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#### from the editor



Photo by Paul Colletti / Radish

Three summers ago I met Sarah Gardner, a writer who had just moved to the Quad-Cities. As I recall I was the first person she met in town. She stayed anyway.

Sarah had discovered Radish, which resonated with her interests and values, and had stopped by the office to introduce herself and to see if we might be interested in her as a freelancer.

Today Sarah is our new editor.

Because of her genuine kinship with Radish and her articles which have appeared in the magazine over the past few years, Sarah is familiar and on board with what we're all about. At the same time, readers are familiar with her. We couldn't ask for a better situation. We also couldn't ask for a better time to introduce her. On June 19 we will be presenting the 4th Healthy Living Fair next to the Freight House Farmers' Market in downtown Davenport, and Sarah will be there to meet the Radish faithful. (See pages 42-48 for the fair guide.)

A few things about Sarah: She volunteers at a local organic farm; belongs to the Eagle View Group of the Sierra Club; is an avid bicyclist; teaches yoga and knows the difference between rolfing and reiki. She holds bachelor of art and master of fine arts degrees in English/creative writing from Butler and Syracuse universities, respectively. In addition to writing for Radish and other publications, she most recently taught beginning and advanced level writing courses at St. Ambrose University in Davenport.

We're excited to have Sarah join team Radish, which, incidentally, recently won second place for Best Niche Publication from the Illinois Press Association and the Illinois Associated Press. Judges in particular praised our great layouts (designed and produced each month by Spencer Rabe) and our covers (designed each month by Dale Attwood with great photography from our photo staff).

Be sure to stop by the Healthy Living Fair, meet Sarah and the rest of the Radish gang and browse the booths of over 60 businesses which will be exhibiting their products and services.

It's a one-stop opportunity to learn how to live healthy from the ground up!

— Joe Payne Radish managing editor



Number 6, Volume 6 June 2010

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### contributors



Patricia Castillo is a co-founder and CEO of Earthbark, which she is now expanding to her native Mexico to focus on addressing the serious public health issues caused by dog-waste pollution. Read her story about Earthbark and how to be an environmentally friendly pet owner on page 40.



Leslie DuPree is the director of web services and new media at Augustana College in Rock Island. She was a Quad-Cities print and online journalist for many years (and foremother of Radish). A long-time farmers' market fan and shopper, she lives in East Davenport and likes to garden and cook. Her story on non-food items at the farmers' market appears on page 8.



Linda Handley was a critical care nurse for 20 years when she decided to change professions. After studying acupuncture and Chinese medicine she moved to the Quad-Cities, where she and her business partner opened Ancient Wisdom Acupuncture Clinic in Bettendorf, Iowa. Read her story on Acupuncturists Without Borders on page 22.



Chris Greene is the coordinator of the Grapevine news for the business section of The Dispatch and The Rock Island Argus newspapers in the Quad-Cities. (She also appeared on the first Radish cover in 2005.) In her free time she enjoys cooking, gardening, running, volunteering and reading. Read her first story for Radish, on the benefits of buying local foods, on page 30.

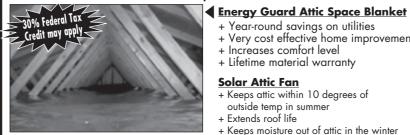


Paula Webinger and Erin Robinson, who work in communication and education for Waste Commission of Scott County, teamed up to write an article for this issue about recycling at special events. The two enjoy educating the public about the Commission's programs and services. Their story appears on page 14.

Also writing in Radish this month are contributors Elizabeth Janicek ("Pedaling, pondering," page 6), Rita Melissano ("Meditation in motion," page 10), Ann Scholl Rinehart ("Great local pies," page 12), Jonathan Turner ("Farmscape," page 18), Barbra Annino ("Teaching forest," page 20), Leslie Klipsch ("Seeded Earth Growers," page 24), Laura Anderson ("Wellness in the District," page 26), Dawn Neuses ("Interstate Resource," page 28), and Steve Fugate ("I-Renew workshops," page 32).

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# the grapevine

# Everything you need to know about the 2010 Healthy Living Fair

The fourth annual Radish Healthy Living Fair kicks off at 8 a.m. Saturday, June 19, and will run until 3 p.m. that day. Come find us next to the Freight House Farmers' Market, 421 W. River Drive, Davenport, where we will be celebrating the best the area has to offer in local and natural foods, health and fitness, nutrition and the environment. This year's fair is free to the public, as always, and will feature an expanded exhibitor area. For a complete list of all the great things to see and do, check out the guide to the fair on pages 42-48.





Stop by and say hi to representatives of Radish from 10 to 11 a.m. June 2 at the Quad Cities Fruit & Vegetable Growers Association East Moline Farmers' Market in the Skate City parking lot, 1112 Avenue of the Cities. Market hours are 8 a.m. to noon. You also can find us at Darrin Nordahl's

presentation, "Urban Agriculture: A Quiet Revolution," at 7 p.m. June 8 at the Moline Public Library, 3210 41st St. Pick up a free copy of the latest issue at either event and enter to win a Radish farmers' market bag.

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

#### From our readers

Radish Dog of the Year (August 2010): "Bear and I are looking forward to attending this year's Healthy Living Fair, and the Radish 'Dog of the Year' contest, and to hearing from so many like-minded pet parents. ... A new dog of the year will be selected, but like I tell Bear — once dog of the year, forever dog of the year!"

— Craig A. Nemecek, Bettendorf, IA



To read Nemecek's complete letter, visit radishmagazine.com.

"On behalf of Western Illinois University, I would like to extend a heartfelt thank you to Dan McNeil at the Figge Art Museum and to Rachel Griffiths of your publication. Dan's efforts to assist in extending the WIU Environmental Summit to the QCA have been tremendous and I am most grateful for his support. And as for Rachel ... you are a gem and an inspiration to all of us who give our time and passions to environmental issues."

— Mindy Pheiffer, Western Illinois University, Macomb, IL

# healthy living from the ground up

# features



- Pedaling, pondering
  Velosophie group is part
  book club, part bike club.
- Beyond food

  'Buy local' refers to a lot more than it used to.
- Meditation in motion
  Tai chi brings peace,
  heightened awareness.
- Great local pies
  Bakers from farmers' markets
  weigh in on perfect pie tips.

#### in every issue

- 2 from the editor
- 3 contributors
- 4 the grapevine
- 34 rooting around
- 36 resources
- 38 farmers' markets

#### on the cover



Rooty the Radish makes his debut just in time for the Healthy Living Fair. (Photo by Paul Colletti)

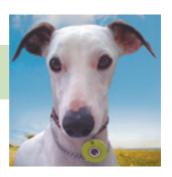
#### departments

- environment
  Upcycled oil: St. Ambrose University brews up biodiesel to mow the lawn. Page 14: iLivehere's event recycling.
- 16 health & medicine
  'They're a godsend': For one Illinois family with preemie twins, visiting nurses make the difference.
- 18 community
  'Farmscape': Interviews with Iowa farmers sprout thought-provoking theater piece.
- great places
  Teaching forest: Jo Daviess Conservation Foundation preserves woodland classroom.
- people
  Without borders: Acupuncturists travel the globe to help where needed.
- grower of the month
  Seeded Earth Growers: Pair of friends raise produce,
  flowers and are eager to help in your garden.
- body, mind & soul
  Wellness in the District: New spa offers unique realm of services.
- good business
  Interstate Resource: From education to green projects, help is available.
- 30 food Why buy local? Garry Griffith of Augustana College reminds us of the many reasons.
- energy
  Learn about renewable energy through new I-Renew workshops.
- food for thought
  Earthbark: 10 ways you and your pet can reduce carbon paw prints.
  - healthy living fair guide
    Everything you need to know about the healthiest event of the year in eastern lowa and western Illinois.









# healthy living

# Pedaling, pondering

# Velosophie merges humanities and bicycling

By Elizabeth Janicek

When you get on a bicycle and move yourself through any landscape, it changes the way you relate to that place. When you discuss a piece of writing with a group of people, it changes the way you relate to that text. And when you combine the two, they reinforce each other in surprising ways.

Enter Velosophie, a sort of humanities seminar for adults. Led by the Illinois Humanities Council, Velosophie accompanies the League of Illinois Bicyclists' (LIB) annual Great Illinois Trails and Parks Ride (GITAP), being held this month. The ride itself is rigorous enough: 160 cyclists cover as many as 465 miles on a six-day journey exploring

Illinois' many parks, reserves and natural trails. But after each long day of physical toil, a small subset of riders gathers for another, very different kind of exercise. Sitting on picnic benches or the hard ground, they delve deep into discussion of novels, essays, poetry, philosophical tracts and short stories.

Each year's readings are centered on a theme that relates to the cyclists experience during GITAP — "Pleasure and Pain," "The Journey," "Revolutions," "Nature and The Wild" — and have ranged from well-known nature writers like Thoreau, John Muir and Annie Dillard to less expected names, such as Flannery O'Connor, Dave Eggers and Karl Marx.

"We're not trying to impart a specific body of

information," said Adam Davis, whose Velosophie title would be something akin to "co-founder and lead scholar." Davis leads discussion and plays a large role in selecting and introducing each year's readings.

"Our goal is to create a space within which people will go to surprising places. We wanted to help open up the activity they had chosen to engage in: to think through what (cycling) means and why they are doing it."

One reading that organizers and participants singled out as particularly resonant with the group was James Salter's short novel "Solo Faces." It depicts a man who's isolated himself from society by devoting his entire life to mountain climbing.

"It's Salter's critique on the sometimes mythologized idea of the heroic, savage man," said Velosophie co-founder Ryan Lewis. "Yet he's no stranger to the kind of deep, emotional, psychic trauma that goes with living a life. He's as messed up as the rest of us."

Chuck Oestreich of Rock Island, an LIB board member and retired English teacher, took the novel in a different direction.

"It's about the same kind of psychology that so many people have — that is, striving, striving, striving until it becomes an obsession, to the point that they endanger their lives," he said. That kind of obsession can fuel everything from extreme cycling to war, Oestreich added.

That diverse reaction to "Solo Faces" illustrates the open-ended (non-)agenda of Velosophie's planners. The richness of conversations comes not necessarily from the texts, said Davis, but from the people.

"Because they are geographically, educationally and professionally diverse, they're bound to see things differently, which makes for a very productive discussion," said Davis. "I'm perpetually impressed by these folks. They ride long days in tough weather, and then they have the great degree of energy to engage in these conversations, every evening. These are all people who want to learn more."

Oestreich is very much that sort of person, and as a seasoned cyclist, he particularly enjoys the



Velosophie participants discuss a book during a past bicycle ride. (Submitted photo)

stimulating environment that Velosophie helps create. "Much of the talk in the evenings on a bike ride has to do with gears, pounds per square inch, and things like that," he explained. "I don't really care too much about the technical aspect of bikes. I like to expand my mind with other ideas, so it's wonderful to walk back to your campsite and instead be talking about Thoreau."

And since the reading selections are often relevant to the motion and challenge the cyclists face by day, those readings carry over, offering both perspective and relief during the next day's ride.

### 'They ride long days in tough weather, and then they have the great degree of energy to engage in these conversations, every evening.'

Oestreich recalled facing a 10-mile stretch riding head-on into piercing prairie winds when he found himself next to another Velosopher. They got to talking and didn't even notice the wind, he recalls.

The relationship between moving and thinking is a foundation of Velosophie, even by name. It comes from the Latin *velo* meaning "swift" and the Greek *sophia* meaning "wisdom." It'd be easy to cast the dichotomy of pedal-by-day, think-by-night as a way to balance these two very different types of personal work and create a well-rounded whole. But Velosophers don't see the project's mind/body divide in that way. If anything, it's about connecting the two, not balancing them.

"You want to dig a little deeper into reading, and you want to dig deeper into the bicycling. You're trying to find more meaning in both, and you do that by actively engaging," said Sue Jones, an avid biker, LIB board member and regular Velosophie participant.

"It's not an event so much as an approach: to be active in what you're reading, and to be thinking in a humanities way when you're out cranking the pedals," she said. "We should be integrating this kind of thinking into what we're doing every day."

For more on the Illinois Humanities Council and the Velosophie program, visit prairie.org/velosophie. Registration for this year's GITAP is full, but for more information on the League of Illinois Bicyclists and next year's ride, visit bikelib.org.



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# healthy living

# Beyond food

# 'Buy Local' refers to a lot more than it used to

By Leslie Dupree

Jewelry mingles with jam and rugs with radishes at today's Freight House Farmers' Market, where handmade is sold alongside homegrown.

It hasn't always been this way. When Darcy Rostenbach first approached market organizers in 1993 about selling something at the market that wasn't edible — her handmade soaps — the idea wasn't greeted warmly.

