and organic gardening. Read her story about the Sierra Club on page 14.



Shane Brown admits that he is out of shape and says his mother will die when she learns that he's been published in a magazine devoted to healthy living. His humor column runs every weekend in the The Dispatch, The Rock Island Argus and The Leader in the Quad-Cities. Originally from Galesburg, Ill., he now lives in Rock Island with his two cats and assorted neuroses. Read his interview with director and TM proponent David Lynch on page 6.



Michelle Tibodeau Silman of Cedar Rapids, Iowa, writes about home, education and the environment from the busy house she shares with husband Paul, sons Nick, Jordan and Anthony and myriad pets. She enjoys running outdoors in good weather, talking with friends and reading and writing fiction when she ought to be weeding her garden or folding goods of laundry. Read her story on Clipper Windpower's Cedar Rapids plant on page 22.



William Gustafson of Rock Island, Ill., is a professional artist and educator who has combined a love of teaching with a passion for his own artwork for over 20 years. Combining decades of experience as an art educator, graphic artist and art director, Gustafson is well known for his artwork and caricatures at Quad-Cities area events. On page 41 he provides the illustration for this month's Healthy Living Fair, where he will be drawing caricatures.

"A Doctor's Confession"

(And Why I Still Do What I Do)

Dear Friend:

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

Ten years ago something happened that changed my life forever.

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

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

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

Amazing Offer — When you bring in this article, you'll receive our entire new patient exam, with x-rays for just \$27. That's it, no kidding. **Great care at a great fee** — Please, I hope that there's no misunderstanding about quality of care just because I have that lower fee. **I just have that low fee to help more people who need care.**

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

—Dr. Rob Scranton, D.C.

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

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

the grapevine

Everything you need to know for the 2008 Healthy Living Fair!

Find out who'll be selling, exhibiting and performing at the 2nd annual Healthy Living Fair in the special guide published on pages 41-48 of this issue.

Quad-Cities artist Bill Gustafson created the guide's whimsical illustration — which will be featured on a limited number of T-shirts for sale at the fair. Gustafson also will be on hand to do caricatures during the event.

The 2008 Healthy Living Fair is presented by Radish and the Quad City Botanical Center. Hours are 9 a.m. to 4 p.m. June 14-15 at the QCBC, 2525 4th Ave., Rock Island, Ill. The fair will feature a variety of health-related goods, services and products available in eastern Iowa and western Illinois.

Read the guide for more information and visit radishmagazine.com for updates as the event draws near.

Stop by the Radish booth at the following June events and enter to win a new Radish canvas farmers' market bag:

- East Moline Farmers' Market, 8 a.m.-noon June 4, 1112 42nd Ave., East Moline, Ill.

- Davenport Farmers' Market, 8 a.m.-noon June 7, NorthPark Mall, 320 W. Kimberly Road, Davenport, Iowa
- Davenport Freight House Farmers' Market, 8 a.m.-1 p.m. June 11, 421 W. River Drive, Davenport, Iowa
- Healthy Living Fair, 9 a.m.-4 p.m. June 14-15, Quad City Botanical Center, 2525 4th Ave., Rock Island, Ill.

On the Road with Radish is made possible by The Friends of Radish: Trinity Regional Health System, WQAD NewsChannel 8, MetroLink and Zimmerman Honda.

Need a good book? Freebies from Radish!

Here's a list of free books available from Radish. Be the first to request one, send us a mini-review when you've finished reading it and the book is yours.

- "Out of This World" by Mary Swander. In the face of a life-threatening allergy, an Iowa woman discovers new life in the natural world.
- "The Emerald Horizon: The History of Nature in Iowa" by Cornelia F. Mutel.
- "Mushrooms and Other Fungi of the Midcontinental U.S." by D.M. Huffman
- "Taming the Truffle" by Ian R. Hall, et al.
- "Herb Gardening for the Midwest" by Debra Knapke and Laura Peters
- "Container Gardening for the Midwest" by William Aldrich, et al.
- "Perfect Weight America" by Jordan Rubin
- "Patient Listening: A Doctor's Guide" edited by Loren Herwaldt. The illness narratives of two dozen writer-patients teach listening skills to medical students, residents, physicians and other health care providers.

To request a book, simply send an e-mail to editor@radishmagazine.com.



On the Road
with
Radish

From our readers

No Child Left Inside (April 2008):

"Thank you for the article on kinder gardening. Our 6-year-old daughter's 3- by 3-foot garden will be ready to go by the end of the week. She's already picked out a variety of vegetables ... herbs and flowers to go in each 1-foot square plot. ... Our daughter requested a fountain for one of her squares, and we told her solar was the only way to go! I've done some research online and a little exploring into finding the components locally, but haven't had a lot of luck yet. Someone in the Radish circle of friends certainly has done this before and the rest of us would benefit from their advice!"

— Susan Wahlmann, Rock Island, IL

Spring is for Greens (April 2008): "Please check the accuracy of stringy midribs with chard. I think you mean kale. We eat chard with most of the stems quite frequently with no problems like those described. Especially earlier, tender crops or 'baby' chard. Kale, on the other hand, is another story!"

— Mrs. Vegetables, Rock Island, IL

Mrs. Vegetables: I don't think I was using baby chard, so maybe that's the difference between our experiences. In the future, I'd like to try baby chard if it's more tender.

— Brandy Weisner, Radish

CSA subscriptions: "Thank you for all the work Radish magazine puts into supporting fresh local produce and CSAs (community supported agriculture). We have had a lot of inquiries regarding our CSA program. Consumers are becoming increasingly aware of where their produce is coming from and how it is handled. Food safety can only be certain if the consumer knows who has handled their fruits and vegetables. Thanks to your efforts, we have almost doubled our CSA program from last year. Keep up the good work."

— Steve and Teresa Krause, Teresa's Tasty Produce, Atkinson, IL

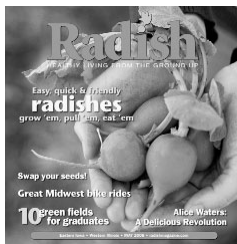
Living Here on Earth visits PROJECT InSECT

Tune in for an in-depth look at PROJECT InSECT — featured on page 20 of this issue — on the June 10 episode of "Living Here on Earth," airing during the 10 p.m. newscast of WQAD NewsChannel 8.

Host Matt Hammill will visit with Jessa and James Huebing-Reitinger, co-creators of the one-of-a-kind traveling insect art show currently on exhibit at the Muscatine (Iowa) Art Center.

Watch other episodes of "Living Here on Earth" each Tuesday at 10 p.m.

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



healthy living from the ground up



features



6 David Lynch at peace

Film director shares his love for Transcendental Meditation.

8 Ecopreneuring

Environmentally responsible entrepreneurs use business to implement their Earth mission.

12 Berry bling

Pick your own berries for fun and food at the table.

20 Really big bugs

PROJECT InSECT reveals the beauty of a microcosm.

in every issue

2 from the editor

3 contributors

4 the grapevine

34 rooting around

35 calendar

38 resources

39 farmers' markets

on the cover



Jessa Huebing-Reitinger with Mildred the mantis — one of the oil paintings of PROJECT InSECT. (Radish photograph by Paul Colletti)

departments

10 food

Food haiku: Learn Great Foods' brand new FoodBooks provide just the facts — and great recipes.

11 health

Water therapy: Atlantipa targets overall health, the aging process and relaxation.

14 outdoors

Explore, enjoy, protect: Venture forth and into the outdoors with the Sierra Club.

16 homes

Get 'em outdoors: If your landscape includes an inviting space, your family will come outside.

18 good business

Fuelish idea: Farmers, college create a locavore partnership in the Quad-Cities.

22 environment

Farming the wind: Cedar Rapids wind turbine factory enters the agricultural field.

24 how to

Bee there: Join The Great Sunflower Project and you'll help the U.S. save its bees.

26 growers

Hope Farm Produce: Mother-daughter team from rural Geneseo, Ill., tries to grow it all.

28 gardens

Give peace a chance: Incorporate a place for meditation in your garden.

30 education

Get S.M.A.R.T.: Bus brings reading and recycling to kids. Also: Mini race cars demonstrate power of solar energy.

32 food

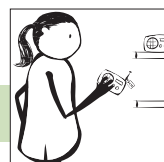
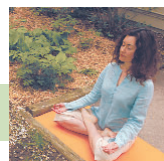
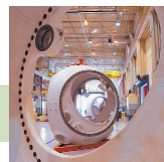
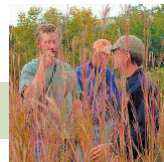
Get your goat: Low and slow is the best way to cook chevon, a low-fat meat available locally and naturally.

40 food for thought

The Story of Stuff: Robert Weissman says Annie Leonard's documentary is a must-see for everyone.

41 healthy living fair guide

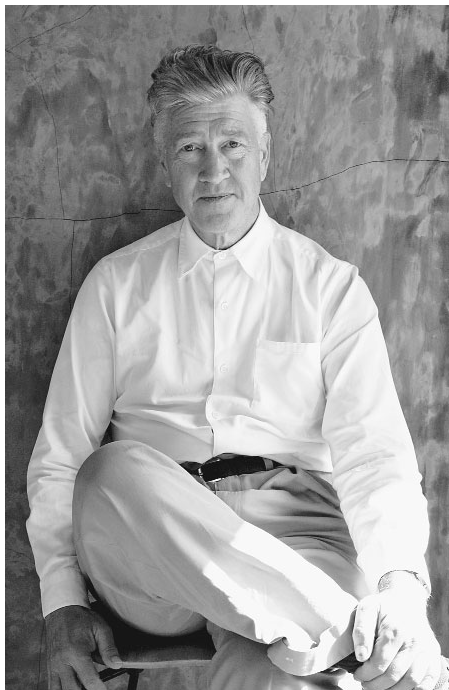
Everything you need to know about the healthiest event of the year in eastern Iowa and western Illinois.



healthy living

David Lynch at peace

Director shares his love for Transcendental Meditation



Zuma

By Shane Brown

Film director David Lynch is one of the most well-known proponents of Transcendental Meditation and the study of ancient Vedic Science. His foundation recently donated \$1 million to Maharishi University of Management in Fairfield, Iowa, to help defray the costs for students to learn the TM technique.

During the university's David Lynch Weekend in April, Radish sat down with the three-time Oscar nominee to find out more about his passion for meditation.

Radish: You're one of our nation's most respected directors. Yet instead of hobnobbing with the Hollywood elite, you're in small-town Iowa. Why is Fairfield so important to you?

David Lynch: Well, I love Transcendental Meditation. I started in 1973, July 1, on a Saturday morning about 11. And I've been meditating twice a day for over 34 years.

This university is the flagship school for consciousness-based education. Education which develops the full potential of the student — enlightenment. And the way to do that is to experience that deepest level of life — the Transcendent. The technique of TM will get you to that level — easily, effortlessly, first time, every time. It's a beautiful, beautiful blessing.

And so I was asked to join the board of directors for this university. It's a very special place. I think it's the future of universities. I don't see self-centered, tormented, stressed, anxiety-ridden students. I see very strong powerful brilliance.

And so I like supporting this university, and I like supporting the peace-creating groups here in Iowa. I think it's the future, and a bright future. So I'm with it.

R: Are you seeing changes in the public's reception to TM?

DL: The receptivity is changing. As human beings, we get into certain rigid patterns. Anything new coming along is not always welcomed with open arms, and a lot of misunderstandings can arise. Misunderstandings about meditation are going away. It's not a religion, and people are getting hip to that. It's a mental technique to open the door to the deepest level of life — the eternal level. And life gets better when you experience that deepest level.

R: Have the ancient principles of Vedic Science adapted in order to evolve into the new millennium?

DL: No, no. The new millennium has evolved into it. "Veda" means total knowledge. Vedas are the laws of nature — how the un-manifest manifests into everything that is a thing. Vedic Science, the science of consciousness, explains it in the greatest detail — surpassing physics, surpassing quantum cosmology.

The Vedas can be interpreted many different ways, just like the Bible can be interpreted many, many ways. But hiding in there is the truth, and this is where enlightenment comes in. An enlightened human being is living the

truth. And it's possible that it's our birthright. We're going to one day unfold the whole thing. It's waiting for us. It's just a question of time.

R: In the course of this, you're sort of become the de facto recognizable celebrity face of TM. Is this a role you're comfortable with?

DL: I don't like being in the public. But like I said, I believe in these technologies for peace and enlightenment, so I find myself talking about it.

"Misunderstandings about meditation are going away. It's not a religion, and people are getting hip to that."

R: The school seems to emphasize community. In your life, do you find that you're able to do this as part of a community? Or is meditation for you more personal?

DL: What I love about TM is that you don't need anything but the technique. You can meditate anywhere — you don't need to join anything; you don't need to be in a community. You meditate, and you go about your business, and you will start to see things get better and better and better. This is what happened to me. If it hadn't, I would've quit meditation. You'll get all these benefits, and it will feed your work.

What I like about Fairfield is that every day, just like ancient India, people come together and meditate as a group. And that's a very, very powerful cosmic beautiful thing. Major beautiful. And in this community, if you go around and meet people, they're absolutely unique individuals. You like sitting with every one of them. They're bright-eyed, they're eager to listen to you and there's a big understanding and appreciation for life. It's very special.

But this is in all human beings. Get rid of that cloud of stress, and you just become more and more yourself. A strong self. TM brings you to a place that's more and more self-sufficient. The Big Self. It's beautiful.

R: In terms of the global picture, do you consider yourself an optimist?

DL: Total optimist. I'm an optimist because of this beautiful Unified Field. You know, that big ocean. And because of these Vedic technologies to enliven that, I'm a big giant optimist.

To learn more about Vedic Science and the technique of Transcendental Meditation, visit TM.org or call (888) 532-7686. Read more about TM, Fairfield, Iowa, and the melding of Eastern philosophy and progressive thought at radishmagazine.com.

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healthy living

ECOpreneuring

Using business to implement an Earth Mission

By John Ivanko and Lisa Kivirist

We're the CEOs — Chief Environmental Officers — of our business, responsible for the "success" of our operations and its environmental and social impacts. Mostly, we eat what we grow, use what energy we generate ourselves and create the meaningful work we desire. In other words, success is relative to our worldview and based on what we value and find meaning in. Rather than make money from working at a job, we put our limited funds to work for us to serve what we call our Earth Mission, the purpose for which we're here on Earth. We define our business qualitatively, not quantitatively.