"Boy was it hard to get in," said Rostenbach.
"But we've really opened our minds since then."

Rostenbach quickly became a member of the market committee and helped set up a process to let in more crafters and artisans while maintaining a high quality of truly locally made goods. This allayed fears that the market could come to resemble a yard sale.

Turns out, it was the beginning of a movement. Consumers began to see the benefits of buying food from local growers to help the local economy. And they realized "Buy Local" could apply to more than fruits and vegetables, just as the number of artisans began to grow rapidly.

"It's a trend at farmers' markets everywhere," said Rostenbach. "A lot of people are creating their own jobs and using the skills that they have. It's an easy, reasonably priced way to find out if their skill is marketable.

"We have a way younger demographic now. I think they're skeptical of anything that's mass-produced and they're very attracted to buying things that people have laid hands on."

Jill Halligan used to think a farmers' market was just for produce, but that was before she began making jewelry and other items for her business, J's Jazz.



Halligan, who is an accountant by day, has booths at the Freight House yearround and also at the market at NorthPark Mall in Davenport. Business is good.

"My customers are the ones who give me ideas," said Halligan. For example, her bejeweled ID lanyards are fastened with a magnetic closure so that if they're pulled suddenly or snagged, the chain will come off but not break. That idea came from teachers and nurses.

Down the row of vendors at the market, Carol and Ed Berberich of B&C Crafts started making wooden bird houses, children's stools and crocheted items, among many other things, mainly for fun. "We retired and we didn't want to just sit in the recliner," joked Carol.

Another person who discovered his creativity by chance, DJ Collins carves cottonwood bark into sculptures (Whimsical Houses and Wood Spirits) and creates framed art by subtle wood burning.

"I am optimistic the broad market economy is rebounding following the past economic circumstances," he said. "To buy local, of which I am a big proponent, can and will play a big part in making this happen."

Like many vendors, Toni Reed often sees shoppers who are looking for unique gifts. Her indoor stall, Vynoka Silver, displays a variety of beaded and sterling jewelry items. Buyers are attracted by the handmade and unique quality of items, she said, plus the security of knowing they can always contact the vendor if an item needs to be replaced or repaired.

Sometimes, she said, "People don't think to bring money for things besides food" but often return the next week to purchase an item that's caught their eye.

Goods from Crosswinds Farm not only catch the eye, but also prompt the urge to touch. Corinne Rasso's super soft yarn comes from her Shetland sheep. The subtle earthy colors of the yarn don't come from dye: Variations in the wool of her flock provide their own tint. Rasso, whose work also includes charming figurines made of polymer clay, had just finished the lambing season when the market opened May 1.

New to the market, Gary and Denise Finch of Woodnix-n-More take from nature, too. Their rustic birdhouses sit atop tall perches of tangled wood and vine harvested and built by the Finches. They also sell fun outdoor artworks — some resembling the Tin Man — that are composed of found objects: colanders, fuses, doorknobs and other household items.

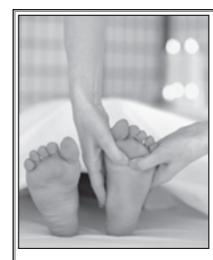
Most people who have browsed the Freight House market in recent years would recognize the distinctive style of Jenn Ohland's painted glassware with its bright flowers and bugs: thus the name of her business, Everything Whimsey.

Ohland agreed the philosophy of "Buy Local" extends to nonfood items at the market. However, while it's one thing to label locally grown fruits and vegetables, figuring out what's "locally made" is more complicated. Ohland, who is a member of the market's Quality Assurance Committee, said its guidelines call for 90 percent of any item to be crafted. All items are reviewed by the committee and vendors must document their work in detail.

Erin Fitzgerald of Chicken Scratch Studio said the process for becoming a vendor is lengthy, "but that's OK. I take pride and feel like when people come into my booth I can assure them it's a quality item that I made myself."

She said that like growers, artists and crafters enjoy being able to talk with customers about what they sell.

"Those people are shopping there because they care about buying local. That's what draws me," said Fitzgerald, who sells fused-glass jewelry and other items. "I want to be there and meet the people."



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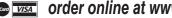
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# healthy living

# Meditation in motion

## Tai chi brings peace, heightened awareness

By Rita Melissano

Master Wu Yu-hsiang's paradoxical message, "Be still as a mountain, move like a great river," is echoing in my mind as I watch a group of tai chi practitioners slowly moving in the peaceful outdoors of the Satva Center's Shanti Park in Rock Island.

The first time I saw people practicing tai chi was in Paris, in the green area close to the market of Chinatown. Living in Italy at the time, I didn't know that 15 years later I would learn this "soft" martial art in the Quad-Cities from the same teacher who currently teaches it at the Satva Center: my husband, John Hawry. Nor did I think I would be in China a few years after that, to see Chinese practicing tai chi in every park early in the morning. It was not unusual to see people hugging a tree to get energized by its chi or holding a position in stillness as if they were in a meditative or trance-like state. Lao-Tzu, the founder of the Tao or "Way," describes this state in the Tao Te Ching: "Be empty. Be still. Just watch everything come and go. This is the way of Nature."

Tai chi chuan originated in China, some say as early as the 13th century, by a Taoist monk in the Shaolin Temple who modified the martial art movements to reflect the Taoist principles of yielding and softness and to harmonize with nature's ways. Others say that it began in the 18th century by the Cheng clan. Three different styles were kept secret and practiced only within clans or families: Cheng, Yang, and Wu. The Yang style is the most widespread, as Yang Lu-shan accepted outsiders as well as his students.

What is "chi?" It is the very essence that makes us alive. As Taoist Master Ni Hua Ching writes, "Chi is the vital universal energy which composes, permeates and moves through everything that exists. ... When chi conglomerates, it is called matter. When chi is diffused, it is called space. When chi flows, there is health. When chi is blocked, there is sickness and disease. Chi embraces all things, circulates through and sustains them. ... In heaven there is chi and on earth there is form. When the two interplay, there is life."



John Hawry and Rita Melissano demonstrate a tai chi move. (Photo by John Greenwood / Radish)

Those who practice tai chi know how peaceful it feels, how everything slows down and yet awareness is heightened. You know the direction your head is moving, where your feet and hands are, and if you are about to twist your body or shift your weight or let yourself go in a powerful twirling of 180 degrees. You are in the present, moment by moment.

Often described as "meditation in motion," tai chi has many physical and mental benefits. Mayo Clinic, for instance, considers it one of the 10 most effective complementary alternative modalities and encourages people to use tai chi, along with yoga and meditation, to reduce stress, depression and anxiety.

Exercising does have a positive effect on the brain and mental functions, and tai chi, in particular, increases alpha brain waves, producing a state of relaxation and improved concentration. Studies

also show that tai chi enhances muscle strength, flexibility and balance, therefore reducing the risk of falls in older people. Yet it is a great form of exercise for every age and level of fitness. It also lowers blood pressure. All these benefits come by just using your own body and synchronizing your breathing with a sequence of movements.

Generally, the short form of tai chi chuan, in the Yang style, consists of 19 moves that can be learned in eight to 10 weeks. The long form has a sequence of 105 moves and it can be learned within a year. To master them, though, takes a lifetime!

A tai chi demonstration by Satva Center instructor John Hawry and his students will be presented at 9:30 a.m. June 19 at the Radish Healthy Living Fair at the Freight House Farmers' Market, Davenport.

#### environment

# St. Ambrose University turns used cooking oil into biodiesel

By Sarah Gardner

Each year the cafeteria in Cosgrove Hall at St. Ambrose University in Davenport produces more than 1,600 gallons of used cooking oil. It doesn't go to waste, though. The oil is reused in a surprising way: it powers the campus maintenance equipment as biodiesel fuel.

Of course, biodiesel is nothing new at St. Ambrose. Jim Hannon, campus facilities director, and his grounds crew have been perfecting the process of converting used cooking oil into fuel over the last several years. They use the homebrewed biodiesel to power machinery that mows lawns and removes snow. Doing so has the potential to reduce greenhouse gas emissions from maintenance equipment by 80 percent and save the university between \$6,000 and \$10,000 in annual fuel costs.

Like traditional diesel, biodiesel thickens in cool weather and has to be

combined with other fuel for winter use. "Our goal was to burn 100 percent biodiesel in our equipment under the right temperature conditions, and last spring, we were able to do that," explains Hannon. "And then in the summer came the real test. The grass was really growing with all the rain. We were mowing a lot, but we had enough biodiesel to keep up with it." Hannon, who is an outdoorsman, says being more environmentally aware rather than just dumping the used oil in a landfill is an important goal.

Next year the university will break ground on a new facility that will allow the grounds crew to produce biodiesel more efficiently. It also will give them a space in which to conduct information and training sessions for other organizations and individuals interested in learning to produce biodiesel themselves.

The biodiesel initiative is just one of St. Ambrose's recent environmental projects. The university also installed underground tanks on campus that can hold up to 45,000 gallons of rainwater. After a storm, water is diverted before entering municipal sewer systems and stored for landscaping use instead. Likewise, a student-led recycling program keeps several tons of paper, plastic and cardboard out of area landfills each month. And recent building projects on campus have incorporated energy-efficient elements in their design.

The school colors may be navy and white, but these projects show St. Ambrose can be a little green, too.



Jim Hannon holds a jar of biodiesel in the St. Ambrose University cafeteria, where a vital ingredient is collected to make the fuel: used cooking oil. (Photo by Stephanie Makosky / Radish)

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# healthy living

# Great local pies

A baker's dozen tips for making a heavenly dessert



By Ann Scholl Rinehart

My mother was an outstanding pie baker. Her crusts were flaky, melt-in-the-mouth good. At Thanksgiving and Christmas, I could never pick just one. I'd stuff myself way past the point of full, just so I could have a sliver of her pecan pie (and pumpkin and mincemeat and ...). Despite her attempts to teach me how to bake pies over the years, I just never got the hang of it.

"Do you think baking is in the genes — or do you think it can be learned?" I asked Ian Forslund

"I think both," he replied. "I think great baking is kind of an art. It's about making something that is worth more than money. Mostly I think it is just the willingness to spend more time and energy on something than can be easily justified. Pies make people happy, though."

Forslund, who sells his pies at his Mad Farmer's Garden booth at the Davenport Freight House Farmers' Market, believes his pies

length to make a good dessert.

I asked Forslund and other pie bakers what their secrets are for making a great pie — specifically a great local pie. The result follows: a baker's dozen of tips so good I might just have to give pie baking another shot.

1. Use lard. Ideally, lard is the way to go for an awesome pie crust, according to Michael Breitbach of Dubuque, Iowa. If not lard, then

use butter. Specifically he likes the Wisconsin-based Organic Valley European Style Cultured Butter (organicvalley.coop).

- 2. Consider alternatives to sugar. "People need to get away from refined sugar," Breitbach maintains. Some pies do well with alternatives, like maple syrup or honey. He swears by Johnson Honey Farm in Guttenberg, Iowa (johnsonhoney farm.com), and Anderson's Maple Syrup, Inc., of Cumberland, Wis. (andersonsmaplesyrup.com).
- 3. Don't overfill your pie pan. Breitbach suggests putting a tray under your pie in the oven — just in case. He also suggests poking holes in the dough over the pie filling to keep the crust from lifting.
- 4. Wait for good fruit and buy it locally. "Fruit is easily preserved in the freezer or canned for out-of-season use," says Forslund. Butternut squash and sweet potatoes make great "pumpkin" pie in the winter, he adds.
- 5. Shop at a farmers' market. That's the best place to find locally grown fruits. "Talk to the farmer that produced the product. Pay close attention to where they are from and how they raise their produce," says Tammy Rathje of Watkins, Iowa, who sells pies and other products at farmers' markets in Cedar Rapids.
- 6. Always choose fresh, but ripe, fruit. "Ask the vendor when the fruit was picked," says Rathje. She suggests mixing the fruit together with all the ingredients that go into the pie, except the crust, and freezing the concoction in a gallon-size freezer bag.
- **7. Buy local eggs.** Rathje also buys eggs from the farmers' market — as well as directly from local farms.