There are numerous advantages of operating a business for yourself, in terms

of tax savings, control over how natural or human resources are used (or misused) and the freedom to pursue your passions without your boss looking over your shoulder. If you grow weary of climbing the ladder, own it. If you don't like the kind of companies that are offering you a job, then make your own in your vision of what it means to tread lightly on the planet.

Ever work for a company and become frustrated or appalled by the waste or inefficiencies you witness on a regular basis and your inability to enact changes to end the waste — even if it also saved the company or organization money at the same time? Ecopreneurs, often by their small, human or family-scaled operations, take the reins and seize control in ways larger organizations fail to even recognize. At Inn Serendipity, on an annual basis we reuse, recycle, reclaim and restore more than we dispose of in our two 35-gallon garbage cans. Piles of tile and grout, old furnaces, wood, children's toys, insulation scraps — all destined for landfills — are in productive, if not also quirky, use in our business today. Our strawbale greenhouse is partially built with the waste stream of our community.

Today information, knowledge and innovation are the harbingers of wealth creation in a world increasingly pressing up against environmental, social and resource limitations or issues created by the previous laissez-faire market-driven economic growth. Once the stronghold for guiding positive changes related to the environment or addressing social issues, federal and some state governments have lost their way, effectiveness and courage to take these issues on. Rather than setting forward-thinking policies, politicians are caving in to re-election concerns or the unprecedented influence of special interest groups, many funded by powerful multinational corporations. The present value of money overrides consideration given to issues that face future generations. Increasingly, citizens are ahead of the policy-makers, voting with their dollars and actions (not words).

Ecopreneurs are problem-solvers, possessing an ability to see what was there all along, then bringing it to market. These entrepreneurs become ecopreneurs when their spirit, boldness, courage and determination not only transform the landscape but coalesce into a movement to transform global problems into opportunities for restoration and healing.

Ecopreneurs take a penchant for innovation and problem-solving, applying it to meaningful purpose. Ecopreneurs emblazon the regreening of Earth, restoring degraded land, cleaning the air, building healthy and safe homes, devising clean, renewable energy sources, offering prevention-oriented alternatives to treatment-focused healthcare and helping preserve or restore the ecological and cultural wonders of the planet by changing the way we experience travel, just to name a few.

While many entrepreneurs may be motivated, at least in part, by the mantra of "greed is great" on their journey to becoming a millionaire, growing numbers of ecopreneurs are adopting a different course, focusing on solving the problems facing society through the businesses they create, greening their bottom line. Many are redefining their wealth, as we have, not by the size of their bank account or



Entrepreneur vs. Ecopreneur	
Values money (I wanna be rich)	Values life (fulfillment through work)
Return on Investment (ROI)	Return on Environment (ROE)
Free trade (extracts, exploits)	Fair Trade (Cooperates, is socially responsible)
Follows regulations (meets governmental regulations)	Sets (voluntary) standards beyond regulations
Stakeholders equal stockholders (financial results-driven)	Stakeholders equal everything (nature, community, future generations)
Technology will triumph	Technology is a tool
Super-size me (bigger is better)	Human-scale (Small is beautiful, less complex, adaptable)

Source: "ECOpreneuring: Putting Purpose and the Planet Before Profits"

square footage of their home. Wealth is defined by life's tangibles: health, wellness, meaningful work, vibrant community life and family.

There are many ways in which entrepreneurs and ecopreneurs are similar. Both embrace failure and are idea driven, innovative, creative, risk tolerant, flexible, adaptable, freedom minded and independent. However, ecopreneurs go beyond organic, beyond compliance to laws and regulations (or redefine them), beyond consumerism, beyond minimum wages and beyond the free market economy to conduct business.

Successful ecopreneurs change their perspective about money. Instead of working for money, our money works for our aspirations, dreams and hopes for what we want to see the world become — our Earth Mission. Money is an intangible, a tool for change. We invest in the future, not save for it.

While entrepreneurs make their money work for them through the businesses they create, or assets they accumulate, ecopreneurs use their businesses to implement their Earth Mission.

If you're earning a living now, perhaps working for a company or organization, then becoming an ecopreneur will revolutionize how you think about money, your livelihood, your life.

Excerpted with permission from "ECOpreneuring: Putting Purpose and the Planet Before Profits" (2008, New Society Publishers, \$17.95) by John Ivanko and Lisa Kivirist. To order, call (800) 567-6772 or visit newsociety.com. For more information about ECOpreneuring, or to enter your own Ecopreneur Profile, visit ecopreneuring.biz.



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food

Food haiku

FoodBooks provide just the facts — and a few recipes

By Brandy Welvaert

Call them food haiku. FoodBooks, a collection of nifty, thrifty, food-centric guides, are new from Learn Great Foods, an agri-tourism company based in Mount Carroll, Ill., and Bay View, Mich. Each book in the series contains 16 pages of information to answer commonly asked questions about a single food.

"The format is based on the questions that our guests ask during tours," says Ann Dougherty, president of Learn Great Foods. The company takes guests to farms and other places to show them where food comes from — food that they usually get to prepare and eat at the end of a tour.

The first FoodBook, "Tomatoes: Stories, Varieties, Recipes," begins by explaining what tomatoes are and how they function in the garden, on the table and in the body. It continues with a story about tomatoes from Sweeter Song farm in Cedar, Mich., and follows with simple recipes from chefs and photos that identify some of the more popular varieties. The book ends with ideas for preserving tomatoes beyond the harvest.

How many kinds of tomatoes exist? "There are more than 4,500 heirloom tomato varieties, and more than 500 in popular use in the Americas," the book tells us. Is a tomato a fruit or a vegetable? Botanically, it's a fruit; however, legally, it's a vegetable, the book explains.

Like a reduction sauce, FoodBooks deliver as succinctly and potently as possible the essential "flavors," as Dougherty calls them, of each food — its origins, its place today, how to identify it at the farmers' market and what to do with it once you get it home. All the recipes have been tested on real people on the tours, and the books, it bears noting, contain some lovely food photographs.

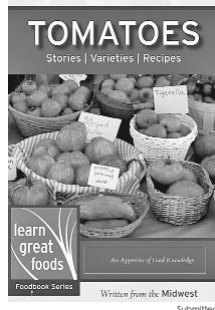
"I especially like seeing food that is real," Dougherty says. "We have started calling packaged food 'foo' — food that isn't quite complete. I like to see real food 'in situ' — at the farm — to remember where it comes from. And, as an engineer, I like to see pic-

tures that show how it is planted, or harvested, and the people who perform these actions, to see the whole process. We have tried to 'show the story' in these books." FoodBooks available now cover tomatoes, fish, asparagus, herbs and buffalo. In August, Learn Great Foods expects to have books about beef, eggplant, lettuce and pumpkins/squash. The books are \$5 each and are available at a wholesale price in bundles of 25 for farmers' markets, farm-market shops, natural foods stores and as a fundraiser item for non-profits.

"We have been surprised at a really positive response from farmers' market managers and farmers who have been calling to order them this last month with just a few e-mails we have sent out," she says. "The FoodBooks seem to fill a need with their style and simplicity."

You can buy Learn Great Foods' FoodBooks at its booth during the Healthy Living Fair, June 14-15, in Rock Island, Ill. For a complete guide to the fair, turn to pages 41-48.

"I especially like seeing food that is real. I like to see real food 'in situ' — at the farm — to remember where it comes from. We try to 'show the story' in these books."



Summer Salad with Fresh Dill

2 tomatoes, chopped	1/3 cup mayonnaise
1 cucumber, peeled and chopped	2 teaspoons lemon juice
1 sweet onion, chopped	1 tablespoon fresh dill, chopped
1 bell pepper, peeled and chopped	Salt and pepper, to taste
1/3 cup sour cream	

Slice tomatoes in half, sprinkle with salt and invert on a paper towel for 15 minutes. Chop. Chop cucumbers; place in a colander and sprinkle with salt. Let stand 15 minutes; pat dry with paper towels.

In a medium bowl, toss sweet onion, tomatoes, cucumber and bell pepper.

In a small bowl, blend sour cream, mayonnaise, lemon juice, dill and salt and pepper, to taste. Mix the sour cream sauce with the veggies and serve.

Recipe by Chef Donna Duwall, Food Fancies, Bellevue, Iowa, included in "Tomatoes: Stories, Varieties, Recipes," by Learn Great Foods.

health

Atlantispa uses water to heal the body, slow down aging process and provide relaxation



Healing Methods 101

Treatment: Atlantispa

Providers: Michael and Lina Grady

What it is: Atlantispa is a hydrotherapy spa built on a tradition of thousands of years of water cures recorded at hot mineral springs worldwide. In 18th century Germany, Father Sebastian Kneipp cured his tuberculosis through his "Kneipp Cure," a form of hydrotherapy and system of healing involving the application of water through various methods, temperatures and pressures. In our age, the Sebastian Kneipp School of Hydrotherapy, in collaboration with a production company in Taiwan, developed the Atlantispa SG-2000 spa machine. After being trained in Singapore for two months in late 2006, Michael Grady owns the U.S. rights to Atlantispa with a spa location in the Quad Cities.

What a session is like: The Davenport Atlantispa features two private hydrotherapy rooms with

deep soaker tubs prepared with water heated to 104 degrees F and treated with an essential oil. Clients disrobe in privacy, then the SG-2000 is set at 15 minutes and the tub comes to life. "One then climbs in the tub filled with millions of fast-moving ultrasonic, ozonated bubbles," says Grady. "Far infrared (light that's felt as warmth) is used to increase blood circulation for toxin removal via sweating. The relaxing smell of an essential oil fills the air."

Benefits: In 15 minutes, Grady says the therapeutic results include the equivalent of a two-mile run and one-hour body massage; 400 calories are burned. Other benefits, he says, include slimming, body detox, skin beautification, body contouring and deep relaxation. While relaxing in the lounge afterward, pure water that is high alkaline, oxygenated and mineralized is dispensed from a Jupiter Science Melody Ionizer for rehydration. "This is the most pleasant time, after the spa," says Grady. "One has a feeling of profound relaxation."

Who should not use it: Pregnant women in their first trimester are not allowed in. Normally, those with heart conditions and a history of high blood pressure also may not be allowed in.

Cost: The essential oil spa costs \$20. Sessions last about 30 minutes, and Grady recommends at least two sessions per week. More premium hydrotherapy spa running from \$25 to \$35 include essential oil and different grades of therapeutic salt. Frequent spa-goers get a discount and can bring in an empty container to fill with the special water and take home. For a home spa, both of the machines are available for \$3,300 or can be purchased separately.

More information: Atlantispa is located at 235 W. 35th St., Suite 5B, Davenport, Iowa. Call (563) 445-7331 or visit atlantispa.com.

See Atlantispa at the 2008 Healthy Living Fair June 14-15 in Rock Island, Ill. For details, see pages 41-48.

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healthy living

Bag a little berry bling

Pick your own for fun and food at the table



Went crazy in the berry patch? Plop some of those leftover gems into this French-style yogurt cake. (Photos by John Greenwood / Radish)

By Brandy Welvaert

Mmmmm, berries. Even people who grow them for a living can't keep their hands off.

"At the first of the season, we really pig out on them," says Ginger Eisbach, co-owner of Wooded Wonderland, a pick-your-own organic blueberry farm and sawmill outside Galena, Ill.

"I chew them suckers up," says Max Hagen, who owns Hagen's Berry Farm in Palo, the largest pick-your-own strawberry farm in Iowa. Seven miles west of Cedar Rapids, Hagen and his wife, Carol, grow about 20 acres of Jewel, Honeoye, Earliglow and Winona berries, among others — down from the 50 acres they used to tend. "I am always eating strawberries during the season," Hagen says. "There is a unique flavor and texture to each one."

In mid- to late-May, strawberries signal the start of summer and bring a little bling to the table. In fact, the gem-like strawberry technically is an "accessory" vegetable, not a fruit, according to organics distributor Goodness Greenness. What look like tiny seeds covering the berry are actually the fruit, and the berry is there, well, to look cute. Honestly. Mother Nature engineered strawberries to look great, taste fabulous and render eaters helpless in their presence. We can't resist eating berries, and we thereby eat berry seeds and finally — don't dwell on this part — help the plant spread its seeds.

After strawberry season comes blueberry season, says Jim Foxvog, who lives at Plow Creek, an intentional Mennonite community with a pick-your-own berry patch open to everyone in rural Tiskilwa, Ill. "Sometimes they come on as soon as the strawberries, but people usually start looking for them around the Fourth of July," Foxvog says.

In addition to strawberries and blueberries, Plow Creek Farm grows blackberries and raspberries, both of which ripen in July. "Our raspberries also give us a fall crop that starts in the middle of August and goes until it freezes ... sometimes all the way through October," he says. Plow Creek's berries are organic, though not certified, and the farm focuses on "agriculture as stewardship. It's about caring for our own health and the health of others, and we have three families whose primary income comes from working the farm."

Especially for small, organic farms, weather and other natural elements play a big role in whether berries are plentiful and juicy or small and sparse. Spring rains thus far have Eisbach hoping for a good season.

"Our berries are completely organic, with no pesticides or harsh fertilizers. About the hardest thing I put on them is sawdust because blueberries prefer acidic soil," she says.

To pick berries, you need a container (if not provided), sunscreen, a hat and sometimes gloves. "Many think thornless blackberries lack flavor so we grow the thorny ones. Dress appropriately for the challenge," says the Plow Creek Farm Web

site. You don't need gloves for strawberries, blueberries or raspberries, in most cases, but it's wise to ask before visiting a specific venue. Growers want visitors to call ahead, anyway, to make sure that berries are plentiful and ripe, and that conditions are favorable for being outdoors.

Have a tendency to get a little pick-happy? Gowers say it's easy to freeze berries when you gather too many. They freeze them whole on a cookie sheet, then transfer them to Ziploc bags and keep them in the freezer. In general, growers advise against rinsing berries first. (All fruits and veggies should be rinsed before they're eaten, however.)