- **8. Speaking of eggs:** Rathje suggests beating one (local) egg and adding a little milk to it, then brushing the top of your pie crust with the mixture. Sprinkle it with sugar to make a nice brown crust.
- **9. Try a little of this.** Depth in the flavor of the filling is key, Forslund says. "A bit of lemon or orange zest in a berry or rhubarb pie is delicious," he says. Add a bit of ginger in a peach pie and use more than one kind of apple in an apple pie.
- **10. Start high.** When baking the pie, start at a high temperature for the first five to 10 minutes to set the crust, Forslund advises. Begin at 450 degrees and lower to 350 for the remainder of the time. "Tent" with aluminum foil if the crust starts to brown too quickly.
- **11. Go nuts.** Breitbach suggests making a crust out of crushed nuts, especially for people who have wheat allergies. "It's an exciting, gourmet way of getting around a problem," he says. He also suggests using almond flour.
- **12. Take your time.** "The best desserts weren't invented by people who wanted the easy way out or something quick and convenient," Forslund says. "They are a labor of love."
- **13. Don't be afraid.** "Keep trying," Forslund says. "Practice makes perfect and even a bad pie is still pie."

Ian Forslund and other local growers and bakers will be competing in the Farmers' Market Pie Contest June 19 at the Healthy Living Fair. See page 43 for details.

#### Perfect pie crust

Ian Forslund says he's tried dozens of pie crust recipes but likes this one from the Chicago Tribune cookbook best.

2 cups all-purpose flour (pastry flour if 2/3 cup lard (cold)

you're going all out) 2 tablespoons unsalted butter (cold)

1 teaspoon salt 5-6 tablespoons ice water

Cut the flour, lard and butter together with two butter knives or, better yet, a pastry blender. Add the water a tablespoon at a time and blend quickly with a fork. Add just enough water to make dough. Cut in half. Press to flatten into a disk (makes initial rolling easier), wrap in plastic and refrigerate for several hours or overnight. (For an open-top pie, halve recipe.)

"The real important part to crust is execution," Forslund says. "The lard, butter and water must be cold — freezer cold. The colder the better. The idea is to have a million flour-coated pieces of fat quickly made into a dough with the water. Letting the fat turn to mush or overworking the dough after adding water will result in a tough and not-so-flakey dough. The dough must also be refrigerated thoroughly to ensure that it is easy to work and is not sticky. If it starts to get sticky while working it, it should be refrigerated again."

While the original recipe says vegetable shortening can be used instead of lard, Forslund disagrees. "Not only do I try to avoid eating things that rely on industrial level chemical alteration, but lard simply makes a far superior crust."

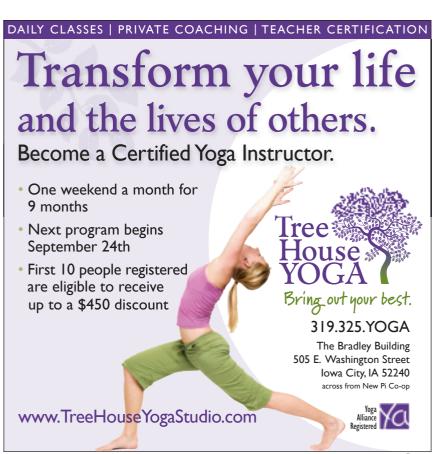
For Ian Forslund's and Tammy Rathje's pie recipes, turn to Resources, page 36.

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### environment

# Leaving no trace

# iLivehere helps events recycle their litter

By Erin Robinson and Paula Webinger

We've all heard about recycling at home and at work. But on the go or at special events? That's one of recycling's biggest challenges, but it can be done. Several organizations in the Quad-Cities have mastered that recycling challenge by partnering with iLivehere, which is Waste Commission of Scott County's environmental outreach program. As employees of the commission, our goal is to teach environmental stewardship; one of the ways we do that is by promoting recycling at special events.

Our program is pretty simple. We loan out recycling receptacles, free of charge, to groups wishing to recycle at their special event. We have 60 receptacles for beverage container recycling, eight for paper and 30 for trash. We also provide the appropriate bags for each type of container.

A group can call in advance and reserve the appropriate number of containers for their event size. For small events, we ask that someone pick up the containers from our recycling center in Davenport. For large-scale or multiday events, we deliver a small enclosed trailer with the receptacles and lids stacked on rolling carts. The trailer comes stocked with gloves for volunteers and litter tongs for picking trash out of the recycling and vice versa.

Marcy Hyder, director of events for the Iowa Quad City Chamber, is our largest "customer." She coordinates recycling at Red White & Boom, Street Fest and River Roots Live Music Festival. She coordinates volunteers to set up and monitor the recycling bins throughout the events. Hyder reported that in 2009, vendors sold 6,200 plastic water bottles, 10,800 plastic soda bottles and 80,600 aluminum beer cans at those three events alone. That equates to over two tons of material!

The chamber has been recycling at special events for more than 10 years, so with their expertise, the majority of the bottles and cans that are sold do end up being recycled. However, due to the logistics of recycling at special events, it is difficult to measure the recycling rate.



Lindsay and Ashley Jipp volunteered to help coordinate iLivehere recycling at the 2009 Run with Carl in Bettendorf. (Submitted)

"We take pride in promoting our events as green events and designating them as litter-free," Hyder said.

Being in the recycling "biz," we've learned a few tricks of the trade, which we share below.

And believe us, once you've experienced the aroma of a three-day-old, half-eaten ice cream sundae that someone tossed in the recycling bin, you learn quick. Remember, just because the sundae comes in a "plastic" container with a "plastic" spoon, it may not be a plastic that can be recycled. Check the number stamped on it to be sure. And if it's covered in food waste, it's never recyclable!

#### Tips for large event recycling

- Location, location, location. When possible, place a recycling receptacle next to every trash can. Most people won't go out of their way to recycle. And if you find that certain receptacles aren't being used, move them into a higher-traffic area.
- Monitor the receptacles. This is a great job for volunteers.
- Don't let the receptacles overflow. If your recycling receptacles are so full they look like Iceland's erupting volcano, no one is going to want to go near that

mess. So empty the receptacles early and often and, if needed, place multiple receptacles at one location.

- **Pick up litter.** The less litter seen on the ground, the less likely people are to litter.
- Use recycling at your event as a fundraiser. In lowa, all of those carbonated beverage containers are worth 5 cents a piece. Groups looking for fundraisers may be interested in helping with the recycling at your event if you allow them to redeem all of the cans and bottles and keep the funds.
- Contact a waste agency. If you're up for a challenge at your next special event, contact the Waste Commission of Scott County. Visit ilivehereqc.org or call (563) 468-4218. iLivehere's event recycling program serves the entire Quad-Cities area. If you are hosting your event in Rock Island, Keep Rock Island Beautiful also can help, loaning up to 20 recycling receptacles for special events. Call (309) 786-1334 or visit keepribeautiful.org. Other communities in lowa have similar event recycling programs, too. Look for iLivehere's recycling receptacles at the

Look for iLivehere's recycling receptacles at the Healthy Living Fair Saturday, June 19!

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## health & medicine

# 'They're a godsend'

# Visiting nurses have been 'life savers' for Buffingtons

Editor's note: Three years ago, Radish reported the story of the Buffington family of Port Byron, Ill. At the time, parents Candi and Brandon were living at the Ronald McDonald House in Iowa City while their premature twins were being cared for at the University of Iowa Children's Hospital. The following story, reprinted with permission from Trinity Health System's inTouch magazine, brings us up to date with the family.

#### From inTouch magazine

Like any expectant parents, Candi and Brandon Buffington of Port Byron, Ill., looked forward to bringing their new baby home from the hospital. When they found out Candi was having twins, they knew it might take a couple of extra weeks before the babies were healthy enough to be released. But the first-time parents never predicted what would end up happening.

Lindsay and Ty were born 15 weeks early on July 5, 2006, joining just 1 percent of babies who are born before 28 weeks. At 1 pound, 12 ounces, and 1 pound, 6 ounces respectively, the twins required 24-hour medical care to survive. Indeed, they wouldn't come home for a long time.

"I spent months going between their hospital rooms, watching their



Trinity VNHA nurse Melody Sereda-Walgaere, left, helps take care of twins Lindsay and Ty Buffington, keeping mom Candi's life normal. (Submitted / inTouch)

monitors," Candi, who was able to take an extended leave from her school counseling job, says. "Lindsay was released after four months, and Ty after 14 months. They needed 24-hour care, though. Thank goodness for VNHA."

Trinity Visiting Nurse and Homecare Association's pediatrics extended care program provides specialization for children of all ages.

"It's one of those services you hope you'll never need, but if you do, you're glad to have it," says Candi. "Ty needed constant care when he first got home. His ventilator needed to be adjusted all night long. The VNHA nurses took care of everything. They allowed us to get our sleep and go back to work so we could keep our insurance. They have been life savers."

Now 3 years old, Ty and Lindsay spend their days coloring, reading and being snuggled by the loving and highly skilled nurses who have been part of their family nearly all of their lives. Although Ty's ventilator came out last August, he still requires full-time nursing with a tracheostomy, oxygen, leg braces and other medical issues. Lindsay has medical issues too, but none that require the skilled nursing needed by her brother.

"You never know what journey you're getting on when you begin taking care of a special needs child," Trinity VNHA pediatric care nurse manager Betty Schaaf says. "You bring your training into the family, but you also bring your heart in. It's an absolutely wonderful opportunity to practice holistic and multifaceted nursing."

As for Ty, Candi says he continues to progress amazingly well. "We are very blessed," she says. "The doctors expect Ty to have asthma, but otherwise they are optimistic.

"We will be sorry to see the nurses go, because they have been such a godsend for us. But we are excited to be able to become an ordinary family, just parents and kids."

In Iowa, Trinity VNHA pediatric nurses care for children in Scott, Muscatine, Cedar and Clinton counties. In Illinois, they provide services in LaSalle, McDonough, Tazewell, Mercer, Rock Island, Whiteside, Henry, Carroll, Bureau, Knox, Peoria, McLean, Woodford, Livingston and Warren counties. Call them at (309) 779-7600.

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The Visiting Nurse Associations of America (VNAA) supports, promotes and advocates for community-based, nonprofit home health and hospice providers that care for all individuals regardless of complexity of condition or ability to pay.

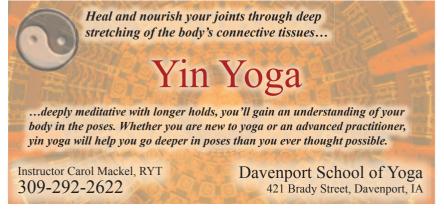
Its mission is to "support, promote and advance the nation's network of VNAs, home health care and hospice providers who provide cost-effective and compassionate home health care to some of the nation's most vulnerable individuals, particularly the elderly and individuals with disabilities."

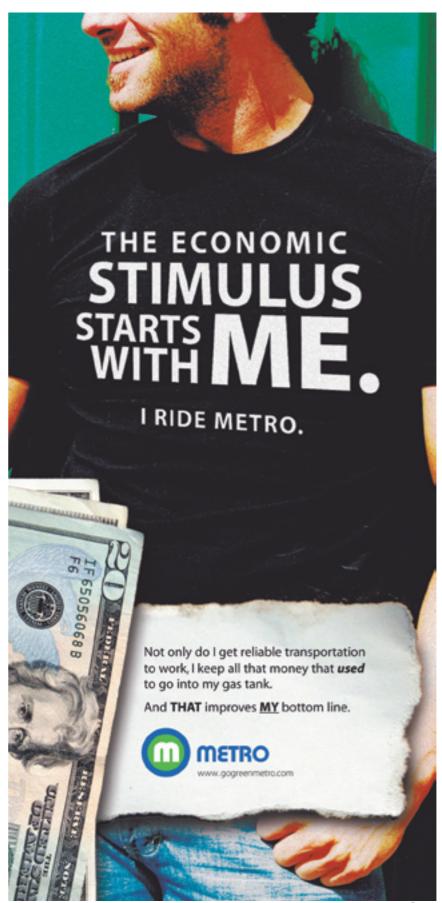
To find a visiting nurse provider near you, visit vnaa.org.











# community

# 'Farmscape'

# Readers' theater piece reveals plight of farmers

By Jonathan Turner

Tough times don't last, but tough people do. Every farmer is a heartbeat away from losing the farm. It's relentless, hard work.

These are among the multitude of messages that emerge from "Farmscape," an insightful and poignant docudrama about Iowa's changing farm landscape. The thought-provoking readers' theater work was presented in mid-April at the Bettendorf Public Library.

"Fifteen years ago, I got the hare-brained idea I would be a farmer," one character says. "I tried to operate as cheaply as we could. But you can't make any money. If you're a little guy, you can't. By the time you paid for the machines, feed, fertilizer, after 10 years of trying to be a farmer, I got out — sold the farm."

He says you need at least \$1 million in farm equipment and implements. Another described himself as a "kid in a 1,700-acre sandbox. I got big toys." Another called the John Deere 4020 tractor "sexy — the tractor everybody wanted to drive."

"Farmscape" is an informal multimedia piece based on a study of the plight of the contemporary Iowa farmer. It's adapted from interviews with 10 people in the industry by an Iowa State University graduate class led by Iowa Poet Laureate Mary Swander.

"This is a thought-provoking play," Swander said. "It has everything to do with how people are trying to survive in a rural environment, how they adapt, how they have to fight sometimes from being swallowed up."

The project began in the fall of 2007 when Swander and ISU students enrolled in her class on writing about environmental issues studied the plight of the Iowa farmer. Through their research and interviews with current Iowa farmers, they wrote "Farmscape: Documenting the Changing Rural Environment," which debuted on the Ames campus in February 2008.

#### 'It has to do with how people are trying to survive in a rural environment.'

Among the characters are an agribusiness farmer with 1,700 acres; a woman farmer with two acres of organic vegetables; a man who gave up row cropping and started a winery; a man who lost his farm in the farm crisis and eventually earned a Ph.D.; a researcher from Monsanto who is developing genetically modified crops; a worker at a Tyson Foods meatpacking plant; and a couple on a farm who started a hog confinement operation to save their farm.

Because of the play's message, ISU's Leopold Center for Sustainable Agriculture provided Swander grant money to have "Farmscape" performed outside of campus. It has been presented at 20 Iowa locations.



Michael Hustedde, left, and John Price perform in 'Farmscape,' staged earlier this spring at the Bettendorf Public Library. (Photo by John Greenwood / Radish)

In each community, "Farmscape" is read by local actors (in minimal costuming) with traditional live music and slide shows during the breaks.

One character says more people should have to slaughter their own food to understand where it comes from. The Tyson worker explains how he gets covered in blood every day from butchering pigs.

"It's been amazing," Swander said of the show's impact and post-performance discussions. "The frame of the play is an auction from one of the characters. When we did it in Clinton, the first man got up after the performance and thanked everybody, said what a powerful play it was, and he burst into tears."

"There's real people affected, just a welling of emotion, from people who had to adjust," she said, noting that man's family was affected by a farm auction.

Her students "learned a huge amount" through the project, such as how to interview someone, how to write a dramatic monologue, how to construct a play, and how to get up on their feet and project when acting, she said. They also learned about agriculture. None of them grew up on a farm, Swander said.

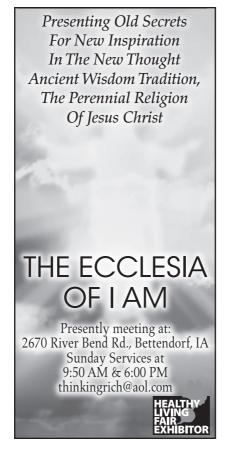
"Farmscape" will go nationwide over the next year, with stops planned at Colorado State University in Denver and Texas A&M University. Swander said there also is interest from Cornell University, the University of Wisconsin and Ohio State.

For more information about "Farmscape" and Mary Swander, visit maryswander.com.













# great places

# Teaching forest

# Foundation preserves paradise in Jo Daviess County

By Barbra Annino

Nestled alongside a dusty road where houses are miles apart and silence is broken only by songbirds is a little slice of paradise called the Schurmeier Teaching Forest, just outside Elizabeth in northwest Illinois.

I had the pleasure of strolling the forest's pathways recently beneath a canopy of trees and dappled sunlight. Christie Trifone, director of development for the Jo Daviess Conservation Foundation, was kind enough to be my personal tour guide and she was a good one at that.

"Taste this," she said, plucking a leaf from an herb rarely used today.

I did and she asked me to describe the taste. "Peppery" was all I could come up with.

Trifone nodded. "It's garlic mustard. It was used years ago for flavoring dishes, but it's a very invasive herb from the mint family." She said it like she was describing a relative overstaying his welcome. "We try to keep the forest as natural and native as possible, but that's one thing that is really hard to control."

We moved forward along the dirt trail and Trifone pointed out the different species of trees, educating me on how to identify each one. Most of the forest is comprised of towering oaks, but you'll find ash, elms, hickory and nut trees as well. The floor sprouts native wild flowers and shrubs such as jackin-the-pulpit, dogwood and raspberry brambles — 56

acres of them, although only 11 acres are maintained. Considering the foundation operates strictly through volunteers and private donations, that's quite a feat.

Schurmeier Teaching Forest is one of several properties protected and preserved by the foundation. The first donation was the land itself. In 1994, the Schurmeier family handed over 56 acres of their private land. In the aftermath of Sept. 11, 2001, they donated funds to build a shelter in honor of their son Mark, who perished in the Twin Towers. He had loved playing in the woods as a boy.

With those monies the foundation built an ecofriendly shelter with picnic tables and a bathroom that operates via a cistern pumped with rainwater collected from the gutters of the shelter.

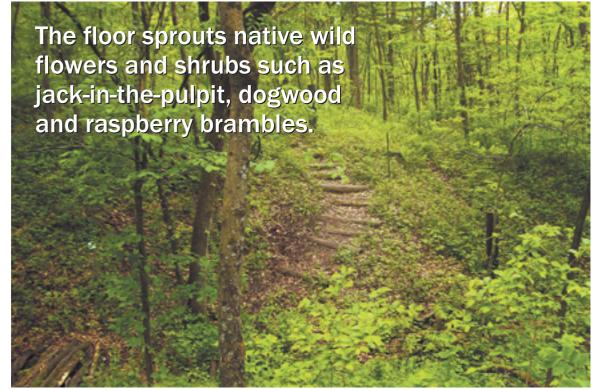
Besides preserving the land, the foundation also is giving back to the community by offering service jobs to troubled kids. "It's a way for them to build confidence. Many of these kids have never been in contact with nature. They come here, help maintain the land and walk away with a sense of accomplishment," Trifone said.

The forest, open dawn to dusk, is friendly to families, pets and even horses. The foundation asks only that people stick to the trail, taking nothing and leaving nothing. (Morel gatherers be warned — there is a steep fine for breaking this law). For a more educational experience, guided tours are available by appointment with three- to four-hour tours in the spring and fall led by a bird expert.

For more information call (815) 858-9100 or visit jdcf.org.

#### **Getting to Schurmeier**

Schurmeier Teaching Forest is located at 147 E. Reusch Road, Elizabeth, III. From Galena, take U.S. 20 to Derinda Road just east of downtown Elizabeth. Travel a short distance to Tower Road, turn right and follow to Reusch Road. Take a left on Reusch and drive 1½ miles to the parking lot on the right side of the road. The entrance to the forest is on the left.



Schurmeier Teaching Forest, Elizabeth, III. (Photo by Barbra Annino)

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# Thoughtful Radio





# people

# Without borders

## Acupuncturists travel to help where needed

By Linda Handley

Last October I joined 15 other licensed acupuncturists from all over the country and traveled to Nepal with the organization Acupuncturists Without Borders. This was the first trip for AWB's World Healing Exchange program.

Our group spent the first three days in the city of Kathmandu, traveling all over the valley getting a crash course in the culture. We visited some of Buddhism's most spiritual places, met a living goddess from the Hindu religion, braved traffic that would make a New Yorker blanche, walked among saddhus (mystics) and gave alms to lepers, then spent an evening at a place called the House of Food.

We also met and exchanged healing techniques with Tibetan amchis, or doctors, and treated Buddhist monks, some as young as age 4.

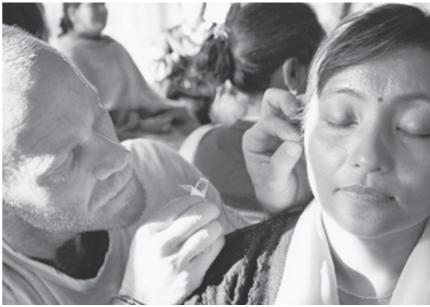
AWB was founded in September 2005 in response to the disasters caused by hurricanes Katrina and Rita. AWB formed groups of volunteer licensed acupuncturists who provided free community-style acupuncture treatments utilizing the National Acupuncture Detoxification Association ear acupuncture protocol. This is a simple treatment using five needles in each ear. Simple and effective, it is easily given to large numbers of people in group settings.

The main part of the trip to Nepal was spent in the mountain areas. We flew on a very small plane to Phalpu. Here we spent the next 10 days trekking through the mountains and visiting the Tibetan Buddhist monastery, Tutencholing. We treated the monks and nuns who lived there. Several of them were nurses or Tibetan medical students, and they learned our treatment protocols.

Many people from surrounding villages also came to be treated. Everywhere we went, word would go out that "doctors" were seeing people at the monastery, or, as in Phalpu, at the hospital. Villagers would start trickling in, hoping to be treated for aches and pains or respiratory or digestive problems.

One family near Phalpu brought in their young adult son. He had lost his ability to walk several months earlier after an illness and had obvious muscle wasting in both legs. He was very depressed and hadn't laughed or smiled for a long time. He received the ear acupuncture treatment plus some points on his body. By the end of the treatment, he was smiling because he was able to wiggle his toes. He came back for two more treatments. After the third visit, he was weakly standing and tentatively taking his first steps in months. He continued to receive treatment from nurses we had trained. He was standing and laughing, encouraged that he may again be healthy and productive.

The morning we left this monastery we received blessed Tibetan herb pills and a small necklace. Hundreds of the nuns then lined the steps outside and began chanting prayers, blessing us as we left their home to continue our journey. Those few moments will never fade for me and will always remind me of what the meaning of compassion and service is, of our responsibility to care for others, and that this is what allows us to grow as a person.



A member of Acupuncturists Without Borders treats a woman in Nepal. (Submitted)

The last three days we spent at the Mani Rimdu Festival at Chiwong Monastery, relaxing and absorbing the Sherpa culture of the mountains.

#### **Future of Acupuncturists Without Borders**

The goal of AWB has been to train local acupuncturists in the skills necessary to set up treatment venues as a disaster response. Since 2005, AWB has been to the fires in California, the floods in Iowa, and recently this year, to Haiti and Chile. Currently AWB is developing an international training network to respond to disasters with locally trained acupuncturists or other health care providers.

The 2009 Nepal trip was the first such trip; this year there will be trips to Ecuador, Mongolia and a return to Nepal to train local practitioners.

AWB also has organized a growing network of acupuncturists in the U.S. who provide free community-style ear acupuncture treatments to military veterans. Called the Military Stress Recovery Program, clinics in communities set aside certain hours a week to provide free treatments to veterans, especially to treat post traumatic stress disorder.

For more information visit acuwithoutborders.org or stop by the Ancient Wisdom Acupuncture Booth at the Healthy Living Fair June 19 at the Freight House Farmers' Market, Davenport.

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## grower of the month

# Seeded Earth Growers

# Nourish your life with fresh produce, flowers and beauty

By Leslie Klipsch

Sitting down with Sarah Gruemmer and Amber Lohf, the women behind Seeded Earth Growers, is what you might expect from sitting down with two old friends turned business partners — there is an immediate sense of warmth, plenty of spirited conversation and, at times, wild hand gestures. The one thing out of the ordinary, however, is the way in which the pair can transform a setting. When the three of us met recently in a coffee shop, our standard outdoor bistro table quickly turned into a scene from a garden party, with an appliquéd tea towel spread out between us and a lovely bouquet of flowers placed in the center. True to the Seeded Earth motto, these women have an eye for the fresh and beautiful.

This summer you'll find Gruemmer, 29, and Lohf, 35, selling bouquets of bright flowers every Saturday morning at the Freight House Farmers' Market in Davenport. The bouquets (each given whimsical names such as "Moonlit Night" or "Woodland Wonders" or "Pretty in Pink") are made up of flowers that they grow and cut fresh each week, typically just hours before market. Throughout the season they'll offer tuberoses, zinnias, dahlias, hydrangeas and a host of others, either in bouquets or by the stem. They also sell an enormous variety of plants, herbs, fruits and vegetables — none of which are sprayed — as well as eggs from the dozens of freerange chickens they raise. Gruemmer tends land outside of Muscatine, Iowa, and Lohf grows just outside of Andalusia, Ill.

The duo met seven years ago at Ducky's Lagoon, a bar and restaurant that Gruemmer's mother and step-father own and where Lohf was an employee. As they got acquainted, they realized that they shared a common love of gardening, healthy living, flowers and creativity. After years of friendship, they also recognized a harmonious sense of adventure and an entrepreneurial spirit. They made the decision last July to start selling their wares and burst onto the market scene with great color and success.



Amber Lohf of Taylor Ridge, III., (left) and Sarah Gruemmer of Muscatine, Iowa, at their Seeded Earth Growers booth at the Freight House Farmers' Market in Davenport. (Photo by Gary Krambeck / Radish)

"We jumped in and haven't looked back. We're both very adventurous," Lohf says, adding that Gruemmer has both ridden bulls and been sky diving.

"With this type of work, every week is different and exciting," says Gruemmer, noting the seasons and how their crops change continuously. "We never run out of ideas of what we want to do next."