Hagen says he likes frozen berries dipped in melted chocolate. Fresh berries he enjoys as is, or with a drizzle of honey: "We prefer honey over sugar, or we don't put anything on them."

For most folks, he says, berry picking is as much about the experience as it is about the eating. "I can't tell you how many professionals come out to the farm to get away from their desks. They might pick something and give it to someone as a gift. What better gift is there than fresh food?"

Find a list of pick-your-own berry farms in Resources, page 38.

French-Style Yogurt Cake with Strawberries

½ cup plain yogurt	2 teaspoons baking powder
½ cup white sugar	½ cup canola oil
½ cup brown sugar	2 big handfuls of berries, sliced if they are large
1 cup all-purpose flour	
½ cup ground almonds	

Preheat the oven to 350 degrees Fahrenheit. Grease an 8-inch round cake pan with butter or cooking spray.

In a large bowl, combine the yogurt, sugar and eggs, stirring until well blended. Add the flour, ground almonds, and baking powder, mixing just to combine. Add the oil, stirring to incorporate. Pour about 2/3 of the batter into the prepared pan, and distribute frozen strawberries — about two handfuls — evenly over the batter. Pour the remaining batter over the berries, trying to cover them as well as possible.

Bake for 40-50 minutes, until the cake feels springy to the touch and a toothpick or cake tester inserted into the center comes out clean. (Because you've put frozen fruit into the cake, it may take a bit longer, depending on your oven. If, after 30 or so minutes, the cake is browning too quickly, you may need to tent it with foil.)

Cool cake on a rack for about 20 minutes; then turn it out of the pan to cool completely. Cut into wedges and eat with satisfaction, watching your freezer slowly empty.

Source: Adapted from "Les Gâteaux de Mamie" by Marie Brazier

For more berry recipes, read this story at radishmagazine.com.



Summer berries taste great as is, but paired with clouds of whipped cream, they're heaven.

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outdoors

Explore, enjoy, protect

Go into the wild with the Sierra Club

By Sheri Colman

Explore, enjoy and protect the planet — that's the mantra of every Sierra Club member. All because in 1892 a man by the name of John Muir was of the opinion that if you took people into the wilderness and showed them how to enjoy the beauty and grandeur of nature, they would be more apt to protect it. That was the beginning of the Sierra Club, which is now the largest environmental organization in the country.

"Outings" have changed over the years. Photos of an original trek led by William Colby in 1901 into the Sierra Nevada show nearly 50 participants with an entourage of packhorses laden with all of the "necessities," such as linen table cloths, fine crystal and servants to see to the comfort of these hardy folk out braving the wilderness.

Today's Sierra Club outings are conducted on two levels — the Group or local level, and national trips. Whether local or national, all of the Sierra Club trips are led by "outing leaders" who are fully trained in group leadership and must be certified in wilderness first aid and CPR — or what to do when you can't call 911.

This spring my local chapter, the Eagle View Group, embarked on an annual family outing, the Pelican Picnic, held at Lock & Dam 14 and Smith's Island in Iowa. There were 32 participants aged 4 to 74. Everyone received fact sheets about the American white pelican and the history of Smith's Island. The pelicans and other waterfowl were abundant. (The spring flowers, however, were not yet brave enough to face the elements, except for a few tiny trillium thrusting their first tentative leaves skyward.) A leisurely stroll around Smith's Island gave everyone an opportunity to explore this little-known site and to experience other aspects of nature — and gave the children a chance to expend some energy.

While we were gathered at the observation deck, a group of turtles was spotted basking on a rock. This gave our leader an opportunity to share the fact that turtles need to "sun" themselves to prevent fungus from growing on their shells.

The event became a true Sierra Club outing when everyone pitched in to fill several large trash bags with litter left by less considerate visitors.

There are Sierra Club groups in every state. Illinois has one large chapter and Iowa has several smaller groups — Eagle View (Clinton and Quad-Cities), Cedar Prairie (Waterloo and Cedar Falls), Cedar Wapsie (Cedar Rapids and Marion), Central Iowa (Des Moines and Ames), Iowa City, Leopold (Burlington, Fairfield and Ottumwa), Northwest (Sioux City, Lemars and Soldier), Prairie Lakes (Spirit Lake, Spencer and Storm Lake) and White Pine (Dubuque, Decorah and Elkader). All offer a variety of local outings throughout the year. The Eagle View Group, for example, offers everything from a river-mile clean-up to canoe and kayaking trips, hiking, biking, camping and more. The White Pines Group of Dubuque offers its own events, including an annual cross-country ski weekend at Backbone State Park, which last winter provided ideal conditions for skiers while others stayed in

the cozy cabin playing games, reading or swapping tall tales of past adventures.

All local outings are open to Sierra Club members and nonmembers alike.

National and international Sierra Club outings cover a gamut of activities for all ages and interests. Categories include service, highlight, back-packing, mountain climbing, biking, canoe and kayaking, ski, sled dog and snow shoeing, raft and sailing. In fact, if the Sierra Club were a travel agency it would be the largest in the country.

National trips generally last a week to 10 days, and participants do have to be Sierra Club members. Several national outings are held in the Midwest, including a service-and-canoe trip in September on the St. Croix River between northern Minnesota and Wisconsin, a prairie restoration trip in the Loess Hills of Iowa and camping and canoeing trips to the Boundary Waters Wilderness Canoe Area.

If you crave adventure with a cause, join a Sierra Club outing.

For more information and contact information for your local Sierra Club group, visit sierraclub.org. Meet members of the Eagle View Group at the 2nd annual Healthy Living Fair June 14-15 in Rock Island, Ill. See pages 41-48 for details.



Sierra Club members at the Loess Hills service trip in 2007. (Photo by Sheri Colman)



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homes

Get 'em outdoors

If you build an inviting space, they will come

By Sharon Wren

It's a beautiful summer evening — birds are chirping and a gentle breeze is blowing. You look around and see your family glued to the TV and/or computer, oblivious to the lovely weather. Didn't they spend enough time inside last winter? There has to be a way to get them outside, without resorting to flagging down the ice cream truck.

The key to getting the family to spend time outdoors is to make it as inviting as possible, and dragging a TV outside doesn't count. Having an amazing view helps, but even if you live in the middle of town, you can create an outdoor living area that captivates your family. "Outdoor living has become very popular with families," says Robert Lowder of Robert's Lawn and Landscape, Inc., in the Quad-Cities. "Eating meals and reading can be done outside, and recreational fires are great for getting people together outdoors."

According to Shauntelle Hamlett, creator of the blog A Beautiful Abode (abeautifulabode.com), "the key to creating a family- and budget-friendly backyard (where) lies in determining exactly how you want to use the space, BEFORE you start buying furniture. Will you have outdoor dinners in the evenings? Do you want your children to play games, color and read outdoors? Or do you just need a space to sip lemonade and relax? To get started, make a list of every activity that



Homeowner Terry Speak relaxes with a copy of *Radish* and the company of his dog, Max, on his new patio by Robert Lowder. (Photo by Gary Krambeck)

you want to enjoy in your backyard with your family. Then decide which activities could occur in the same areas; for instance, reading, relaxing, playing board games and having dinner could all occur in the same area, but you'd probably want a separate area for water gun fights and playing Frisbee or kickball."

After deciding how the space can be used by your family, the next step is to determine which activities will take place outdoors. There's no sense planning an outdoor area that can handle large dinner parties when you only entertain crowds once or twice a year. "Suppose you have a patio and a grassy area," says Hamlett. "The patio will be perfect for quiet activities like dinner, reading, board games, etc. The grassy area would be better for active pursuits."

"At this point, you can start purchasing furniture to fit each area. This doesn't have to be an expensive endeavor. If you have a covered patio, you might have basement furniture you can repurpose to bring outdoors to create a reading/relaxing/dining area. It could be as simple as a few folding chairs with chair cushions and a small wooden table. Use attractive large flower pots to store books, magazines and board games. One cute idea is to use a tent in a shady corner of the yard for a reading/quiet spot for the kids. The most important thing is to find a decorative way to store the items you want to encourage your family to use in each area. If bubbles are stored outdoors, kids are more likely to gravitate outdoors to use them. Ditto with books, crayons, paper, water guns ... if you provide the entertainment, they will use it."

If you've been using a lot of chemicals on your lawn, you may want to change to more organic measures if you want your family to spend time outdoors. "Mix the chemicals," says Jenn Savage, author of *The Green Parent: A Kid-Friendly Guide to Earth-Friendly Living*. "Sure, you want your yard to be beautiful, but you also want it to be safe for your family and for the environment," she says. "So steer clear of synthetic chemical fertilizers and pesticides. Look for natural alternatives instead." If your outdoor living plans include new landscaping, be sure to involve the whole family. "Plant a tree or a garden with your kids, and you will create a memory that will last well after the last vegetable is picked or the last leaf has fallen," says Savage.

The best places to get ideas for outdoor living areas are local garden centers, but Lowder cautions that not every idea is ideal for the do-it-yourselfer. "Major brick work (such as an outdoor fireplace) should be left to a professional. Also, homeowners may need help with placing plants in the right spot." Home and garden magazines and Web sites, such as Lowe's Creative Ideas (lowescreativeideas.com) are full of inspiration.

Don't worry that all your hard decorating work will go to waste on your family. If you build it, they will come and enjoy themselves until the snow flies.

See an example of Robert Lowder's outdoor area designs at the 2008 Healthy Living Fair. For details on the fair, see pages 41-48. To contact Lowder, call (563) 359-0504.

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Farmers, college create 'locavore' partnership

By Brandy Welvaert

Eating is an agricultural act, and the path from farm to fork — and back again — just got a whole lot shorter at Augustana College in Rock Island, Ill. Earlier this spring, students and faculty chomped on garlic-rubbed top round steaks, hearty meatloaf and braised chuck roast from animals raised at Sawyer Farm in Princeton, Iowa. At this time of year, fresh veggies and fruits from organic farms in Milan, Ill., and Atalissa, Iowa, flesh out menus prepared by Garry Griffith, Augustana's director of dining, whose desire to serve local foods is shared by several students.

"We are so excited that this is starting to take off," says Griffith, who attended meetings with farmers'-market groups as well as Buy Fresh, Buy Local Quad-Cities to familiarize himself with locally raised produce and meats available in the area.

"We're here in the Midwest, and it seems like such a natural fit," he says. So far, he adds, students and faculty alike have responded positively to the food.

At this time of the year, Terry Tygett of Oak Hill Acres, an organic farm in Atalissa, Iowa, and Jim Johansen of Wesley Acres Produce, Milan, Ill., supply Augustana's kitchens with fresh fruits and veggies for special events. (School is out for the summer, but the College Center hosts conferences and other gatherings all year long.)

The farmers also collect the school's used vegetable cooking oils and transform them into biodiesel to fuel their tractors and heat their greenhouses in winter, which, in turn, will allow them to provide the school with produce off-season. The pair is working out a deal with Hy-Vee to haul away used oils, too.

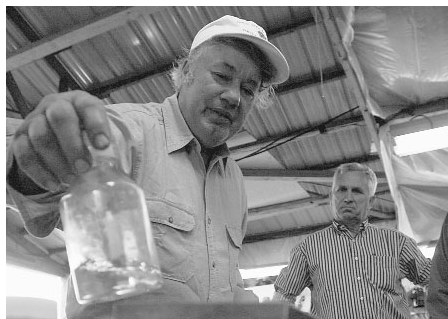
So far, the biodiesel machines that Tygett built from scratch — three in all — have created enough veggie-based fuel to power their farm tractors at a cost of about 60 cents per gallon, including taxes — less than a sixth of the cost at the pump. They're calling the venture Viking Full Circle Fuel, and Johansen says it's catching on.

"Everybody we talk to wants in on this," he says.

As environmental issues become increasingly mainstream and food and fuel prices soar, a growing number of individuals and institutions are turning to locally raised foods to reduce oil consumption and directly invest in the local economy. Most foods eaten in this country travel 1,200 miles from farm to table, which wastes fuel, contributes to pollution, and robs small local farms of potential profits.

Griffith will serve a lunch of local foods June 13 at Augustana College, when the University of Illinois Extension hosts a conference there on the topic from 9 a.m. to 2 p.m. (For more information on the conference or to sign up, visit extension.uiuc.edu/rockisland or call 309-796-0512. Cost to attend is \$30.)

"As far as produce, I gave Garry a two-page spreadsheet in Excel that includes all the different vegetables we grow, and his comment was, 'I'll take it all,'" says Johansen, whose farm soon will test for USDA organic certification. He estimates



Terry Tygett (left) and Jim Johansen take a measurement during a demonstration of Viking Full Circle Fuel's biodiesel production process. (Photo by Robert Leistra)

that about 60 percent to 70 percent of his produce will go to Augustana this growing season.

Tygett says about 25 percent to 35 percent of what he grows will go to the school. Both farmers continue to sell at area farmers' markets, and Oak Hill Acres is continuing its CSA (community-supported agriculture) program.

"It truly is a partnership," Johansen says. "At this point, we have a handshake, and his word is as good as gold."

Every week, Johansen hauls away roughly a ton of veggie scraps and other compostables, including some of the school's new "green" take-out containers, which eventually will feed his fields.

"We're actually going to be using worms to do the composting," he says.

"When you're going organic as we are, you need a constant source of fertilizer. Worm castings are the best fertilizer you can use on an organic farm."

The farmers echo one another, saying they're excited and hopeful that the partnership will grow and inspire others.

"I think we're just seeing the tip of the iceberg," says Johansen. "It's a fun time. I think we will see more and more of this."

Terry Tygett's biodiesel machine will be on display June 14-15 at the Healthy Living Fair in Rock Island, Ill. For details on the fair, turn to pages 41-48.

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healthy living

Really big bugs

PROJECT InSECT reveals beauty of microcosm

By Joe Payne

Standing 6 feet tall and stretching 8 feet from her antennae to her shapely, six-jointed rear legs, Mildred is arguably the largest praying mantis you ever will encounter. She also is the most beautiful mantis you ever will see — an incredible representative of *Tenodera aridifolia sinensis* who, along with her fellow super-sized insects, may make you rethink your fear of the Earth's largest and most important microcosm.

Helping people to re-examine personal prejudices about insects and discover a new understanding and appreciation of them is the goal of Mildred's creator, artist Jessa Huebing-Reitinger. Jessa and her husband, James, are the co-creators and entire staff of PROJECT InSECT, a traveling art exhibit/outreach program that has taken up residence at the Muscatine (Iowa) Art Center through July 5.

The gallery portion of the show is part exhibit, part performance art. Previously painted larger-than-life insects line the walls for close inspection. In addition to Mildred (the first of Jessa's creations, painted in 2003) there is Rusty the dragonfly, Hope the butterfly, Norman the lantern bug and Harley the orchid bee, among others. There even is drama in the making as Achilles, the ruby-throated hummingbird, snatches Hector, a nymph mantis — a relationship in which the roles of hunter and hunted reverse when the Chinese mantis grows to adulthood.

Every vividly painted, excruciatingly detailed and scientifically correct insect oil painting is rendered by Jessa, who looks at a mounted specimen under a microscope as she works. At each new exhibit she starts a new painting on day one and works to



Counter-clockwise from top-left: Jessa Huebing-Reitinger and Mildred; Norman the lantern bug; a detail shot of Norman. (Photos by Paul Colletti / Radish)

completion, often until the final day — all the while encouraging and inviting patrons to watch her at work within the gallery and ask questions about her technique and the insects themselves. She even hangs a sign that says, "Bug the artist."

"I create enormous portraits that captivate an audience, allowing them to visually experience insects

as they never have before," says Jessa. "For the first time, they can 'see' the microscopic details and 'feel' the insects' presence.

"Their mouths hang wide-open," she adds.

"They say, 'I've never seen insects so beautiful before. ... We have people come in who can't stand insects and leave saying, 'I'll never squash another bug again.'"

Many guests return again and again throughout the show to watch the as the work progresses.

Meanwhile, James is busy entertaining the kids and adults with his traveling "insect trunk show," sharing insect information, telling insect stories and taking the show into the community and schools. "James is more the encyclopedia," says Jessa. "He's loved bugs and insects since he was a kid."

In fact, it was James' insistence that led Jessa, a graduate of the Kansas City Art Institute, to leave her private studio — where she made a living creating huge canvas paintings for private collectors and Fortune 500 companies — and turn her talents toward insects.

It took years of convincing, but one day she finally had a vision of insects as art. That day she went "straight to the library" and started looking up bugs. In 2003 PROJECT InSECT was born, and Mildred was painted in Union Station in Kansas City, Mo. Since then they estimate that more than 1 million people have seen their work at museums, zoos, art centers, botanical gardens, libraries and universities.

Such detailed painting takes its toll on Jessa. To complete a new work at each exhibit means she often paints around the clock. For Hope the butterfly — the painting which so far has taken the longest — Jessa painted 14 hours a day, seven days a week for five months. Eventually she needed a chiropractor to help her deal with the physical toll.

For each new painting, Jessa says, "I get a vision. I see the light, shape or pose, color — I 'see' it visually. Then I have to have a specimen."

"Every insect is unique, like a person," she adds. "I'm painting a portrait."

She also gives each insect a name which matches the insect's personality, as she sees it, or which relates to someone she knows. For example, at the Muscatine Art Center she is now painting Wilbur the luna moth, named for Wilbur Niewald, professor emeritus at the Kansas City Art Institute who suggested Jessa switch her studies from animation to painting. "This is a special painting for me," says Jessa. "It has sentimental value." Wilbur will be in flight on a 9'-by 6-foot scale. "It's going to be awesome," she says.

Mildred — whose penetrating gaze Jessa says "everyone compares to the Mona Lisa" — has a story of her own, and it is told in PROJECT InSECT's first children's book, "How Mildred Became Famous." The book, due out in late fall, teaches children scientific facts about the life of a mantis and takes them on Mildred's extraordinary adventure and chance meeting with Jessa and James — with a bit of insect humor thrown in for good measure.

"Finally spring had come, and first born out of the ootheca came a teeny-tiny mantis named Mildred with 113 of her brothers and sisters. Some of whom she ate. ..."

Mildred could not survive without insects — and neither could humans, which is the main theme of PROJECT InSECT.

"There are so many things insects do," says Jessa. "They pollinate, decompose the forest floor, clear away the dead animals — they are the (Earth's) waste management system. Our survival depends on their survival."

For more information on PROJECT InSECT, visit projectinsect.com. For information on the Muscatine Art Center, call (563) 263-8282.

See a demonstration by PROJECT InSECT from 9 a.m. to noon Sunday, June 15, during the 2008 Healthy Living Fair. For fair details, see pages 41-48.

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Farming the wind

Cedar Rapids turbine factory enters ag field

By Michelle Tibodeau Sillman

Weather always has been farming's wild card, meting out boom or bust in terms of agricultural yields. Now weather — or more precisely the motion it produces — has become the harvest for one of farming's hottest eco-trends: wind farms.

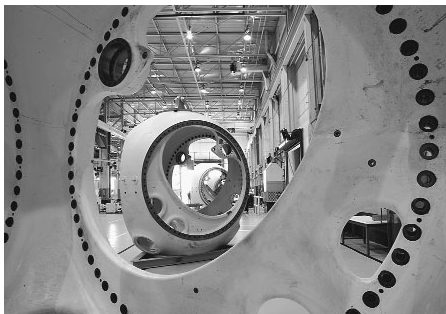
Using wind turbines to capture energy from air streams, wind farms deposit harvested energy into the nation's electrical grid. If you've driven through northwestern and north central Iowa lately, you've undoubtedly seen the giant wind turbines turning Iowa into the nation's leader in its percentage of energy produced by wind — at 5.5 percent, according to the American Wind Energy Association rankings.

One of the key players helping Iowa earn its wind-energy credentials is Clipper Windpower, a turbine manufacturer and wind-project development company based in Carpinteria, Calif. For the past two years, the company has been building massive wind turbine components in a 330,000-square-foot facility in Cedar Rapids. With its latest sales contract to UPC Wind for 155 wind turbines, the company is utilizing a local workforce of between 300 to 400 employees in order to more than double its output in the coming year, increasing its production of 130 wind turbines in 2007 to nearly 300 in 2008. That's six turbines per week. The parts built in Cedar Rapids will be trucked to upstate New York, Texas and western Iowa to be used in the company's 2.5 megawatt Liberty wind turbines.

"The Clipper wind turbine is the largest wind turbine made in North America. And today's modern wind turbines in general are the biggest rotating machinery in the world," says Bob Gates, senior vice president of commercial operations for Clipper Windpower.

For each Liberty wind turbine, dozens of large trailer trucks full of equipment built in Cedar Rapids are shipped to wind project sites, then assembled into even larger pieces that enormous cranes hoist onto wind turbine towers. The single largest pieces assembled in Cedar Rapids are room-sized gearboxes, about 8 to 9 feet high and 8 to 9 feet wide, and weigh more than 30 tons each. (Neither the turbine towers nor rotor blades are manufactured in Cedar Rapids; they are made by specialty steel welding shops located around the country.) The towers, when erected, are 20 stories high; the mammoth rotor blades, each of which is much larger than the wing of a Boeing 747, rotate in a set of three in a diameter the size of a football field.

Iowa, and Cedar Rapids specifically, attracted Clipper Windpower's attention because of the area's history and culture of manufacturing machinery, says Gates. The state's location in the middle of North America makes shipping the heavy wind turbine parts cost-effective. These factors, along with Iowa business incentives, enticed Clipper Windpower to set up shop in Cedar Rapids.



Hubs at Clipper Windpower's Cedar Rapids plant. (Photo by Clipper Windpower)

Currently, more than 740 wind turbines in Iowa are generating electricity for over 167,000 homes each year, according to the Iowa Department of Natural Resources. Growth in the industry seems inevitable; Gov. Chet Culver's newly developed Iowa Office of Energy Independence will distribute \$100 million in grants and loans over the next four years through the Iowa Power Fund to projects, such as wind farms, that will help the state become energy independent.

Clipper Windpower has been involved, either as a developer or manufacturer of turbines, in four of Iowa's largest wind farms — located in Osceola, Dickinson, Carroll and Crawford counties and in the Schaller area. It is currently proposing to develop yet another wind farm of 120 turbines near Adair.

Iowa is perfectly suited for attracting even more wind farms, says Gates, because of its location in the windy Great Plains, its abundance of rural land well suited for erecting strings of the giant turbines and its sufficient demand by cities for the electricity generated.

"The whole wind industry is sold out into 2010, 2011. The market has just popped," says Bob Loyd, Cedar Rapids plant manager for Clipper Windpower.

The highly technical jobs the company has brought and will continue adding to the Cedar Rapids facility are only part of the story. Local suppliers have benefited greatly from the company's booming business. "Other than Saturday night, the plant's running," says Loyd. "We're basically operating seven days a week."

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Join The Great Sunflower Project and save our bees

By Brandy Welvaert

When it comes to fabulous fauna, bees are the bomb. Hairly, hard-working bees deserve thanks for about every third bite of food people eat, scientists say. Bees buzz from bud to bud, spreading pollen and genes, helping people grow crops that feed and clothe.

That's one reason why the University of Illinois Rock Island County (Ill.) Extension and its Master Gardeners want you to plant a sunflower. Then they want you to keep an eye on your plant on certain days this summer and let them know how long it takes for five bees to land there. You can take part no matter where you live. The project is free and open to everyone.

The goal of The Great Sunflower Project — a nation-wide citizen-science effort in which local gardeners are encouraged to take part — is to study bees in home and community gardens and their surrounding environments.

Bees are "a crucial link in the survival of native habitats and local produce, not to mention our beautiful urban gardens," according to greatsunflower.org, the project's Web site. "Our local pollinator populations require our understanding and protection, and to answer that call, we need to determine where and when they are at work."

"We are encouraging folks to get involved in this project because it involves planting a native plant, the sunflower, and because it encourages people to focus on pollinators that are suffering from many environmental factors," says Stephanie Crandall, agriculture and natural-resources educator for the Rock Island County Extension.

To get started, gardeners can go to the extension's Web site, web.extension.uiuc.edu/rockisland, then follow a link to the national site, greatsunflower.org. People who sign up will get a free packet of wild sunflower seeds in the mail from the national project headquarters.

Once the seeds arrive, gardeners should plant them. Once the flowers have matured, gardeners will be asked to watch the plants on certain days and time how long it takes for five bees to visit the sunflower.

Already on the bandwagon is Master Gardener Roxie DeShane of rural

Orion, Ill., who has recruited four Quad-Cities schools to plant the wild sunflower, *Helianthus annuus*, an annual plant and the chosen variety for the project.

"Across the map, bees are in such trouble right now," she says. She and her husband, Dallas, maintain huge gardens, where they grow chemical-free produce to sell at local farmers' markets. "We certainly understand the importance of pollinators," she says.

Beginning in October 2006, some beekeepers began reporting losses of 30 percent to 90 percent of their hives, the U.S. Department of Agriculture's Agricultural Research Service reports. While hive losses in cold weather are normal, losses as big as the ones beekeepers reported were not. Scientists have yet to nail down exactly what causes Colony Collapse Disorder, as it is called, but are studying three possibilities: pesticides; a new parasite or pathogen; and a "perfect storm" of existing stresses, such as immune-system problems that degrade bees' social structure, according to the USDA.

This is where The Great Sunflower Project and its ranks of everyday sunflower-planters-turned-citizen-scientists come in.

"Just like there aren't enough resources to track birds and wildlife, there aren't enough resources to track pollinators," Crandall says.

Why sunflowers? For one thing, they're popular with bugs.

"Bees in general love sunflowers," she says. "Sunflowers are native to North America, and they are easy to grow. Kids love to grow them because they look like faces and the seeds are big."

Planting them couldn't be easier, DeShane says. "You don't have to have land or gardens. You can plant these in containers. They only get to be 3 feet tall," she says. "You just have to scratch up your soil, add the seeds, water it and wait. You don't even really have to 'plant' the seeds."

Get free sunflower seeds and learn about pollinators from the University of Illinois Rock Island County (Ill.) Extension and its Master Gardeners June 14-15 at the Healthy Living Fair in Rock Island, Ill. See pages 41-48 for details.



Nathan Williams / Radish



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growers

Hope Farm Produce

Mother-daughter team tries to 'grow it all'

By Radish staff

Mike and Beth Roelens own 15 acres of land located 8 miles northwest of Geneseo, Ill. Most of their farm has been placed in the Protected Wetlands Program because of its location near the frequently flooding Rock River. Beth and her daughter, Myra, work 2 acres of land, keep a greenhouse and tend orchards. Radish recently caught up with Myra for the following Q&A.

Radish: When you were a kid, did you want to be a grower?

Myra Roelens: When I was in high school, the ACT career placement test said that I would work best in forestry. Now I laugh just thinking about that because I'm learning how to maintain an orchard of different trees. Before now, I never contemplated farming — but maybe it's in my blood.

My mom (Beth) was only 14 years old when her mother told her that she needed to take over the family's vegetable garden. Ever since, she has grown some sort of garden, even if it was small.

R: What do you and your mom grow?

MR: Each year we find more veggies to raise. Now we are up to over 170 different varieties. We have asparagus, blueberries, strawberries, raspberries (both red and black) and over 20 well-manicured fruit trees. We try to grow it all!

R: Where can we buy your products?

MR: We're at The Davenport (Iowa) Freight House Farmers' Market from 8 a.m. to 1 p.m. Wednesdays and Saturdays (through October). We are known as the mother-daughter team. Look for our lime green table cloths!

R: What do you sell at farmers' markets?

MR: We start the season with potted vegetable plants and a few produce items. Our specialty is Asian vegetables, and we try to provide varieties that you might not find in the grocery store. We really do try to bring the freshest, cleanest and tastiest produce we can to market.

Right now we have Asian greens (tatsui, joi choi, pac coi, yukina savoy and Japanese spinach). We also have arugula, broccoli, early cucumbers, kale, lettuce, mustard, turnip greens, peas, radishes, squash, Swiss chard, turnips, tart cherries, strawberries, early tomatoes, peppers and cabbage.

R: Are your growing methods important?

MR: They're very important because we do things as organically as possible, though there are times when we have to use an organic-approved insecticide to save something. We mulch with straw, which conserves water and suppresses weeds.