This year, they have expanded their already full market stand to include handmade items such as appliquéd flour sack tea towels, T-shirts and colorful

aprons. They're considering opening an Etsy shop during the off-season and have already built an online following of more than 300 Facebook fans.

Another aspect the women hope to expand this season is garden coaching. As garden coaches, they will meet at the customer's home turf and help make the space more beautiful, verdant or efficient — whatever the customer desires. "It comes naturally to us, but a lot of people are intimidated by planting a vegetable or a flower," Gruemmer says. "We want to help people with that." While visiting home gardeners, the Seeded Earth duo can diagnose garden issues that might need attention, make suggestions as to plant placement and overall design, help plan container gardens, and discuss composting basics.

Despite their busy schedules (Lohf has four children, a husband, a dog, 13½ acres of land and is taking classes toward an associate's degree; Gruemmer works full-time as a horticulturist for John Deere in Moline, is training for a marathon and also is taking classes), the two women land back at Ducky's Lagoon each Thursday night for their shared shift as bartenders. Though they are typically swamped with "bike-nite" customers, Seeded Earth is never far from their minds. At Ducky's they gather old liquor bottles to upcycle as unique looking containers for their floral arrangements (the squat shape of Patrón tequila bottles makes a particularly interesting vase) and chat with curious customers about their growing adventures.

"It's fun to talk with our Ducky's customers about what we're doing. They're interested in what we do. In fact, people donate their plants to us all the time," says Gruemmer.

Although during their shift behind the bar the pair doesn't have time to mix mojitos, come Saturday morning, Gruemmer and Lohf are happy to provide market customers with fresh mint so they can do so at home. Throw in some Seeded Earth produce, a pretty tea towel, an arrangement of fresh cut flowers, and you can have yourself a garden party.

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#### Ingredients

1 1/2 c. flour 2 T. sugar 1/2 c. cornstarch 2 T. cider vinegar 1 tsp. baking powder 2 T. pineapple juice

Mix together the flour, cornstarch and baking powder with enough cold water to form the consistency of heavy cream. Make sure there are no lumps. Refrigerate until thoroughly

chilled. To make the dipping sauce, heat together the sugar, cider vinegar and juice in a small pan.

Bring to a boil. Add enough soy sauce to color the mixture lightly. Add the cornstarch, mixed with water.

Return to a boil and cook until thickened. Heat the oil to 375 degrees. Dip radishes into the chilled batter and allow excess to drip off before gently placing it, using a slotted spoon, in the hot oil. Remove with slotted spoon and drain on paper towels.

Some immediately with dipping sauce.

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# body, mind & soul

# Wellness in the District

# New spa offers unique realm of services

By Laura Anderson

If you're looking for a little extra oxygen, Realm Wellness Spa can provide that, along with infrared sauna therapy, colon cleansings and a juice bar.

The spa, which opened in March at 1629 2nd Ave., Rock Island, also offers manicures and pedicures, workshops and lectures.

It's all part of a "somewhat European" style spa, said Joan Fiame, who owns the business with her husband, Mike Fiame.

The Juicing for Jocks Juice Bar, named after a book Joan Fiame wrote, offers nourishing fruit and veggie concoctions. The Fiames also plan to host workshops and offer speakers and lectures for coaches and teams where they can learn about nutrition and its impact on sports performance.

Realm's oxygen spa capsule encloses the body except for the head and neck. Then the body is exposed to heat and steam, which pumps in oxygen and ozone, Joan Fiame said. "It's very healing and very detoxing," which can aid in weight loss, she said.

Infrared sauna therapy also helps detox and heal the body, Fiame said. It's similar to a heated sauna, but the "infrared part of it actually penetrates deep into your tissues and your organs, unlike a traditional sauna."

The infrared sauna is known for its detoxing, weight-loss and blood-cleansing capabilities, she said. Because of the infrared technology, the body is warmed on the inside, "not being burned like a typical sauna," Fiame said.

Colon cleansings are a "very popular sort of weight loss and detox technique, not one that people talk about," she said. "It's a very painless process ... some clients actually experience a weight loss of anywhere from three to seven pounds in one session."

Fiame said when she and her husband were planning the spa, they looked at "what we are most knowledgeable in, and what we use on a routine basis" for wellness, she said.

She previously lived in Chicago, where these kinds of services are readily available, she said. When she and her husband, a Quad-Citian, got married, they moved into the (green retrofitted) McKesson lofts in downtown Rock Island. She said she finds the urban feel of Rock Island's District reminiscent of Chicago.

She was used to living in a city where she could walk to work, and she can do that in Rock Island, too, she said.

"I sort of fell in love with downtown Rock Island," she said. "The Rock Island area is just perfect for wellness and other businesses."

For more information about Realm Wellness Spa or "Juicing for Jocks," e-mail Joan Fiame at jfiame@jucingforjocks.com, visit juicingforjocks.com or realmspaqca.com, or call (309) 786-9355.



Joan and Michael Fiame have opened Realm Wellness Spa in downtown Rock Island. One of the services offered is the oxygen spa capsule, shown above, which is unique to the Quad-Cities. (Photo by Stephanie Makosky / Radish)

#### Get your juice on

Juicing is an all-natural form of nourishment that lets your body "get hydrated immediately," said Joan Fiame of Realm Wellness Spa. Ms. Fiame said her go-to juice mix usually is carrots, spinach and apples. Newcomers might want to start with carrots and apples. Some juice fixes:

- Carrots and red or green apples: nourishes, hydrates body, increases energy
- Carrots and celery: nourishes, calms, aids sleep
- Celery, spinach and cucumber: calms, energizes, promotes weight loss, eases PMS symptoms
- Tomatoes, lemon, lime and celery: eases stuffy noses, allergies, headaches
- Carrots, beets and romaine lettuce: helps hangovers and headaches, and flushes liver
- **Pineapple and oranges:** nourishes, hydrates, reduces sweets cravings

- Carrots, celery and cucumber: nourishes, aids digestion, increases energy
- Oranges, strawberries and pineapple: relieves stomachaches, reduces cravings for sweets, hydrates
- Pineapple, pear and apple: hydrates, relieves headaches and swelling, energizes.
- Watermelon: hydrates, reduces cravings for sweets, flushes toxins.

Source: "The Juice Lady's Guide to Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables," by Cherie Calbom



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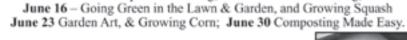
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## good business

# Interstate Resource

# From education to green projects, help is available

By Dawn Neuses

Tnterstate Resource Conservation & Development **L** in Milan, Ill., is one of more than 400 RC&Ds operating nationwide to assist individuals, communities and organizations with projects ranging from land development to grant writing.

Its main charge from the federal government is to work in the four broad areas of land conservation, water management, land management and community development, including rural economic development.

Projects that fall under Interstate RC&D range from education and renewable energy to green initiatives and strategic plans.

The Milan office covers Rock Island, Henry and Mercer counties in Illinois and Scott and Muscatine counties in Iowa, said Mark Jackson, Interstate RC&D project coordinator.

Ken Maranda, president of Interstate

people who come in the door. "It's about who comes to us with an idea. Our services are for people who want our services because we are diverse in all aspects. If we can put it together, we put it together."

Interstate RC&D helps organizations, such as Friends of the Hennepin Canal, apply to become a nonprofit; offers strategic planning to places such as the Quad City Botanical Center for its children's garden; identifies possible funding sources and grantwriting services for projects such as Windmont Park in Geneseo, Ill.; facilitates meetings, such as when Moline was renovating Prospect Park; and offers a revolving loan fund to new businesses or existing businesses wanting to expand.

"We become an advocate for groups and organizations that have an idea or have a project started but need help pushing it through," Jackson said.

Interstate RC&D also created the SMART Bus — a solar-powered bookmobile and resource center

> — and offers an ECO-Camp in the spring and fall to more than 500 students.

created a \$500 Charles Curry SMART Bus scholarship for college students.

Jackson has been a part of discussions with Aledo, Ill., about a wind turbine; helped West Liberty, Iowa, create an economic development plan; and is advising on the Illowa Ferry Boat project, which would connect Mercer County in Illinois and Louisa County in Iowa by ferry.

Interstate RC&D is a nonprofit, supported by the USDA and under the auspices of the Department of Natural Resources Conservation Service.

Jackson said most services are free. He said grassroots support and top-down federal support drive the programs.

"Anytime you can bring folks together with a common idea, common themes, and you get excited with them, good things happen."

Get a free book at the SMART (Smart Minds Are Reading Thoroughly) Bus at the Healthy Living Fair June 19 at the Davenport Freight House Farmers' Market.



Mark Jackson is the project coordinator for Interstate Resource Conservation and Development. Left: The SMART Bus. (Photos by Paul Colletti, left, and John Greenwood / Radish)



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# Why buy local?

# Garry Griffith reminds us of the many reasons

By Chris Greene

Red, ripe tomatoes ... crispy, fresh lettuce ... sweet, juicy strawberries ... sound tempting? How about if they are fresh? Even better, right?

By growing your own or buying locally, you too can enjoy these fresh foods when they are at their peak. Growing produce at home and shopping the farmers' markets are both part of the trend to eat local foods.

Eating locally provides many benefits, both to the individual and to the community as a whole. According to Garry Griffith, Director of Dining and College Center at Augustana College in Rock Island, these benefits offer us advantages in everything from flavor to an improved local economy.

"Why choose locally raised foods? A number of reasons come to mind," Griffith says. "Freshness, a wider variety that is not available from commercial producers, and monies that go back to the local community and not to a corporation in another state."

Griffith explains when we do not choose local foods, we do not always know where what we eat comes from. What ends up on our dinner plate may have traveled thousands of miles to reach its destination. Foods lose freshness and flavor during that trek to our local stores.

Boosting our local economy can taste pretty sweet, as well. When we buy foods grown by local farmers, that money is funneled back into our community. Plus, fewer steps have been taken to bring that food to us, meaning less expense is incurred producing it. That savings can mean a better bottom line in our own pocketbooks.

"Let's talk about the benefits of not buying products shipped from California, Mexico or China or Chile," says Griffith. "Next time you pick up a container of Dole peaches, read where they are grown and shipped from. I think a lot of people would be surprised to find they are grown in China and packed in Thailand, then shipped to the U.S. Soon we will be a nation incapable of feeding itself. If you think it



Gary Griffith checks radishes at the Freight House Farmers' Market. (Photo by Gary Krambeck / Radish)

can't happen, look at manufacturing!"

This year the local food choices should be plentiful.

"This has been a great year so far for farmers," Griffith says. "They have been able to plant early, and the weather has been great. In June and July, you will see everything from lettuce, strawberries, tomatoes, radishes, onions and greens. It should be a great year if the weather cooperates."

Griffith also has tips for choosing local foods. He suggests beginning with the source. "Know your farmer," he says. "This is a great opportunity to build a relationship and know what they grow and how they grow it. I will not buy from those who bring in commercial produce to the market. I only deal with those who bring in what is grown locally on their farm."

Getting to know who is producing your food also gives you an opportunity to ask questions about the food itself since the producer is right there. For example, Griffith suggests asking the farmer when they spray and how often. In addition, those who grow the food may have additional tips on what the best offerings are and how to best prepare them.

Local meats are available, too. Griffith says livestock breeds that are conventionally raised are often selected for their weight and conformity. Smaller, local producers are more free to raise breeds based on flavor. Griffith suggests eating local meats to help ensure these breeds are not lost for future generations.

Choosing locally also offers an opportunity to educate our children. You can involve them in the growing or buying process. From there, the learning options are boundless.

"Try fresh eggs, and show your children the difference. Open a local fresh egg, and look at the color of the yolk, how the albumen or white has not broken down from being stored for months and flavor," Griffith says.

Gary Griffith will be offering local food cooking demonstrations at the Healthy Living Fair. See page 43.



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#### Fresh Berry Salad

#### Ingredients

5 cups mixed salad greens

1-1/2 cups sliced strawberries

1-1/4 cups fresh raspberries

2 tbsp toasted almonds, chopped

1/4 cup crumbled blue cheese

1/3 cup light raspberry vinaigrette Ground black pepper, to taste

#### Preparation

Place 1 cup of the salad greens on each of 4 salad plates. Top evenly with strawberries, raspberries, almonds and blue cheese. Drizzle vinaigrette evenly on salads. Season with pepper to taste and serve.