The way we farm, using subsequent plantings, helps the soil replenish itself with nutrients. We grow most things in clean sand.



Myra (left) and Beth Roelens show off starts of the plants they're selling at the Davenport Freight House Farmers' Market. (Photo by Gary Krambeck / Radish)

R: What's your favorite month at market?

MR: June is wonderful because the fruits of our labor start to come in. The plants outside are thriving and jumping with every rainfall. September is also a beautiful month for gardening. Everything can be grown in September, and temperatures are better. We often call it "fall slowdown."

R: What's new at your farmers' market booth this year?

MR: Chioggia beets, which are striped red outside and white inside. Also new is the Thai golden round melon, a 6-pound melon with green flesh that tastes like papaya and pineapple.

Our heirloom varieties include a Tigger melon that was collected from an Armenian market. Another rare heirloom we will sell is the banana melon, which was listed in 1885 by J.H. Gregory's Catalogue (the creators of the Hubbard squash).

Returning are lemon cucumbers. Over time, these small, round, yellow, cucumber balls turn brown and harden, which turns them into great cat toys.

To contact Hope Farm Produce, e-mail Beth and Myra Roelens at hope_farm_produce@yahoo.com.

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Incorporate a place for it into your garden

By Michelle Campbell

I recently searched for "peace" on the Web and got 93 million hits. When I typed in "war," I got 748 million. If that means peace are 2.5 times more likely to be talking about war than peace, I think we need to change something. What if we could find a way to grow a little more peace in our lives?

My mother, who had four girls, often was heard saying she just needed a little "peace and quiet." It seems every morning she got just that. Before we awoke she would sit under the shade trees in our back yard and greet the new day with a cup of coffee and her garden friends: roses, sweet alyssum, and a sassy mocking bird who swooped down at the cat

just to make sure it knew who was boss. A pond babbling away gave refuge for glamorously finned goldfish. The trees offered shade, protection and sanctuary.

As both a landscape designer and yoga instructor, I often have peace in my mind and on my tongue. My clients often ask me to create a restful space where they can go to relax after work — a garden where peace is the focus.

The effects of building such a place are wonder-

ful and dramatic. Problem areas become destinations. Dreary backyards become evening and weekend retreats where family gathers. A backyard sanctuary awakens within the individual the space and safety to find peace in balance with nature.

I am soothed by the simple beauty of stone and the intricate loveliness of the double spiral pattern and include these in my designs.

You too can allow peace to grow in your life by creating a peace garden in your own backyard. Here are a few tips that will help make this task more enjoyable. Several wonderful techniques work together to create what I call a peace garden: a welcoming space, a place to reflect on peace, and a simple plant palette.



Creating a space

- Find out what works and what doesn't in your existing garden. Eliminate the thorn in your side — the climbing rose that has reverted to rootstock and claws passersby.
- Prune plants when they are dormant, before they leaf out in spring. Keep it simple.
- Prune overgrown trees to provide room for you. The higher your green ceiling, the more spacious your backyard will feel. Keep branches or shrubs that give you privacy.
- Add plants or structures that provide you privacy to enjoy your garden. Take a balanced approach, however; your neighbors probably will enjoy looking at your new garden, too.
- Trim back or remove shrubs that are "taking over," especially if they block walkways or doors. Tight walkways create tension, so keep them at least 4 feet wide.

A place to reflect on peace

- Claim an easily accessible space for your peace garden. If it opens to the East and your home is at the back, all the better.
- Make it comfortable. Lovely outdoor furniture with weatherproof seating is great. I prefer maintenance-free, durable, built-in benches.
- Water communicates peace. An appropriately sized and placed water feature will help create a calming atmosphere. Of course things can go terribly wrong here. Remember, bigger is not necessarily better in water features. Look for an easy to clean, easy to maintain system, where everything is within reach. I love using freestanding recirculating water features to which smooth stones can be added.

Simple plant palette

After everything else is done and the soil has been prepared, take a trip to your garden center. Select hardy, low maintenance plants like hostas and daylilies, or native plants such as coneflower, cardinal flower, viburnum, clethra and prairie grasses. Limit your scheme to one or two colors. White and silvery leafed plants are a classic for a peace garden, such as nicotiana and Matthiola (stock), Casablanca lilies, sweet alyssum, gardenia, brugmansia (angel trumpet) and petunias. Choose plants that make you feel happy. Keep larger plants like shrubs and taller perennials to the back. Consider grasses for their texture and leave space for floriferous annuals in front where you easily can see them.

Contact Campbell Landscape Design at (563) 271-0381. See a peace garden designed and created by Michelle Campbell at the Healthy Living Fair June 14-15. For details, see pages 41-48.

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Get S.M.A.R.T.

Encouraging kids to read, recycle



Ann Sullivan stands inside the S.M.A.R.T. Bus. (Photo by Paul Coleffi / Radish)

By Laura Anderson

Kids can learn something new while having a blast on the S.M.A.R.T. Bus. The rowing classroom got its start in 2001, when Interstate Resource Conservation and Development (Interstate RC&D) teamed up with a group of volunteers who wanted to help youth learn to read. S.M.A.R.T. stands for "Sharp Minds Are Reading Thoroughly."

The S.M.A.R.T. Bus promotes learning and education to children and adults alike within the five-county RC&D area through books, informational presentations and other programs. The bus travels to both rural and urban communities and teaches kids about the environment and conservation. The bus houses books and other resources, and everyone who visits gets something to take home.

"The bus goes to a stop, and I'll talk to the kids, depending on their age, for about 10 to 15 minutes to try to get them to understand recycling and alternative energy. Then the kids get to go on the bus and pick out a book to keep," says coordinator Ann Sullivan. The one stipulation: "We ask that they just pick

out (something) that is appropriate for their age."

The S.M.A.R.T. Bus travels from April through September, visiting Boy Scout and Girl Scout camps, libraries, churches, park district programs, schools, county fairs, disability camps, farmers' markets, housing authorities, day care centers and community celebrations. "We already have 30 stops scheduled" for this year, Sullivan says.

This year's main program focuses on recycling. "Besides the books, I hope (attendees) come away with ideas about how to recycle creatively, like how to make baskets and placemats out of old cloth, and a toad home (for a garden) made out of clay pots," Sullivan says. "We've also found that if you can get the kids interested, it gets the parents involved."

Interstate RC&D always accepts donations of used books for the bus. You can drop off used books between 8 a.m. and 4:30 p.m. Mondays through Fridays at the office, 3020 E. 1st Ave., Milan, Ill. For more information, visit interstaterec.org/smart%20bus.htm.

See the S.M.A.R.T. Bus at the Healthy Living Fair June 14 in Rock Island, Ill. For details, turn to pages 41-48.

University of Northern Iowa's Junior Solar Sprint mini-cars race on nothing but rays

Junior Solar Sprint mini-cars are fun, educational tools that teach kids about the power of the sun.

"I am always impressed by how much even the youngest children learn about solar energy," says Patricia Higby, an energy educator at the University of Northern Iowa Center for Energy and Environmental Education (CEEC), which provides solar car workshops for students and hosts Junior Solar Sprint Solar Races.

The cars are simple to assemble, and most kids can put one together alone or with the help of an adult, Higby says. "The solar cell on each car converts light into electrical energy, which powers a motor. The motor shaft has a gear, which engages another gear on the car's axle, making it turn and move the car forward." The cars go backward when the wires are reversed.

Higby says even young children can understand the power of solar energy, recalling a child she says must have been 3 or 4. "He was wide-eyed when he set the car in the sun and it took off. When it stopped a short distance later, he looked up at his dad and said simply, 'Shade.' I knew he understood one of the lessons we were trying to teach," she says.

And it's not just the kids who are learning. Higby explains that students, teachers and parents alike learn the fundamentals of solar energy through the mini solar cars. Most come away with a grasp of how PV (solar) cells work. Unlike regular batteries, solar cells work best when they are perpendicular to the sun, getting the most intense light.

"Solar energy will be very important for reducing our carbon footprint," Higby says.

For more information, visit uni.edu/cee.

Check out the Junior Solar Sprint cars and race them June 14-15 at the 2008 Healthy Living Fair in Rock Island, Ill. For more information on the fair, turn to pages 41-48.



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food Get your goat

Local, low-fat chevon tastes mild

By Brandy Welvaert

Low and slow: That's the best way to cook chevon, a low-fat meat that is locally and naturally raised and now available in grocery stores.

What's chevon? It's goat. Yes, goat! Believe it or not, about two-thirds of the world's population grew up eating chevon, says Bonnie Lapke, president and one of the owners of Heartland Pride, a division of Iowa Healthy Edge Meats, which began selling goat in Iowa stores last year.

Frozen packages of ground chevon are \$6.99 per pound, and patties cost slightly more. You can find chevon in many Hy-Vee HealthMarkets in Iowa and in Moline and Milan, Ill.

"I cook roast. I cook chops. I use ground goat like ground beef and cubed for kebabs. The one thing you have to be concerned with is that ground goat is 91-percent lean, so you need to cook it low and slow. It burns quickly. ... Season it like you would beef or pork or chicken," Lapke advises.

According to "The Joy of Cooking," young goat "has an agreeable flavor that has long been appreciated in Southern Europe." However, it never caught on outside Europe, Latin America and the Mediterranean because the meat of mature goats is extremely tough and strong-flavored, writes Sharon Tyler Herbst in "Food Lover's Companion."

Heartland's chevon comes from animals younger than 6 months, so its flavor is mellow. Those who have eaten goat cheese — chevre — will note that chevon shares its characteristic earthiness. Raw chevon has a light-pink, rosy color (it lightens as it cooks) and a fresh scent.

Though chevon doesn't have a history of commercial success in the United States, Lapke says the group of farmers who started Heartland Pride decided to raise meat goats because the population of eaters in the Midwest is changing.

"Traditional Americans, who are not from other countries, are not aware of goat meat. Meat goats have not been raised in the U.S. for very many years,"

she says. However, she points out, "we have all these other cultures in our country, and these populations are growing."

At \$6.99 for a pound of ground meat, chevon costs about three-and-a-half times as much as 80-percent-lean hamburger. Yet immigrants for whom chevon factors into celebratory meals might not find the higher price as prohibitive as other Americans would because the rest of the world spends a higher — sometimes much higher — percentage of its wages on food. While groceries gobble about 10 percent of Americans' earnings, the average Indian shells out more than half of her earnings on food.

Different cuts of chevon cost from \$5 to \$13 per pound, with premium cuts costing more. A wide variety of cuts is available online at iowahealthyedgemeats.com.

Chevon also appeals to eaters looking for healthier, community-friendly foods. For one thing, it's lower in calories, fat, cholesterol and saturated fat than beef, chicken and pork, Lapke says. For another, Heartland Pride's animals "are locally raised in the Midwest. We do have growers in Illinois, Wisconsin and Minnesota, but we've only used the Iowa-grown goats so far."

The animals are fed hormone- and antibiotic-free grain, though the meat is not USDA-certified organic. Rather than lose an animal, the growers will use drugs to treat it. Lapke says, "we're not just providing a good healthy meat for the consumers, but we're providing a market for farmers of Iowa."

Get your chevon

• Heartland Pride sells chevon in Hy-Vee stores throughout the Radish region, including stores in Moline and Milan, Ill., and in Bettendorf, Davenport, Cedar Rapids, Clinton, Dubuque and Muscatine, Iowa. It also is sold at Jerry's Market, Moline, and is served occasionally at Beckett's Public House in Cedar Rapids. Chevon also can be found at farmers' markets in Bellevue, Cedar Falls and Dubuque, Iowa. A complete list of locations is online at iowahealthyedgemeats.com.

• Sample grilled chevon at the Healthy Living Fair, June 14-15. See pages 41-48.

Get the recipe for Italian Wedding Soup with chevon meatballs in Resources, page 38. (Photo by Nick Loomis / Radish)



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- Muscatine on Edgewood Road
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rooting around

New farmers' market opens in Knoxville, Ill.

A new farmers' market hosted by the newly formed Local Growers Network (LGN) on Saturday mornings is now operational at Wooden Eagle Barn, 1291 E. U.S. Highway 150, Knoxville, Ill. The market features a variety of sustainably grown produce, including gourmet greens and fancy tomatoes, locally-raised garden plants and more. Wooden Eagle Barn is located 15 minutes from Galesburg. To get there, take Interstate 74 to exit 54 at Lewistown. Continue east on U.S. 150 for 2 miles to the barn. The group also provides weekly harvest updates via e-mail to subscribers. Individuals or businesses (such as restaurants) that are interested in ordering foods from the harvest list may do so by credit card. Orders are filled on a first-come, first-served basis and may be picked up Wednesdays at Vintages Tasting Room & Wine Garden, 57 S. Seminary St., Galesburg. Food also may be delivered to individuals' homes in the Oak Run area. To sign up for harvest updates, e-mail lgfarmstand@yahoo.com. For more information about the market or LGN, call Julie Haugland at (309) 335-2744.

'Feasts' reveals the journeys of the foods we eat

Mini-review: "Moveable Feasts" by Sarah Murray (2008, St. Martin's Press)



The front cover of the book "Moveable Feasts" has the statement, "From Ancient Rome to the 21st Century, the Incredible Journeys of the Food We Eat." This is a very accurate statement of the book's contents. A wide variety of food topics covered are from curry to strawberries plus origins and legends. There are 12 chapters which include topics from food refrigeration to battle-field food products. Now when I go to the grocery store, I am more aware of food products I buy and where they came from. I use a slower pace down the aisles and observe where food products are from!

— Laura McGinnis, Illinois City, IL



Cool congregations turn green in Iowa

Radish gives a thumbs-up to Bishop Phil Hougen, his synod council and the 150 churches of the Southeast Iowa Lutheran Synod for becoming the first denominational organization to officially go green. Yep, the synod has joined Iowa Interfaith Power & Light (Iowa IPL), which is part of a bigger national network mobilizing the religious community to combat global warming. As part of the initiative, parishioners will have the chance to participate in church workshops to learn about climate change and what they can do to make a difference. The first of these workshops, which will include a portion on energy-efficient church design, will be held May 31 at Faith Lutheran Church in Clive, Iowa. The workshop is open to other interested congregations. Registration information can be obtained by e-mailing office@faithlc.org. For more information about Cool Congregations, send an e-mail to iowapl@gmail.com or visit theregenerationproject.org.

'Sunday Afternoon on the Porch' captures small-town Iowa life

Just before graduating from high school in 1939 in the small town of Ridgeway in northeast Iowa, Everett W. Kuntz spent his entire savings of \$12.50 on a 35mm Argus AF camera. Making a camera case out of an old book, a tin can and a clasp from his mother's purse, he carried his camera around for the next several years, taking pictures of everything around him. He also worked on his parents' dairy farm in the summers, which gave him ample opportunity to capture the rural world on film.

"Sunday Afternoon on the Porch: Reflections of a Small Town in Iowa, 1939-1942," a new offering from the University of Iowa Press, combines those images with text from writer Jim Heynen. After he became ill with cancer in the fall of 2002, Kuntz developed the images from his youth, bringing back his memories just before passing in 2003. "Sunday Afternoon on the Porch" can be purchased at bookstores or directly from the University of Iowa Press by calling (800) 621-2736, or visiting uiowapress.org.



Submitted

University of Iowa students get help making 'Smart Choices' about food

So many important issues center on what we eat, it can be hard to know which foods are good, good for you and good for the community and environment. That's why the University of Iowa started a new program this past school year called "Smart Choices" to help students and dining guests at the school figure out what to eat. The program not only provides information about healthy food choices, but also it most recently has brought organic food to dining halls. As part of the "It's Only Natural" facet of the program, students can get organic apples, baby carrots, spinach, raisins, sunflower seeds and balsamic vinaigrette on the fresh salad bar. Dining halls also offer an organic sandwich choice each week. For more information about healthy dining initiatives at the University of Iowa, visit housing.uiowa.edu/departments/residentialdining/smart_choices.html.

Drop off your used motor oil at garden center in Bettendorf or Davenport

Recycle the used oil from your car or lawn mower by bringing it in to a Wallace's Garden Center, with locations in Bettendorf and Davenport, Iowa. Wallace's will burn the oil, smoke-free, to heat its greenhouses during the winter in an efficient and environmentally-friendly manner. Not only does this program give people a chance to properly dispose of motor oil, but it also helps Wallace's reduce its carbon footprint. Drop-off locations are 2605 Devils Glen Road, Bettendorf, and 6227 Northwest Boulevard, Davenport.

calendar

BODY, MIND & SOUL

Day of Self Renewal, 8 a.m.-4 p.m. June 2, Prairiewoods, 120 E. Boyson Road, Hiawatha, IA. \$85 includes room, lunch and services. (319) 395-6700.

Yoga Intensive with Scott Anderson, 10 a.m.-4:30 p.m. June 8, Galena Yoga Center, 306 S. Main St., Galena, IL. \$85. (815) 777-4865.

Yoga Retreat, 6:30 p.m. June 10-11 p.m. June 15, Prairiewoods, 120 E. Boyson Road, Hiawatha, IA. \$400 fee includes lodging, meals and yoga sessions; \$300 commuter fee includes yoga and daily lunch. (319) 395-6700.

Walking the Labyrinth, 6:30-8 p.m. June 16, Stepping Stones, 1205 State St., Ely, IA. Dress for the outdoors; \$35. (319) 841-9277.

Summer Solstice Celebration, 5:30 p.m. June 21, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, IA. Mandala service, drumming, U.N. prayer for the Earth and "Meet a Tree." (563) 242-4771.

FOOD

No-Sweat Summer Meals, 6 p.m. June 5, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA. Learn to make snack bars, spinach mango wraps, chicken grape kabobs, salads and beverages. (563) 332-8498.

17th Annual Rhubarb Festival, 9 a.m.-9 p.m. June 6 and 7, City Park, Aledo, IL. Bake sale, wine tasting, craft show, flea market, music, food, trolley tours and entertainment. (309) 582-2751, aledomainstreet.com.

Glaze and Graze: Casual French, June 6 and 7, Artists' Annex and The Great Galena Cookery, 412 Spring St., Suite B, Galena, IL. 2-evening workshop; \$100. (815) 777-1556.

Come Cook with Me — From the Grill, 6:30 p.m. June 12 and 13, The Great Galena Cookery, 412 Spring Street, Suite B, Galena, IL. \$50. (815) 777-1556. For more classes, visit galenapieddery.com.

Kids Dig into Dairy, 11 a.m. June 14, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA. Ages 3-10; \$5. (563) 332-8496.

Lunch & Learn: Summer Salads, noon-1 p.m. June 17, Hy-Vee Club Room, 2900 Devils Glen Road, Bettendorf, IA. \$6. (563) 332-8496.

Capture Wild Yeast and Make Fabulous Sourdough, 6-8 p.m. June 17, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville, IA. \$15. (319) 338-9441, ext. 36.

Favorite Summer Pairings of Food and Wine, 6-8 p.m. June 19, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville, IA. \$20. Sample-size portions will be served. (319) 338-9441, ext. 36.

Meals in Minutes!, 6 p.m. June 24, Hy-Vee Club Room, 2900 Devils Glen Road Bettendorf, IA. \$6. (563) 332-8496.

Cooking of Southern India, 6-8 p.m. June 24, New Pioneer Co-Op and Bakehouse, 1101 2nd St., Coralville, IA. Sujatha Venkataraman prepares a classic vegetarian meal from southern India; \$15. (319) 338-9441, ext. 36. For more classes, visit newpi.com.

HOME & GARDEN

Herb Gardening, 6-7 p.m. June 17, Riverside Park Gardens, 5th Avenue and 34th Street, Moline, IL. (309) 796-0152.

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calendar

Recycle, Reuse and Renew for Homeowners, 9 a.m.-5 p.m. June 21, Prairiewoods, 120 E. Boyson Road, Hiawatha, IA. Workshops promote sustainable living for homeowners; \$15, includes lunch. (319) 395-6700, prairiewoods.org.

"Planting Pride in your Community" container design contest, 10 a.m.-4 p.m. June 22, Bradley's, 205 N. Prospect St., Cambridge, IL. No entry fee. (309) 937-2633 or (309) 521-8582.

Organic Approaches to Gardening, 6-7 p.m. June 24, Riverside Park Gardens, 5th Avenue and 34th Street, Moline, IL. (309) 796-0512.

Silvis Garden Club Garden Walk, raffle and plant sale, 9 a.m.-2 p.m. June 28, McGehee Center, Schadt Park, 12th Street and 4th Avenue, Silvis, IL. Homeowners and master gardeners will answer questions. (309) 792-2288.

Flamingo Follies Garden Art Exhibit, June 21-Aug. 1, Quad City Botanical Center, 2525 4th Ave., Rock Island, IL. Exhibit begins with a children's tea June 21 and ends with an auction and party Aug. 1. (309) 794-0991.

HEALTH & FITNESS

Heart Healthy Tour, 10 a.m. June 3, Hy-Vee, 2900 Devils Glen Road, Bettendorf, IA. Aisle-by-aisle tour of the supermarket with a Hy-Vee dietician. (563) 332-8498.

Rudy Quijas Memorial Prostate Cancer Screening, 6-9 p.m. June 10, Trinity 7th Street Campus, 500 John Deere Road, Moline, IL; 6-9 p.m. June 11, Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf, IA. (309) 779-2000 or (877) 242-8899 to schedule an appointment.

Dessert with a Doctor: The Influence of Wine on Health and Disease, 6-7 p.m. June 18, Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf, IA. Cardiac surgeon Dr. Jeffrey Veluz will discuss the effects of wine on health. (309) 779-2000 or (877) 242-8899.

Bone Density Screenings, 9 a.m.-3 p.m. June 18, Hy-Vee Pharmacy, 2900 Devils Glen Road, Bettendorf, IA. \$20. (563) 332-8496.

RIDES, RUNS & WALKS

YMCA Rhubarb Run, 8 a.m. June 7, Aledo, IL. 5K run/walk, 1-mile. (309) 582-5101 or cornbelt.org/nearby_races.htm.

Strawberry Stampede, 9 a.m. June 8, Long Grove, IA. Kids 14 and under; 1-mile, ¼-mile. cornbelt.org/nearby_races.htm.

Mountain Biking 101, 9 a.m. June 14, Sunderbush Park, 4500 Telegraph Road, Davenport, IA. Learn off-road mountain biking skills and ride demo bikes on an off-road trail; free. qcfarc.org.

Maple City 4, 8 a.m. June 14, Geneseo, IL. 4-mile, 1-mile, ¼-mile. (309) 944-8483 or cornbelt.org/nearby_races.htm.

19th Annual Susan G. Komen Quad Cities Race for the Cure, 8 a.m. June 14, John Deere Commons, 1201 River Drive, Moline, IL. 5K run/walk, 1.2-mile untimed family run. Activities start at 7 a.m. Register at komenquadcities.org/race2008.php.

Guided Bird Walks, 8-9 a.m. June 18, Effigy Mounds National Monument Visitor Center, 151 Highway 76, Harpers Ferry, IA. (563) 873-3491.

Paul Skeffington Run, 8 a.m. June 21, DeWitt, IA. 5-mile, 2-mile, 1-mile, fun run. (563) 659-8500, cornbelt.org/nearby_races.htm.

It's Finally Summer!, 10:30 a.m.-noon June 21, EB Lyons Interpretive Center/ Mines of Spain, 8991 Bellevue Heights, Dubuque, IA. (563) 556-0620.

American Cancer Society Relay for Life, 6 p.m. June 20-6 a.m. June 21, Brady Street Stadium, Brady Street and 36th Avenue, Davenport, IA. (563) 355-2103.

Iowa City Junior League Solstice Stride 5K Family Run/Kids' Race, 6 p.m. June 21, S.T. Morrison Park, 1500 5th St., Coralville, IA. (319) 339-4755.

Railroad Days Run/Walk, 6:45 p.m. June 28, Galesburg, IL. 1-mile, 5K, 10K, kids ¼-mile. (309) 342-1964 or cornbelt.org/nearby_races.htm.

OUTDOORS

Country Bicycle Ride, 9-11:30 a.m. Tuesdays and Fridays in June, Spikes Bar & Grill, 109 Eagle Ridge, Galena, IL. Casual scenic bike ride through the hills of Galena Territory. (815) 492-0235 or (815) 777-3433 to register.

Reptile Romp, 10:30 a.m.-noon June 7, EB Lyons Interpretive Center/Mines of Spain, 8991 Bellevue Heights, Dubuque, IA. (563) 556-0620.

Fishing Clinic, June 7, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA. (563) 652-3783.

Mississippi Backwaters Guided Tour, 10 a.m. June 8, 15 and 28, Fever River Outfitters, 525 S. Main St., Galena, IL. Two-hour guided kayak tour on the peaceful backwaters of the Mississippi River; \$40. (815) 776-9425 for reservations.

River clean-up and canoe trip, 1 p.m. June 15, Hurstville Interpretive Center, 18670 63rd St., Maquoketa, IA. (563) 652-3783.

Practical Farmer of Iowa 2008 Summer Camp, June 18-21, Des Moines Area Y-Camp, 1192 166th Drive, Boone, IA. (515) 232-5661.

Habitat, Habitat, a Forest is a Habitat!, 10:30 a.m.-noon June 28, EB Lyons Interpretive Center/Mines of Spain, 8991 Bellevue Heights, Dubuque, IA. (563) 556-0620.

EVENTS

Arts at the Arb: Clinton Symphony Quartet, 7 p.m. June 10, Bickelhaupt Arboretum, 340 S. 14th St., Clinton, IA. Rain date July 12. (563) 242-4771.

Healthy Living Fair Preview Night Garden Party, 6-11 p.m. June 13, Quad City Botanical Center, 2525 4th Ave., Rock Island, IL. \$25. (309) 794-0991 for tickets.

2nd Annual Healthy Living Fair, 9 a.m.-4 p.m. June 14 and 15, Quad City Botanical Center, 2525 4th Ave., Rock Island, IL. See, touch, hear, taste and smell the natural products and services of the Radish region. Turn to pages 41-48 for complete details or visit radishmagazine.com.

EDIWILD 2008 — Educators in the Wild Workshop, June 21-26, Wapsi River Environmental Center, 31555 52nd Ave., Dixon, IA. Teachers' workshop; \$75. (563) 328-3286 to register.

Blossoms at Butterworth, noon-5 p.m. June 22, Butterworth Center and Deere-Wiman House, 1105 8th St., Moline, IL. (309) 765-7935, butterworthcenter.com.

National Triennial 30th Congress of Women's International League for Peace & Freedom, June 25-29, Simpson College, 701 N. C St., Indianola, IA. wilpf.org.

Green Fair 2008, June 27 and 28, Highland Community College West, 300 N. West St., Elizabeth, IL. (815) 244-9444.

For more calendar listings and to submit events, visit radishmagazine.com.



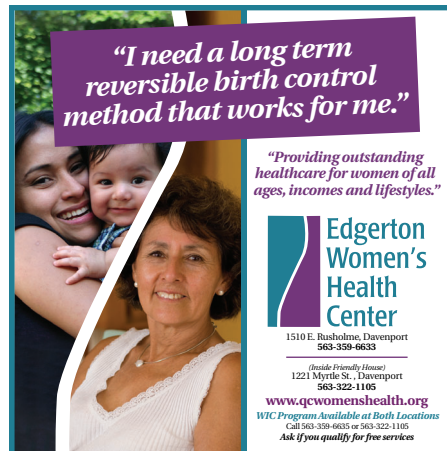
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 September thru May on the third
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resources

GET YOUR GOAT

(Story on page 32)

Italian Wedding Soup

6 cups chicken bouillon or 3 bouillon
 cubes dissolved in 6 cups water
 ½ pound ground chevon (pork or beef may
 be substituted)
 2 tablespoons dry bread crumbs
 ½ teaspoon dried thyme, crumbled

1 large egg
 ¾ cup bowtie pasta (or your favorite pasta)
 Half of a 10-ounce package of frozen
 spinach, squeezed
 Small carrot, grated

In a large pan, heat bouillon over medium heat to simmering, covered. Meanwhile, in a separate bowl, mix the ground chevon, bread crumbs, thyme, egg and Parmesan cheese. With clean hands, gently form into small meatballs; refrigerate. Add pasta to simmering bouillon and cook about 10 minutes, or to your liking. Stir spinach into soup, then add meatballs. Cover and simmer about 10 minutes more, or until chevon is cooked through. Garnish with grated carrot. Serves four to six.