#### Nutrition facts per serving:

Calories: 150, Carbohydrate: 17 g, Cholesterol: 6mg, Dietary Fiber: 5g, Fat: 7g, Saturated Fat: 2.0 g, Protein: 4 g, Sodium: 300 mg,

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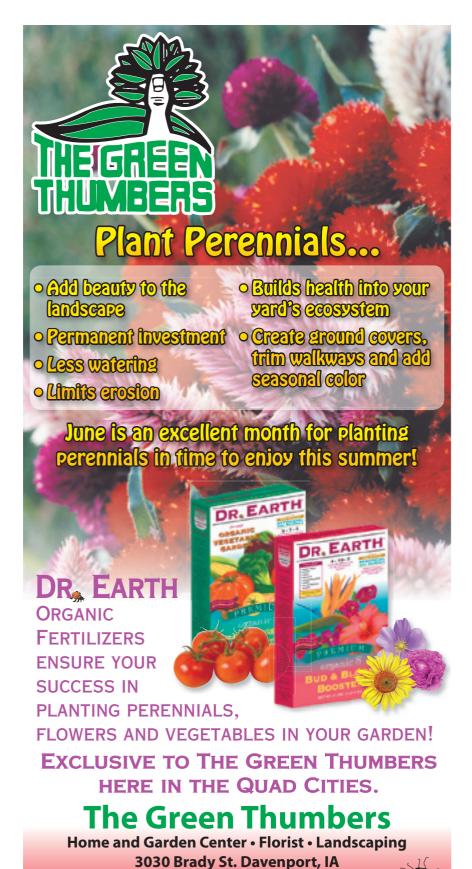


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## energy

# Learn about renewable energy through new I-Renew workshops

By Steve Fugate

As I pulled into the gas station to fill up my pickup truck, I thought it was strange that there was no price per gallon listed on the gas station's sign. When I pulled away 10 minutes later — with 213 fewer hard-earned dollars in my wallet — I realized that I had to do something, RIGHT NOW!

And I did. Or rather, I do, every day. Not only do I brew my own bio-diesel to power the aforementioned pick-up truck, I power my farm with solar and small wind technologies. I'm also the new education director at the Iowa Renewable Energy Association (I-Renew).

With gas prices up 37 percent and electricity going up at least 10 percent this year, the impetus to develop alternative, renewable energy sources is great. I-Renew is a member-



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ship-driven 501(3)c non-profit group that has been organizing renewable energy educational events and training workshops since 1992, but is probably best known for its annual Energy Expo in Iowa City. I-Renew is dedicated to helping people become more energy efficient and independent by teaching them how to safely and effectively utilize clean, renewable energy technologies.

I-Renew recognized a definite need for high-quality, hands-on educational opportunities in renewable energy that would be accessible, affordable and convenient for busy people. The Midwest Renewable Energy Association (MREA) of Wisconsin has long been considered a leader in renewable energy training. This spring I-Renew started partnering with MREA to bring their award-winning curriculum to Iowa in a new and expanded workshop training series. Courses will be available in small wind, solar photovoltaic (PV) and solar thermal (solar hot water) tracks and will be held at Indian Creek Nature Center in Cedar Rapids, Iowa. Classes began in May and run through Oct. 23 alternating each technology throughout the summer.

The workshops will run in two tiers: basic (101) and professional (201). Basic, introductory level workshops are perfect for the general public who are interested in learning about renewable energy, different system types and how they work. Participants will leave with a thorough understanding of their chosen technology and will be able to make informed decisions about what would be appropriate for any home or business.

The advanced trainings are designed for professional, certified contractors who would like to expand their skill set and become certified site assessors in renewable energy technologies to gain a competitive advantage in these emerging markets. They will be prepared to sit exams for their professional site assessor certification.

For more information visit irenew.org, call (319) 338-1076 or visit I-Renew's booth at the Healthy Living Fair June 19 at the Freight House Farmers' Market, Davenport.



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# rooting around

#### lowa rivers star in free ILF film

Filmed entirely on Iowa's waters, "Troubled Waters," the new video from the Iowa Learning Farm, features several Iowans who share their personal relationships with their local river or stream. The film is meant to launch a dialogue about issues that affect our waters. It is already making waves, having won awards from the Iowa Motion Picture Association for its script, original music score and excellence in educational promotion. To request a free copy of this DVD, e-mail ilf@iastate.edu. Music from "Troubled Waters" will be featured on musical group Joyful Hearts' new CD "Back to Our Roots" available at smilingstonesoup.com.

# Garden walk showcases Clinton County master gardener plots

Looking for some fresh air and a chance to be "green" with envy over someone else's perennials? Clinton County Master Gardeners are giving visitors the opportunity to stroll through six of their private gardens on Sunday, June 27, from noon to 4 p.m. Cost of admission is \$5 per person. Proceeds will help fund scholarships for Clinton County Master Gardener intern classes. Tickets are available at the Bicklehaupt Arboretum in Clinton, Iowa, and the Clinton County Extension office in DeWitt. Tickets also will be available at each garden on the day of the event.

#### Urban agriculture: a quiet revolution

On Tuesday, June 8, the Moline Public Library will be host to Darrin Nordahl, an urban designer, as he gives a presentation at 7 p.m. on the case for local government involvement in food production. Nordahl will discuss the major reasons to provide low-cost and no-cost fresh produce, including the rise in obesity and diabetes in America and the rising cost of fresh produce. Nordahl also will provide specific examples of what municipalities and government officials are doing to address these issues by utilizing public spaces in their community. "Municipal agriculture," as Nordahl describes it, is the use of the abundant land under public control (parks, plazas, city squares, parking lots, grounds around libraries, schools, government offices and even jails) to grow food for community health and prosperity. Contact the Moline Public Library, 3210 41st St., at (309) 524-2470 for more information.

#### Could northern Illinois be the 'new Napa?'

Northern Illinois wine makers are convinced that they are where California was in the 1970s — producing great wines that have only to be recognized. To help spread the word, Northern Illinois Wine Growers is sponsoring a festival at Depot Park on Galena's riverfront, Saturday, June 19. Festival organizer Jim Blough says that the event will provide a "one-stop shop so visitors can sample great wine from 12 wineries and actually meet and talk to the wine makers and their staffs." There also will be live music, food and help for the amateur wine maker. Cost of admission will be \$10. For a list of participating wineries and links to their websites, visit topofilwinefest.info.

### Soilmates: Build your garden soil fertility

Join garden educator Scott Koepke on June 12 from 3 to 4:30 p.m as he explains how maximizing nutrient biodiversity is essential to a well-balanced soil that enhances natural plant immunities. Koepke will conduct a quick-read soil test for nitrogen, phosphorus, potassium and pH levels. He also will test city of Iowa City compost and his own vermiculture compost. Koepke will then discuss general guidelines to remedy deficiencies. Participants will learn about green manure from cover crops, the importance of rotations, sheet mulching techniques, compost tea and building a compost pile. The event will be held at Earth Source Garden in Iowa City. No registration is required. Visit newpi.com/AboutUs/ EarthSourceGardens.aspx for more information.

### Reel mower demonstration

Ready to give up the noise and stink of a power mower? Try a turn with a push reel mower! It is clean, quiet, requires no fuel, and provides mild exercise while delivering a good cut. On June 13 at 2:30 p.m. Bruce Hart and Sheryl Walsh invite you to join them at their home in Iowa City to experience the subtle pleasure of human-powered mowing. You can find them at 924 Walnut St. All you will need to operate the mower is a pair of closed-toe shoes. For more information, go to newpi.coop and click on the link for classes and events.

### MRT Muscatine to Buffalo ride set for June 20

On Father's Day, June 20, cyclists are invited to join the Muscatine Melon City Bicycle Club and the Quad-City Bicycle Club on a special 44-mile ride from Muscatine to Buffalo, Iowa, and back. This Mississippi River Trail event will coincide with Ride the River in the Quad-Cities and will help highlight the need to complete the Iowa MRT section of the trail from Muscatine to Buffalo. The \$10 registration fee includes a T-shirt and a midpoint pancake breakfast in Buffalo. There will be a SAG stop in Wildcat Den State Park on the return leg. The event begins at 7 a.m. on the riverfront bike path in downtown Muscatine. Participants should be avid cyclists, at least 18 years of age, and capable of riding 13 mph and up. More information and registration can be found at riveraction.org.

### Joy of Life weekend retreats

Meditation master and founder of The Joy of Life Organization, Kambiz Naficy, will be coming to Davenport to lead two weekend retreats in June. His teachings draw parallels between ancient spiritual teachings and Western holistic sciences focused on self-transformation and inner healing. The weekend retreats, each consisting of four sessions, will be held June 4-6 (Level II) and June 11-13 (Level I). Both will take place at the former Fulton's Landing Guest House, 1206 E. River Drive, Davenport. Cost of participation is \$300 and does not include food or lodging. Advanced registration is required. For more information or to reserve a spot, contact Julie Skoff at (563) 349-1569.





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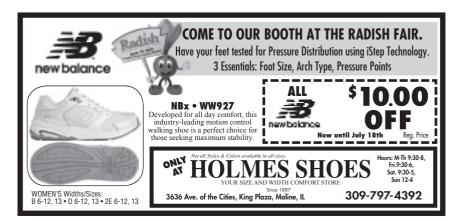
2117 State St. Enter at 23rd Street Thursdays 2-6 pm DAVENPORT

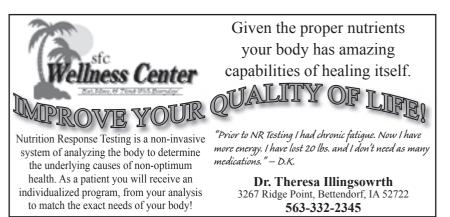
NorthPark Mall East Entrance Between JC Penny's & Sears **Wed. & Sat. 8 am-Noon** 

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The Mississippi Valley Growers' Association, Inc. is a non-profit organization that fosters the growing and selling of Mississippi Valley Area farm products, baked goods and locally produced handicrafts. Our market is producer-based, keeping local dollars in the local community **Now accepting vendors for the 2010 outdoor farmers market season** 

www.mvgrowers.com









### resources

### **GREAT LOCAL PIES**

(Story on page 12)

### Ian Forslund's Rhubarb Pie

13/4 to 2 pounds rhubarb stalks 11/2 cups sugar 1/4 cup cornstarch 1 to 2 teaspoons orange zest 1/4 salt

Line a 9-inch pie pan with half the dough (see crust recipe on page 13). Preheat oven to 425 degrees. Cut rhubarb stalks into 1-inch lengths. Combine with sugar, cornstarch,



Stephanie Makosky / Radish

orange zest and salt. Let stand 15 minutes, stirring several times. Fill the bottom crust. Assemble top crust, moistening with rhubarb sugar to seal flute edges. Brush with beaten egg. Bake 15 minutes at 425 degrees, then lower oven to 350 degrees and bake 35 to 45 more minutes. Tent with aluminum foil if crust begins to brown too quickly. Cool completely on wire rack.

### Tammy Rathje's Strawberry Pie Crust:

1 cup flour ½ cup powdered sugar ½ cup margarine

Mix all ingredients together and press in a 9-inch pie pan. Bake at 400 degrees for 12 to 15 minutes.

### Filling:

34 cup sugar2½ pint fresh strawberries3 tablespoons corn starch1 pint whipping cream or one 8-ounce2 tablespoons cold watercontainer whip topping1 cup boiling waterRed food color

Mix in 3 quart saucenan sugar c

1 tablespoon lemon juice

Mix in 3 quart saucepan sugar, cornstarch and cold water to make thick paste. Place over low heat and gradually add boiling water. Stir constantly until thick and clear. Take off heat and add lemon juice and food color. Set aside to cool. Wash and slice strawberries. Fold gently into thickening. Pour into cooled shell and top with whipped cream. Refrigerate. Enjoy!!!

### Tammy Rathje's Apple Pie

5-6 firm and tart medium apples (peeled and sliced)

1 tablespoon soft margarine
1 tablespoon corn starch
1 taspoon cinnamon
1 tablespoon corn starch
2 teaspoon nutmeg
1 tablespoon nutmed

Mix apples, sugar, cinnamon, nutmeg, salt and cornstarch together in bowl. Pour into unbaked shell. Top with small pats of margarine. Cover with top crust or put a crumble topping on to make a dutch apple pie (1 cup flour, 1 cup white or brown sugar, ½ cup margarine; mix until crumbly). Bake at 350 degrees for about 1 hour.