BAG A LITTLE BERRY BLING

(Story on page 12)

Looking for berries? Here are several pick-your-own places around the Radish region. Growers strongly suggest calling ahead for hours and availability.

Illinois

- Country Corner, 5333 U.S. 150, north of Alpha. (309) 629-2359. Strawberries and raspberries.
- Happy Hollow U Pick, 17325 20th Ave. N., East Moline. (309) 496-1515. Strawberries.
- Murphy's Gardens, 12550 W. Norris Lane, Galena. (815) 777-4273, murrphysgardens.com. Raspberries.
- Plow Creek Farm, 19183 Plow Creek, Tiskilwa. (815) 646-4862, plowcreek.org. Strawberries, blueberries, blackberries and raspberries.
- Shady Knoll Farm, 3115 Drenhardt Road, East Moline. (309) 496-3545. Strawberries and raspberries.
- White's Berry Farm, 1729 N. Black Jack Road, Galena. (815) 777-3106. Strawberries and raspberries (red, yellow, black).
- Wooded Wonderland, 610 S. Devil's Ladder Road, Galena. (815) 777-3426, woodedwonderland.com. Blueberries.

Iowa

- Annie's Acres, 30602 Mill Creek Road, Bellevue. (563) 872-5652. Strawberries.
- Hagen Berry Farm, Palo. (319) 851-2379, hagenberryfarm.com. Strawberries.
- Lincolnway Flower Farm, 2207 Old Lincoln Highway, Lowden. (563) 941-5417.
- Mary Ann's Market, 2147 U.S. Highway 61 S., Muscatine. (563) 263-8886.
- Pride of the Wapsi, 14600 305th St., Long Grove. (563) 285-8180, prideofthewapsi.com. Strawberries and red raspberries.

farmers' markets

ILLINOIS

BUREAU COUNTY

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

CARROLL COUNTY

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

HENRY COUNTY

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

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

JO DAVIES COUNTY

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

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

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

KNOK COUNTY

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

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

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

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

LEE COUNTY

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

MCDONOUGH COUNTY

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

PEORIA COUNTY

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

ROCK ISLAND COUNTY

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

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

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

WARREN COUNTY

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

WHITESIDE COUNTY

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

IOWA

CEDAR COUNTY

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

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

CLINTON COUNTY

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

DES MOINES COUNTY

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

DUBUQUE COUNTY

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

HENRY COUNTY

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

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverside Street; 7-11 a.m. Saturdays, May 17 through mid-September. (563) 872-4173

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

JEFFERSON COUNTY

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

JOHNSON COUNTY

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

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5:30-7:30 p.m. Wednesdays, 7:30-11:30 a.m. Saturdays, May 3 to Oct. 29. (319) 356-5110

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

LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th Street and Avenue E.; 3:30-5:30 p.m. Thursdays, June 12 to Sept. 25. (319) 372-7700 ext. 202

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

LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and Thursdays, 7:30 a.m.-noon, Saturdays, through October. (319) 286-5699
 Downtown Market, Downtown Cedar Rapids (2nd Street SE); 7:30 a.m.-noon, first Saturday of the month, June-October, with extra markets June 21 and Aug. 16. (319) 398-0449

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

MUSCATINE COUNTY

Muscatine Farmers' Market (Mississippi True Value Hardware store, 1420 Park Ave. on Tuesdays, Mississippi Drive and Sycamore Street on Saturdays; 2-6 p.m. Tuesdays, 7:30-11:30 a.m. Saturdays, May 3 through Oct. 28. (563) 299-2709 or (563) 506-3459

SCOTT COUNTY

Trinity Farmers' Market (Mississippi Valley Growers' Association), Trinity at Terrace Park, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, May 5 through October. (563) 332-5529

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

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

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

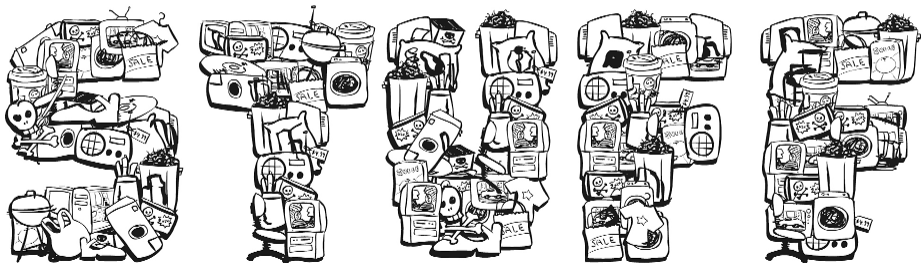
Davenport RiverCity Farmers' Market (RiverCity Market Association), NorthPark Mall, 320 W. Kimberly Road; 8 a.m.-noon Wednesdays and Saturdays, through October. (563) 299-3333

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

Blue Grass Farmers' Market, Paul Barnes farm, 430 Mayne St.; 4:30-7 p.m. Thursdays, June through October. (563) 381-3761

food for thought

THE STORY OF



By Robert Weissman

If we're going to save ourselves from global warming, we need a broad public understanding of how the system all fits together. Not just how important it is to change from incandescent to compact fluorescent light bulbs or the value of recycling — though these things are vital — but how the present system of making, transporting, selling, buying, using and disposing of things is trashing the planet.

That's where "The Story of Stuff" comes in — an engaging short film that explains the "materials economy" in 20 fun-filled minutes. The film features the wonderful Annie Leonard, amusing graphics, lots of humor, and a complicated analysis presented in an easy-to-understand conversational tone.

The core themes of "The Story of Stuff" are:

1. The world is up against resource limits.

"We're running out of resources," says Leonard.

"We are using too much stuff. ... In the past three decades alone, one-third of the planet's natural resources base have been consumed. Gone."

2. Corporate globalization is premised on externalizing costs — making someone other than the companies that make things pay for the environmental and human costs of production.

"I was thinking about this the other day," says Leonard. "I was walking to work and I wanted to lis-

ten to the news so I popped into this Radio Shack to buy a radio. I found this cute, little green radio for 4 dollars and 99 cents. I was standing there in line to buy this radio and I was wondering how \$4.99 could possibly capture the costs of making this radio and getting it to my hands. The metal was probably mined in South Africa, the petroleum was probably drilled in Iraq, the plastics were probably produced in China, and maybe the whole thing was assembled by some 15-year-old in a maquiladora in Mexico. ... That's how I realized, I didn't pay for the radio.

"Who did? The people who lost their natural resource base, factory workers, those who are made sick from factory pollution and retail workers without health insurance."

3. The corporate economy rests on the artificial creation of need.

4. Things can be different. And they must be made to be different.

"What we really need to chuck is this old-school throw-away mindset. There's a new school of thinking on this stuff and it's based on sustainability and equity: green chemistry, zero waste, closed loop production, renewable energy, local living economies. Some people say it's unrealistic, idealistic, that it can't happen. But I say the ones who are unrealistic are those that want to continue on the old path."

"The Story of Stuff" is something you can show

to anyone (or ask anyone to view online at storyofstuff.com). It's persuasive but not a sermon. It's sophisticated but not esoteric. Its tone is light but its content is serious. It's narrated by the irrepressible Annie Leonard with passion but no pretense.

Annie, who is a former colleague and good friend, casually mentions at the start of "The Story of Stuff" that she spent 10 years traveling the world to explore how stuff is made and discarded. This doesn't begin to explain her first-hand experience. There aren't many people who race from international airports to visit trash dumps. Annie does. In travels to three dozen countries, she has visited garbage dumps, infiltrated toxic factories, worked with ragpickers and received death threats for her investigative work. Her understanding of the externalized violence of the corporate consumer economy comes from direct observation and experience.

"The Story of Stuff" is a short film about the big picture. Give it a look, and encourage others to check it out.

Copyright 2007 by Robert Weissman, editor of *Multinational Monitor* and co-director of *Essential Action*. Read the full story at radishmagazine.com.

Watch "The Story of Stuff" at the 2008 Healthy Living Fair. See page 45 for details.



Complete details inside!

Your guide to the 2008 Healthy Living Fair

Bigger, better, healthier!

The 2nd annual Healthy Living Fair — a celebration of local and natural foods, health and fitness, nutrition and the environment — brings more vendors, a wider variety of health-related exhibits and a new layout to the grounds of the Quad City Botanical Center in Rock Island, Ill. The event will be held June 14-15 and is presented by Radish and the QCBC.

The fair will offer information about healthy living through the natural foods, products, resources and services of western Illinois and eastern Iowa. More than 60 exhibitors will present healthy foods, green energy and transportation, environmentally friendly products and produce, gardening goods and services, outdoor recreation opportunities and holistic, alternative and integrative medicine. Exhibitors range from feng shui to Max Muscle and everything in between.

This year the fair has been moved to the east side of the QCBC and will feature a MarketPlace with a centrally located "Chill Out Area" that includes tented seating and a beautifully landscaped labyrinth and peace garden. The Hy-Vee Cafe will sell everything from low-fat veggie burgers to traditional festival fare, and Heritage Natural Foods will sell its popular fruit smoothies.

Special events include the Quad-Cities' Largest Yoga Class II, Junior Sprint Solar Races and a Radish Bobbing Contest on Saturday and Garden Art Show, Father's Day Coffee House, Environmental Film Fest 3½ and a concert by Patchouli on Sunday. Both days will feature a green energy and transportation area, an outdoor recreation area and local foods area.

The Preview Night Garden Party Friday, June 13, will feature samples of delicious entrees, hors d'oeuvres and desserts by Quad-Cities restaurateurs set up at stations throughout the QCBC gardens at this event sponsored by the Illinois Quad City Chamber of Commerce, Wells Fargo and Crow Valley Chiropractic. Guests can listen to live music while enjoying cocktails and bidding on garden-related items. The auction will benefit the educational programs at the non-profit center. (For ticket information, call 309-794-0991, extension 28.)

Healthy Living Fair hours are 9 a.m. to 4 p.m. Saturday and Sunday, June 14-15. Admission is by free-will donation, with all proceeds going to the QCBC. Major sponsors of the event are John Deere and The Dispatch/Argus/Leader.

For the latest information, visit radishmagazine.com.

How to get to the Healthy Living Fair

From the west: Take I-280 into Illinois, then follow Illinois 92 into downtown Rock Island.

From the east or northwest Illinois: Take I-88 to I-80 East, then to I-280 West. Follow I-280 to Illinois 92 into downtown Rock Island.

From the south: Take I-74 or U.S. 67 to I-280 West. Follow I-280 to Illinois 92 into downtown Rock Island.



From the north: Take U.S. 61 through Davenport to U.S. 67 and cross the Centennial Bridge into Rock Island.

Once in downtown Rock Island: Turn east onto 5th Avenue and stay in the left lane. Turn left on 26th Street. Quad City Botanical Center will be straight ahead across 4th Avenue.

Free on-site parking: Available in the QCBC lot. Volunteers will direct traffic and provide directions to additional parking locations.

healthy living fair

FRIDAY, JUNE 13

Preview Night Garden Party, 6 p.m.-2 a.m.: Chefs from 10 Quad-Cities area restaurants will serve samples of entrees, hors d'oeuvres and desserts at the Quad City Botanical Center. Party-goers can explore the gardens as they sample the foods and listen to live jazz. Spectacular floral displays and other items will be featured in a silent auction. Tickets are \$25; corporate packages are \$200. For reservations call (309) 794-0991, extension 26.

SATURDAY, JUNE 14

Quad-Cities' Largest Yoga Class II, 9:30 a.m.: Jeanie Mackenzie of the Davenport School of Yoga will lead a free, 30-minute class covering the basic yoga positions. (davenportschoolofyoga.com)

Junior Sprint Solar Races: Race mini solar-powered race cars on loan from the University of Northern Iowa Center for Energy and Environmental Education. For-fun races will be held both days. (See story on page 30.)

Cooking with Chef Robert Lewis: Chef Robert Lewis, The Happy Diabetic, will provide healthy cooking demonstrations throughout the day. (happydiabetic.com)

Radish Bobbing Contest, 3 p.m.: The winning child will receive a free Junior Sprint Solar Car, and the winning adult will get a free one-year subscription to Radish.

Learn to travel green: Create your own green transportation plan with help from the Quad Cities Transportation Advocacy Group.

SUNDAY, JUNE 15

Drum Circle, 9:30 a.m.: River Circle will lead a "drum wash" — a drumming event which adherents say provides a cleansing effect on a space. Visitors can watch or participate with their own drums, rattles and other instruments or borrow those brought by River Circle. (rivercircle.org)

Father's Day Coffeehouse, 10-11:30 a.m.: Enjoy free coffee during an acoustic coffeehouse featuring local musicians and led by Paul Cioe and Chris Dunn.

Environmental Film Fest 3½, 9:30 a.m.-3:30 p.m.: The Eagle View Group of the Sierra Club will screen six environmental films inside the QCBC. (For film details and a schedule, see page 45.)

PROJECT InSECT: Jessa Huebing-Reitinger will demonstrate her insect oil painting from 9 a.m. to noon, and James Huebing-Reitinger will entertain with stories about insects and draw insect tattoos on the willing! (See story on page 20.)

Garden Art Show: Regional artists in a variety of media will display and sell their works inside the events canopy on the west side of the QCBC all day.

Patchouli, noon: Back by popular demand, the Earth-inspired, feel-good folk duo of Julie and Bruce Hecksel will perform a free outdoor concert at noon. (For more information, see page 48 or visit patchouli.net)

Mountain bike clinic, 9 a.m.-noon: Learn about mountain biking from the Friends of Off-Road Cycling.

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MarketPlace: Visit more than 60 exhibitors from eastern Iowa and western Illinois in the MarketPlace area east of the entrance to the Quad City Botanical Center. Businesses and organizations will display and/or sell a variety of healthy-living products and services, including natural foods and spices, cookbooks, beauty and skin-care products, chiropractic methods, acupuncture, water purification, lawn and gardening supplies, organic lawn care, reusable grocery bags, baked goods, detoxification methods, spa treatments, health screenings, feng shui, exercise and more. For a complete list of vendors, see page 48.

Chill Out: Unwind in the centrally located "Chill Out Area," which will feature a unique peace garden, labyrinth and patio area made possible by Campbell Landscape Design, Robert's Lawn & Landscape, Quint City Stone and The Green Thumbers. The Chill Out Area also will provide seating and tables under tents and will be located in the middle of the MarketPlace and near the Hy-Vee Outdoor Cafe.

Hy-Vee Outdoor Cafe: A variety of healthy foods will be for sale all weekend, including POM juices and teas; Lite Life hamburgers, hot dogs and bratwurst; Full Circle veggie burgers; and a variety of Morning Star and Yves products. Traditional grilled items also will be available. Nearby, Heritage Natural Foods will be selling its popular fresh fruit smoothies.

Farm to Table: Talk with local growers and learn what it takes to bring locally grown food to the farmers' markets. Purchase in-season, locally grown foods, learn about community supported agriculture and find out why supporting local growers is good for your health, the local economy and the world. This area will include Oak Hill Acres, Buy Fresh Buy Local, Harvest of Hope and the Quad City Fruit & Vegetable Growers Association.

Outdoors & Recreation: This area will feature regional outdoor recreation groups, such as the Quad City Women's Outdoor Club and the Friends of Off-Road Cycling, which will provide information and mountain-biking test rides from 9 a.m. to noon on Sunday. A variety of nature-oriented organizations such as the Sierra Club also will be represented.

Green Transportation & Energy: Ride a recumbent trike and check out a compressed natural gas-powered bus and a solar-powered van. ePower Synergies, Inc., will feature the new ZAP Zebra Truck — a city-legal, three-wheeled battery-electric vehicle — the ZENN neighborhood electric vehicle and the RIDE electric scooter. Compete in a Junior Sprint Solar Race with mini solar race cars provided by the University of Northern Iowa's Center for Energy and Environmental Education. On Saturday, members of QC TAG (Quad Cities Transportation Advocacy Group) will assist you in creating your own Green Transportation Plan.



Gardens: Throughout the Healthy Living Fair admission will be free to the stunning indoor and outdoor gardens of the Quad City Botanical Center. These areas include the 6,444-square-foot indoor Tropical Sun Garden, featuring islands of gardens, a beautiful 14-foot waterfall, reflecting pools with Japanese koi fish and a 70-foot skylight peak with ferns, palms, bromeliads, orchids, frangipani, bird of paradise, banana plants and hundreds of other exotic tropical wonders; the Conifer & Perennial Garden, featuring more than 40 one-of-a-kind conifers from the collection of Justin C. Harper, an internationally recognized conifer expert; and the Physically Challenged Garden, featuring specially-designed planting beds at varying heights for gardeners with physical limitations.

Art Show: Regional artists in a variety of media will display and sell their works inside the events canopy on the west side of the Botanical Center all day Sunday, June 15.

healthy living fair

Environmental Film Fest 3½

The Eagle View Group of the Sierra Club will show six environmental films and documentaries inside the Quad City Botanical Center beginning at 9:30 a.m. Sunday, June 15. The free film fest will feature:

9:30 a.m. "Kilowatt Ours" (60 minutes): Filmmaker Jeff Barrie travels from the coal mines of West Virginia to the solar panel fields of Florida as he discovers solutions to American energy-related problems. Along the way he meets everyday Americans finding ways to harness power from the wind and sun. Jeff and his wife Heather cut their energy bills in half and use a portion of their savings to buy green power. "Kilowatt Ours" also will show how to dramatically reduce your own energy bill.

10:45 a.m. "The Story of Stuff" (20 minutes): If we're going to save ourselves from global warming, we need a broad public understanding of how the present system of making, transporting, selling, buying, using and disposing of things is trashing the planet. Annie Leonard, who spent 10 years traveling the world to explore how stuff is made and discarded, explains this "materials economy" with amusing graphics and plenty of humor. (For more, turn to page 40.)

11:30 a.m. "Come Walk with Me" (30 minutes; for kids of all ages): This award-winning video was filmed in the mountains of Montana and includes the children's music of Walkin' Jim Stoltz, spectacular wildlife footage, wilderness scenery and action with Jim and his young friends.

12:15 p.m. "The Magic School Bus: Recycle with Miss Frizzle" (30 minutes; for kids): Wanda's nutcracker accidentally gets recycled. When she wishes recycling never existed, Ms. Frizzle and the class show her what a world would be like without recycling.

1 p.m. "Escape from Affluenza" (60 minutes): This PBS special provides practical solutions to the problem of "affluenza" — an epidemic of stress, waste, overconsumption and environmental decay. It shows how some Americans are calling a halt to keeping up with the Joneses and abandoning the consumer chase.

2:15 p.m. "King Corn" (90 minutes): Ian Cheney and Curt Ellis, college friends on the East Coast, move to Iowa to learn where food comes from. With the help of neighbors, genetically modified seeds and powerful herbicides, they grow a bumper crop of America's most-productive, most-subsidized grain on one acre. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how Americans eat — and how we farm.



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Exhibitors

Here's a look at several of the exhibitors coming to the 2008 Healthy Living Fair:

ePower Synergies, Inc.: Check out the new ZAP Zebra Truck — a city-legal, three-wheeled battery-electric vehicle — the ZENN neighborhood electric vehicle and the RIDE electric scooter, all available from this company based in Port Byron, Ill. epowersynergies.com

Zing: Take a spin on this aluminum-framed, 21-speed, three-wheeled recumbent "trike" created and built by Allan Pillard of Princeton, Iowa.

Heritage Natural Foods: The health-food store will sell its popular fresh fruit smoothies. Customers can infuse their beverages with powdered and liquid boosters such as protein, ginseng, ginger and ginkgo biloba. heritagenaturalfoods.com

Watkins Products: Get samples and demonstrations of Watkins products, which feature cooking ingredients made from herb, spice, botanical and natural sources. A full-line of products will be available for purchase.

Quad-City Labyrinth Project: Discover the many benefits of using labyrinths for physical, mental, emotional and spiritual well-being. qclabyrinth.org



Simply Native Plant Nursery: Learn how to utilize native plants in your landscape and attract hummingbirds, bees, butterflies and birds.

Ancient Wisdom Acupuncture Clinic: Learn how acupuncture and Chinese herbs may be helpful in relieving many common ailments and promote wellness. ancientwisdomiowa.com

Learn Great Foods: Learn about sustainable-farm tours, cooking classes and food-science workshops throughout the upper Midwest. Check out the company's new FoodBooks. learngreatfoods.com

Sun Ovens: Stop by the Radish booth to see a demonstration of solar cooking using an oven from Sun Ovens International, Inc. sunovens.com

Traditional Feng Shui: Lina Grady, certified consultant from the American Feng Shui Institute in Los Angeles, will explain how integrating the principles of Feng Shui into your residential and business floor plans will maximize energy flows and restore balance, health and vitality.

Radiant Health Imaging, Inc., of Fairfield, Iowa: Learn about thermography, a non-invasive technology used to detect a number of diseases, including breast cancer. radianthealthimaging.com

Atlantisa: Learn about the health, wellness and longevity benefits of Ozone Spa Hydrotherapy. Get a free sample of Jupiter Science alkaline water. atlantisa.com



Ionislim Spa: Learn about Ionithermie, a detox method which can provide improvement in skin and muscle tone, a reduction in the appearance of cellulite and visible slimming in treated areas. ionislimspa.com

Oak Hill Acres Organic Farm: Check out heirloom plants and produce and learn about the CSA farm and organics. localfoodconnection.org/farmers/oakhill

The Root Cellar: Learn how solar energy, wind power, alternative-fuel vehicles and other energy-efficient choices can cut your energy consumption and help the environment. therootcellar.us

Illingsworth Natural Health Improvement Center: Learn about Nutrition Response Testing, a non-invasive system of analyzing the body to determine the underlying causes of illness or non-optimum health.

Max Muscle Sports Nutrition: Certified sports nutrition specialists will provide samples of high quality protein, complementary body fat analysis and caloric intake recommendations. qmaxmuscle.com

Cart by Cart, LLC: Learn about reusable shopping bags made in the USA of 100 percent cotton canvas. Help reduce the pollution and waste of plastic bags and start carrying your own bag made from a renewable resource. cartbycart.com

EcoWater QCA: Learn how state-of-the-art and energy-efficient water softeners and reverse/osmosis systems can improve your home's water quality.

ITV Ventures: Learn about the company's all-natural products, supplements and books designed to help you live a better, more healthy lifestyle. itventures.com

healthy living fair

Donna Elliott, The Ave. Salon: Learn the difference between "imposters" and those hair products with a true dedication to growing and harvesting organic and wild crafted ingredients that treat the planet with respect. For your dog, learn about John Masters Organics doggy wash.

Midwest Botanicals: Learn how naturopathic medicine can help you help yourself with many health concerns. midwestbotanicals.com

Orenda International: Learn about the brand new superfood juice, OKI, featuring the Aronia berry, which helps support your cardiovascular system, supports muscle recovery, aids in digestion and helps the body's natural defenses. orendainternational.com

Johnson H20: Learn about the advantages of healthy air and water solutions and the differences they can make in your life. johnsonh2o.net

Quad City Rain Barrels: Learn how recycled, food-grade plastic barrels easily attached to your home's downspouts can aid in water conservation and save money on your water bills.

Iowa and Illinois Renewable Energy Associations: Learn about the growing choices in renewable energy available for building, remodeling or lowering energy bills. irenew.org, illinoisrenew.org

Nature's Friend Organic Lawn Care: Learn about pesticide-free lawn and tree care treatments that are safe for children, pets and the environment. naturefriend.net

Hill & Valley Bakery: Sample this local company's sugar-free and no-sugar-added bakery treats, pick up coupons and learn about the American Diabetes Association Quad City Chapter Walk. hillandvalley.net

YMCA's of the Quad Cities: Learn about obesity trends, related health issues and the many social and environmental factors which inhibit healthier lifestyles. quadcityymca.org

Inner Health Chiropractic: Get a free mini massage and a spinal screening with the state-of-the-art Insight Millennium. myinnerhealthchiro.com

Hampton Health and Wellness: Visit with a holistic health care team and identify tools to reconnect the mind-body connection. hamptonhealthandwellness.com



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Nature's Friend Organic
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Quad City Rain Barrels
Radiant Health Imaging
Real Health Chiropractic
Simply Native Nursery
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Traditional Feng Shui
University of Illinois Extension
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Music

Patchouli

One part ethnobotany, one part theology, two-part harmony, two-part guitar — and a pinch of gypsy caravan. This is the recipe for Patchouli — the band, not the plant — and it's a musical and ideological concoction you won't want to miss. Known for its catchy, down-to-earth style, Patchouli blends musical influences from around the world into a sort of new American folk music.

Musicians Bruce and Julie Heckel comprise Patchouli, and they will perform a free outdoor concert at the Healthy Living Fair at noon Sunday, June 15.



When they're not traveling, the pair is settled in a small Mississippi River town in western Wisconsin. They've been coming to the Quad-Cities for six years to play for Augustana College's Earth Week festivities, and they're excited to make their second appearance at the Healthy Living Fair.

Both their music and their purpose are incredibly Radish-compatible. Bruce attended college and grad school for music and theology. Julie studied ethnobotany (the study of cultures and plants) and environmental science. Bruce calls their work "a wonderful blend of the two" backgrounds, because their approach to their music is both environmental and spiritual.

In concert the duo uses a variety of drums and shakers, often distributing them throughout the audience to give everyone a share in the music. On stage, Bruce plays lead acoustic guitar and bass. Julie plays acoustic guitar and provides the trademark voice and lyrics that make the band a favorite of so many.

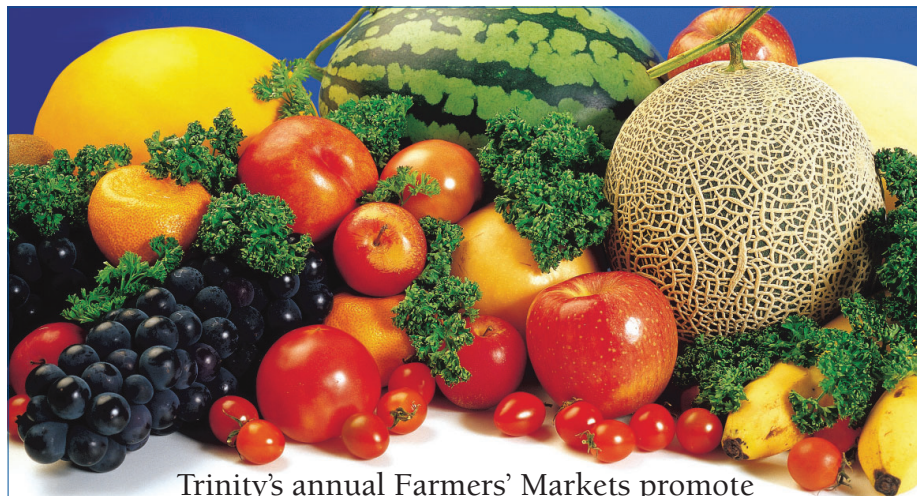
Patchouli's many CDs will be for sale during and after their concert, including their latest, "Terra Guitarra," an instrumental album featuring Bruce's masterful guitar playing. "This album was created by intentionally listening to the terror of places I have come across in my travels," says Bruce. "From walking along pristine trout streams, dense woodlands, golden meadows, ancient cobblestones, and watching smoldering sunsets and the emergence of the Harvest moon."

The title line of Patchouli's signature song sums up the music best: "I go to the woods to feel good." The only thing better is to hear them yourself.

Father's Day Coffeehouse

Preceding Patchouli, Paul Cioe and Chris Dunn will lead a Father's Day Coffeehouse from 10 to 11:30 a.m. Both musicians play regularly throughout the Quad-Cities, and Paul has written several features for Radish. Other musicians will join them during the coffeehouse.

Free coffee will be available to all fathers, their families and friends — and anyone else who shows up to celebrate the day.



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8 a.m. to noon, Saturdays, May 3 through October

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