# Local Ingredients • Local People Local Taste

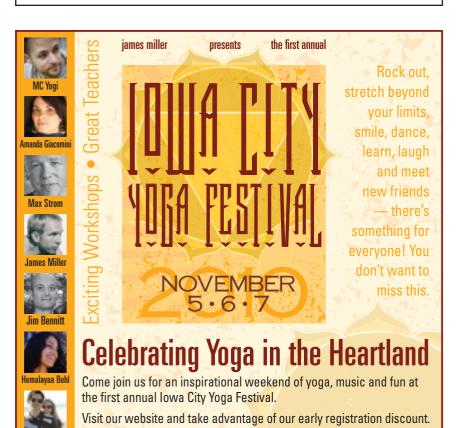
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### Teaching Tuesdays at the Market:

### Tuesday, June 1 4:00 pm - 5:00 pm

Dr. Jackie presents SURGE IT UP! Learn how to increase lean muscle mass and decrease body fat in only 12 minutes per day.

### Tuesday, June 8 4:00 pm - 5:00 pm

Blossom Farm's Dawn Dykema will demonstrate how to make her famous strawberry jam using farm fresh strawberries!

### Tuesday, June 15 4:00 pm - 5:00 pm

Darcy Rostenbach from Full Circle Soap will be doing a demonstration on making an old Chinese secret. Tiger Balm, a completely natural warming muscle salve to help those aching joints and muscles that happen when we garden.

Support local farms and the local economy by shopping at the Davenport Freight House Farmer's Market!

### Tuesday, June 22 4:00 pm - 5:00 pm

The Bakery's, Rhonda Groh, will be making some farm fresh new garden salads to expand your salad knowledge. She will also be demonstrating some new mouth watering dressings that are easy to make and taste delicious!

### June 19, Saturday 8:00 am - 3:00 pm

### RADISH HEALTHY LIVING FAIR/ RIDE THE RIVER REGISTRATION

Buddy Olson will be performing live from 10 am until Noon at the Freight House Farmer's Market in tandem with the RADISH Magazine's Health Living Fair and Ride The River Registration for the Father's Day Healthy Ride the River Event. Bike safety checks will be held as well, so prior to Riding the River, maybe you should check out your bike at the Freight House Farmer's Market for basic safety measures.

www.freighthousefarmersmarket.com

## farmers' markets

### ILLINOIS

### **BUREAU COUNTY**

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

#### CARROLL COUNTY

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

### **HENRY COUNTY**

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

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

### IO DAVIESS COUNTY

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

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

Galena Territory Association Farmers' Market, 2000 Territory Drive, Galena; 7:30 a.m.-12:30 p.m. June 6, 20; July 4, 18; Aug. 1, 15, 29; Sept. 5, 12, 26; Oct. 10. (815) 777-2000

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

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

### KNOX COUNTY

The Fairgrounds Farmers' Market, Knox County Fairgrounds, 1392 Knox Highway 9, Knoxville; 8:30 a.m.-12:30 p.m. Saturdays, through Sept. 25 and 3:30-7:30 p.m. Wednesdays, June 16-Sept. 22. (309) 289-2714 or knoxfair.com

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

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

### LEE COUNTY

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

### MCDONOUGH COUNTY

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

### MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 10-Oct. 14. (309) 582-2751

### **OGLE COUNTY**

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

### PEORIA COUNTY

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

### **ROCK ISLAND COUNTY**

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

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

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

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

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

### WARREN COUNTY

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

### WHITESIDE COUNTY

Twin City Market, 106 Ave. A., Sterling; 8 a.m.-noon Saturdays, year-round. (815) 626-8610 or tcmarket.org

### IOWA

### **CEDAR COUNTY**

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

### CLINTON COUNTY

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

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

### **DES MOINES COUNTY**

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

### DUBUQUE COUNTY

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

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

### **HENRY COUNTY**

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

### **IACKSON COUNTY**

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

### **JEFFERSON COUNTY**

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

### JOHNSON COUNTY

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

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

Lone Tree Farmer's Market, North Park, 402 N. Devoe, Lone Tree, Iowa; 4-6:30 p.m. Tuesdays, June 1-Oct. 26. (319) 629-4299

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6:30 p.m. Tuesdays, through Oct. 26. (319) 338-6111

### LEE COUNTY

Fort Madison Farmers' Market, downtown Avenue G; 8 a.m.-noon Saturdays, June 5-Aug. 28. (319) 372-5482

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

### LOUISA COUNTY

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

### LINN COUNTY

8th Avenue Market, 8th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, through Oct. 23, except for June 5, 19; July 3, 17; Aug. 7, 21; Sept. 4, 18. (319) 286-5699

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

Downtown Farmer's Market, 3rd and 4th avenues, downtown Cedar Rapids; 7:30 a.m.-noon, June 5, 19; July 3, 17; Aug. 7, 21; Sept. 4, 18. (319) 398-0449

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

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

### MUSCATINE COUNTY

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

### SCOTT COUNTY

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

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

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

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

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

Radish 38

University of Illinois Extension Knox County is hosting a workshop for potential, new, or existing producers. Understanding the business side of producing local foods can prepare you for success in your new or existing farm.

Producing Local Foods: An Introduction to the Business Aspects When: June 22, 2010 • Time: 6:00-8:00 pm Location: Knox Agri Center 180 S. Soangetaha Road Galesburg, IL 61401 Registration Deadline: June 18, 2010 \$10 Registration Fee



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Topics Include:

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To register call 309-342-5108 or register online at http://web.extension.illinois.edu/knox/ University of Illinois Extension provides equal opportunities in programs and employment

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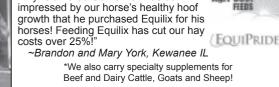
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## food for thought

# Earthbark

10 ways to reduce carbon paw prints

By Patricia Castillo

My husband and I founded Earthbark (earthbark.com) as a permanent campaign that could bring dog owners together to stand up for a more earth- and pet-friendly planet. Here are "10 Top Actions" to become environmentally responsible dog owners.





# Use only biodegradable plastic bags to pick up your dog's poop.

A dog produces 274 pounds of waste, on average, each year. And while it is great that that waste is picked up by most responsible dog owners, it is usually collected with conventional plastic bags. We encourage using biodegradable bags which are better for the environment.



## Read product labels to make sure they are recyclable.

Look for terms like "organic" and "recycled" or for certifications such as "Green Seal" on household cleaning products, the "USDA Organic Seal" on food and wellness products and the "Forest Stewardship Council" logo on wood and paper products.



# Use natural and chemical-free products for grooming and cleaning.

Look for materials that were not treated with chemicals like flame-retardants. Dog shampoo will be absorbed into the skin or licked off — the rest will be rinsed down the drain.



## Feed your dog with organic or natural food.

Choose organic veggies and antibioticand hormone-free meat.



## When possible, flush or compost your dog's waste.

You can compost the biodegradable bags and their contents. Experts recommend keeping a separate setup for composting dog waste, far away from your vegetable gardens, and never use the resulting soil on anything edible.



## Buy toys that are non-toxic and safe for your dog.

Many toys are made from soft PVC. Toxic chemicals from PVC can leach when chewed by your dog and cause a host of diseases ranging from tumors to organ damage.



# Choose dog services that use eco-friendly products and facilities.

These are hard to find but worth the search. Ask about green products and services. You may inspire a business to offer them.



## Get your dog spayed or neutered.

Stray and abandoned animals have an environmental impact because they can harm local wildlife, deposit waste and spread trash. Help solve this problem by having your pet spayed or neutered.



# Teach your children to be responsible, eco-friendly dog owners.

Children should be aware that dogs are social animals and that they will be unhappy if ignored. A dog will instinctively follow a responsible leader; therefore children need to be firm, calm and consistent when giving instructions to their pets.



# Protect wildlife by having your dog on a leash in natural greas.

It is important to respect dog leash areas because our pets can harm birds, amphibians, fish and other wildlife.

You also can help by spreading the word to join the Earthbark movement at earthbark.com.

# Quad Cities Fruit & Vegetable Growers Association Farmers Market

Moline, IL Trinity Hospital 7th St. & John Deere Rd. Sat. 8am-Noon

Skate City Parking Lot
1112 Avenue of the Cities
Wed. & Sat. 8am-Noon

VENDOR SPACE AVAILABLE 309-738-3218

Saturday, June 19th: Antique Tractor Show and FREE cookies for Father's Day at both Trinity and Skate City Farmers Market.



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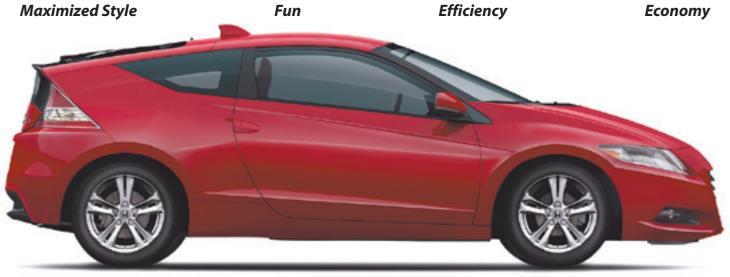




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### Healthy Living Fair



# Your guide to the 2010 Healthy Living Fair

The fourth annual Healthy Living Fair — a celebration of local and natural foods, health and fitness, nutrition and the environment — will be held Saturday, June 19, next to the Freight House, 421 W. River Drive, Davenport.

The fair is presented by Radish magazine and will be held from 8 a.m. to 3 p.m. concurrently with the Freight House Farmers' Market, which ends at 1 p.m. Admission is free.

Returning to the fair this year will be the Radish Pet of the Year Contest. Pet owners are invited to bring their dogs, cats and any other critter they have to the fair and show them off at 11 a.m. Owners will have one minute to explain how they raise their pet in healthy and earth-friendly ways. The pet deemed most earth-friendly will be featured in a future issue of Radish magazine.

New this year is a Farmers' Market Pie Contest, pitting local growers and bakers against each other to see who can make the best local-ingredient pie. Other new additions include a cooking with local foods booth offering demonstrations and recipes from local growers, a tai chi demonstration and two alpacas from Heartland Criations.

Other special events and attractions include the Quad-Cities Largest Yoga Class IV, windmill projects for kids, an appearance by the PBS character Super WHY, recycling videos by the Waste Commission of Scott County and music by Good Company.

The one-day fair will feature a marketplace where visitors can shop for and experience the healthy goods, resources and services featured in Radish. More than 60 exhibitors will present healthy foods; alternative energy methods; environmentally friendly products and produce; gardening goods and services; outdoor recreation opportunities and holistic, alternative and integrative medicine.

During the fair, visitors can listen to live acoustic music and take in the view of LeClaire Park and the Mississippi River. Kids can use the playground equipment behind the Freight House. Fresh-roasted coffee, baked goods, beverages, hot sandwiches, kettle corn and more will be for sale at the fair and the adjacent farmers' market.

Fairgoers also can register for Ride the River at the River Action table on the Freight House deck and stop by the Juneteenth celebration adjacent to the fair in LeClaire Park.

Support for the Healthy Living Fair is provided by The Friends of Radish: Humana, Metro, Trinity Iowa Health System, WQAD News 8, WQPT Quad-Cities PBS and Zimmerman Honda. Sponsors include Davenport Levee Improvement Commission and Freight House Farmers' Market.

For more information about the Healthy Living Fair, visit radishmagazine.com.

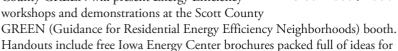




### Healthy Living Fair

### Scheduled activities

- Quad-Cities Largest Yoga Class IV, 9 a.m.: Jeani Mackenzie of the Davenport School of Yoga will lead a free, 30-minute class covering basic yoga positions in the Hatha style.
- Call for Action, 9 a.m.-noon: Need help getting a consumer issue resolved? Meet Call for Action reporter Chris Williams at WQAD News 8's booth. Chris and other representatives from Call for Action will answer questions.
- Tai chi demonstration, 9:30-10:15 a.m.: John Hawry and students from the Satva Center will flow through a sequence of Yang style tai chi, a harmonizing variation on the martial arts.
- Energy workshops, 10 a.m. and 1 p.m.: Scott County GREEN will present Energy Efficiency workshops and demonstrations at the Scott County



• Radish Pet of the Year Contest, 11 a.m.: Pet owners are invited to bring their dogs, cats and any other critter they have to the fair and show them off. Owners will have one minute to explain how they raise their pet in healthy and earth-friendly ways. The pet deemed most earth-friendly by popular vote will be featured in a future issue of Radish magazine.

improving your home's livability, registration for free home energy audits and more.

### Happening all day

- Farmers' market pie contest, Radish booth: Local growers and bakers from the Freight House Farmers' Market will compete to see who can make the best local-ingredient pie. Stop by the Radish booth to see the pies and pick up free recipes. Pie contest winners will be announced by the end of the fair.
- Solar oven cooking: Solar-energy enthusiast and frequent Radish contributor Sharon Wren returns this year with two solar ovens. Stop by the Radish booth to meet Sharon and watch as she uses the heat of the sun to bake cookies and more.
- Local foods and cooking demonstrations, all day at the Cooking with Local Foods booth: Garry Griffith of Augustana College and students from Farm2Fork will be cooking up healthful dishes featuring locally grown produce and meats. Discover the wealth of good eats being cultivated in the area and take home a few recipes.
- Waste Commission of Scott County and its iLivehere environmental outreach program will be debuting five new, fun educational videos about garbage, recycling, hazardous material, electronic waste and landfill construction. The films were produced by D-Philms of Rock Island and will be shown throughout the day at the Waste Commission's booth.
- Build solar cars, power a wind turbine. The University of Northern Iowa Center for Energy & Environmental Education and Green Iowa AmeriCorps will bring energy education activities for children of all ages. Enter a contest to see who is the "windiest" by measuring breath power; participate in a wind turbine blade championship series, build model solar cars, and explore energy efficiency with a Kill-a-Watt meter. You can even hold a hydrogen fuel cell in your hand. Then use the fuel cell to power a model solar car or water pump. Take the adventure home with you completed cars can be purchased for \$15.



The Quad-Cities largest yoga class takes place at 9 a.m. (Photo by John Greenwood / Radish)

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## **Attractions**

**Alpacas:** While green is not one of the 22 natural colors of alpaca fleece, alpacas are "green" in more ways than one. Their fleece is as soft as cashmere and warmer than wool, and since there is no lanolin in the fiber, it is hypo-allergenic. Gentle and curious by nature, alpacas are also efficient eaters, consuming only about 1½ percent of their body weight daily. When you visit the Heartland Criations Alpacas' booth at the Radish Fair, you will be able to see alpacas and learn more.

Alternative energy and transportation: Check out the SMART bus, a solar powered bookmobile and resource center; chat with representatives of QC TAG about bike and bus routes from home to work; kick the tires on a hybrid car; learn more about what is new in mass transit from Metro; take a spin on Zing, the recumbent bike designed by Iowa native Allan Pillard; talk to John Root about his RV of the future, an energy efficient vehicle powered by solar, wind and ethanol technologies; and get to know the folks from the Illinois and Iowa Renewable Energy Associations.

Eastern Iowa Community College: EICC has partnered with the Quad City Home Builders and Remodelers Association, the Iowa Center for Sustainable Communities, and MidAmerican Energy to provide Scott County residents with guidance for building energy efficient homes and neighborhoods. Learn more about their GREEN programs, including summer workshops and environment day camps for kids, at the Radish booth.

**WQPT:** Bring your Super Reader to the WQPT Tent and learn the Super WHY way of staying healthy! WQPT will feature the Super WHY Hansel and Gretel Healthy Adventure and do some healthy hands-on activities. Kids recieve a free tattoo and stickers. Bring your camera for a photo op with Super WHY!

Cleaning without chemicals: Curious as to how you can save time, money and the environment simply by changing your cleaning products? Norwex will demonstrate personal care products and cleaning supplies that can radically reduce the use of chemicals in your home. Welz Farm also will be on hand to showcase restoration products like Rustbeeter, an environmentally friendly rust remover made from sugar beets, and Soy Gel paint remover, a product that is non-flammable, non-caustic, nearly odorless and made entirely from soybeans harvested in the U.S.



Stephanie Makosky / Radish

**Farmers' market:** Don't forget to visit the Freight House Farmers' Market! From 8 a.m. to 1 p.m. the market will be open and offering fresh produce (both local and brokered), baked goods, meats and poultry, eggs, handcrafted soaps, locally-produced wines, cheeses, garden plants, dog treats, arts and crafts, handmade jewelry and more. Can't wait until you get home for a nibble? Food and beverage vendors on site sell hot sandwiches, kettle corn, grilled kebabs, lemon shake-ups, gourmet coffees and more.

**MarketPlace:** Southeast of the Freight House you will find more than 60 exhibitors from eastern Iowa and western Illinois offering a variety of healthy living products and services, including natural foods, cookbooks, beauty and hair-care products, chiropractic methods, lawn and garden supplies, native plants, local and organic jewelry, organic lawn care, health screenings, yoga and more.

**More downtown:** Take a stroll and there is plenty more to see and do in downtown Davenport. Check out the Figge Art Museum (figgeart.org), currently exhibiting pieces from the John Deere corporate collection. Amble along the Mississippi as it runs past LeClaire Park. Or visit the River Music Experience (rivermusicexperience.org), which features a cafe, music museum and The Redstone Room, a live music venue. For more information visit downtowndavenport.com.

### **Healthy Living Fair Sponsors**









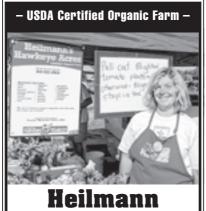








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Stephanie Makosky / Radish

## **Exhibitors**

**Absolute Health Group:** Watch a live acupuncture demonstration and receive a complimentary 5-minute chair massage. *absolutehealthgroup.org* 

Ancient Wisdom Acupuncture Clinic: Learn about the benefits of acupuncture and Chinese medicine, how it works and what it can help. ancientwisdomiowa.com

Augustana College Farm to Fork Program: Meet with students who work to bring local foods to their cafeteria tables and contribute their labor on area farms. *augustana.edu* 

The Ecclesia of I Am: Meet some of the friendly members of an open community of New Thought believers with a thirst for visionary theology.

EcoWater QCA: Discover water solutions for your home or business.

Energy Doctor Inc: Discover how to increase energy efficiency and make your home more comfortable. Demonstrations all day. *energydoctorinc.com* 

Generations Area Agency on Aging: Find out about programs that help Iowa seniors remain independent. Free salad samples. *genage.org* 

Green Bottoms Cloth Diapers: Learn more about the benefits of cloth diapering and enter to win a chance at \$50 worth of Green Bottoms products. greenbottoms.com

Habitat ReStore: Find out how new and gently used building materials support the work of Habitat for Humanity Quad Cities. *restorege.org* 

Healing Heart Center: Experience Qi-ssage, a massage technique that enhances healing and helps maintain health and wellness. healingheartcenter.org

### Health From Within:

Demonstrations at the top of every hour on how to get a full workout in 12 minutes a week. Information and resources on this cutting edge, fat burning, energizing workout. healthfromwithin.net HomeWorks Central: Discover energy-saving home improvements that can lower utility bills. homeworkscentral.com

iLivehere: Learn how to recycle at special events and watch fun, educational videos. *iliveheregc.com* 

Illinois Renewable Energy Association: Find out about energy efficiency and renewable energy for your life and your community. *illinoisrenew.org* 

Inner Health Chiropractic: Enjoy a complimentary mini-massage and enter a drawing to receive a one-hour massage and a large gift basket. *myinnerhealthchiro.com* 

Institute of Therapeutic Massage: Stop by to see if a career in massage therapy and alternative wellness is for you. *learntomassage.com* 

**Iowa Renewable Energy Association:**Obtain current information on renewable energy technologies. *irenew.org* 

JP Designs: Peruse unique eco-friendly scarf and shawl pins, pendants, beads and buttons. *coolearthwear.com* 

Juice Plus+: Learn more about the nutritional value of Juice Plus+ and sample a supplement. *juiceplus.com* 

**Leaf Salon and Organics:** Receive a complimentary consultation to learn about Organic Hair Color Systems and register to win a gift basket.

Lundgren Family Chiropractic: Receive a free chair massage and spinal screening, and take home massage coupons and balloon figures for the kids. *lundgrenchiropractic.com* 

Meredith and Traci's: Discover nutritious desserts that use locally sourced ingredients and healthier recipes. *meredithandtraci.com* 

Nancy's Kangen Water: Sample restructured micro-clustered Kangen water, and enter a drawing for free water.

Nikken Wellness: Diabetes and osteoporosis? Learn how natural energy can help. *nikken.com* 

**Norwex:** Discover how you can radically reduce the use of chemicals in personal care and cleaning for your home. *norwex.com* 

### Radish 46

### Healthy Living Fair

**Orenda International:** Sample Oki, the original aronia juice blend, and register for a free gift in our drawing. *orendainternational.com* 

PACG Local Foods Initiative: Find out about the group's mission to educate and mobilize Q-C municipalities and their citizens to strengthen the Quad-Cities area by growing a healthy, local, sustainable food supply.

Palmer College Research Center: Learn more about current research studies on low back pain, high blood pressure and tempromandibular (TMD) disorder. palmer.edu/research

Q-C Pain and Wellness Center: Get a free posture analysis and backpack safety screenings. Take home recipes for healthy shakes that use locally grown fruits from the farmers' market.

**Quad City Rain Barrels:** Discover the variety of sizes and styles of rain barrels offered. *quadcityrainbarrels.com* 

Red Barn Organics: Learn more about organic lawn, garden, household and pet products. Discover various hand-crafted, high quality gardening tools and enter a drawing to win one. *redbarnorganics.com* 

Red Root Hot Yoga: Receive information about the newest hot yoga studio in the Quad-Cities. Discounted rates for early registration and drawings for free classes. *redroothotyoga.com* 

**RJ Construction:** Learn about remodeling with alternative energy systems, energy efficient windows and doors, and siding. *rjconstructionmarion.net* 

Scott County GREEN: Register for free home energy audits and pick up brochures for improving your home's livability. Energy Efficiency workshops and demonstrations at 10 a.m. and 1 p.m. held at the booth.

SFC Wellness Center: Get screened using Nutrition Response Testing, a non-invasive system of analyzing the body. *drillingsworth.com* 

Sierra Club Quad Cities Chapter: Information on local and national outings, cleanups, environmental program meetings, walks, and an annual Environmental Film Festival. *illinois*. *sierraclub.org/eagleview* 

SweetPro/Redmond Naturals: Try organic sea salts and learn about nutrition products for people, livestock and soils. sweetpro.com, redmondnatural.com

tapas yoga shala: Enter to win a Manduka mat sleeve and find out more about the upcoming Iowa City Yoga Festival. *tapasyogashala.com* 

TM: Enjoy a wealth of free healthy living tips, peruse Transcendental Meditation and Maharishi Ayurveda products, and sample tasty treats.

UNI's Center for Energy and Environmental Education and Green Iowa AmeriCorps: Enter a contest to see who is the "windiest" person by measuring the power of your breath. Use a hydrogen fuel cell to power a model car or water pump. www.ceee.uni.edu

Wainwright Orthodontics: Enter a drawing to win a bleaching treatment. Learn about restoring natural beauty and function to your smile. wainwrightortho.com

Welz Farm: Learn about environmentally friendly, biodegradable cleaners including Rustbeeter rust remover, Soy Gel paint remover and Ickee Stickee glue and tar remover.

yo-go-mat: See the newest exercise mat that you can machine wash and dry. Made of organic cotton/hemp fabric, the mat folds easily. Enter a drawing to win a mat of your own. *yo-go-mat.com* 

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## Music

While strolling through the Healthy Living Fair, if you find yourself humming along with a classical song one minute, then tapping your feet to the blues the next, don't be surprised if both songs come from the same band. It's all part of the eclectic playlist of Good Company.

The band will be making its second appearance at the fair this year, performing from 11 a.m. to 2 p.m.

The musicians of Good Company — Chris Dunn, Gary Berg and Pat Oliver — may each have wide-ranging tastes in songs, but they all share at least one thing in common: all three first learned to play music in childhood. They have been adding to their repertoire of songs ever since.

Chris Dunn is a native of New York whose music has taken him many places. He has played in bands in Boston, St. Paul and Chicago. He has even joined in the campfire song sessions at the famous Kerrville Folk Festival in Texas. In the Quad-Cities, Dunn hosts a monthly coffeehouse at First Lutheran Church in Rock Island, where he plays his socially conscious folk music. He also collaborates on a program called "Railroad Songs and Stories" with Roald Tweet, professor emeritus at Augustana College.

Gary Berg developed a love of classical music at an early age. These days he showcases his skills at Dave Ellis' open mic events in the Quad-Cities and at St. Joe's Coffeehouse at First Lutheran Church, Rock Island. He is known for his fingerstyle blues and classical flair. Occasionally Berg will even sit in with Rich Berry, a top-notch performer from Kansas City. Later this summer Berg also will perform at the Mississippi Valley Fair in Davenport, where he will be returning for a fourth year.

Pat Oliver, also known as "The Music Pilgrim," has recently returned to her native Quad-Cities after a 35-year absence. She brings musical influences from



Gary Berg, Chris Dunn and Pat Oliver. (Photo by Joe Payne / Radish)

playing in bands in Nebraska and Colorado, as well as Latin America, where she served as a Peace Corps volunteer and English teacher for most of the '90s. Oliver began playing folk guitar in the '60s, then branched out to perform Celtic tunes on fiddle, mandolin and pennywhistle. Over the years she also has become versed in Spanish airs, gospel numbers, hoedown songs and old-time melodies.

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