

Radish

HEALTHY LIVING FAIR THE GROUND UP



Your guide
to the 2011
Radish Healthy
Living Fair

pages 42-48

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JUNE 2011

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from the editor



Photo by Paul Colletti / Radish

Living in the Midwest, particularly at this time of year, it is easy to feel the world is vast. Get just a mile or two outside of any town and the landscape seems to stretch in every direction. Polar bears and birds of paradise in their far-off regions of ice and jungle seem almost too far away for the mind to take in.

A slightly different perspective, though, makes the planet seem much cozier. Consider this: at its uppermost, all of the life on Earth can be found within a mile of the surface of the planet, and at its deepest, within about seven miles of the surface of the sea. That's all we get, an eight-mile band ringing the sphere. If you were to lay this swath of livable space on the ground one morning and start walking, you could be to the other end of it by lunch.

Into this area fits every whale, aardvark, gnat, seagull, you and me. There is no where else to go. Below our little eight-mile habitat is a pressure cooker of molten iron; above it, the frigid expanse of space. It gets easier to see how we are all in this together when we realize just how narrow the allotment of "this" is.

Thankfully, we have a number of good neighbors living here with us as well, people interested in and eager to contribute to the collective health and well-being of our population and our planet. In every issue of Radish we try to introduce you to a few of them, and then come June we host the Healthy Living Fair as an opportunity to meet many of them face to face. Last year the fair was the longest work day I clocked at Radish, but at the end of it, rather than feel exhausted, I found myself uplifted — it was wonderful to meet so many members of our community with a positive vision of what life on this planet can be.

This year will be the fifth annual Healthy Living Fair. The schedule of events includes old favorites like the Pet of the Year contest as well as new things to try like a free yoga class for kids. More than 60 booths will be on site showcasing the best the area has to offer for healthy living. You can read more about some of the things to see and do at this year's Healthy Living Fair in this issue of Radish, and if you haven't already made plans to visit the fair on June 18, I encourage you to do so. Last year, a friend who brought his family to the fair later told me it made him feel really good about where we live. I couldn't have put it better myself.

— Sarah J. Gardner
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Radish
HEALTHY LIVING FROM THE GROUND UP

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

contributors



Returning this month to Radish is writer **Ann Ring**, who has been freelancing since 2003 on a variety of topics. Her articles have appeared in American Fitness, Priority!, Western Illinois Family, Club House, and Albuquerque Sports News. In addition to nonfiction writing, Ann works as an independent grant writer/grant researcher. Read about her article on practicing yoga with kids on page 14.



Barbra Annino is a freelance journalist and author of fiction whose recent book is titled "Opal Fire." Her work has appeared in Clean Eating, Herb Quarterly, Delicious Living and more. Learn more about her work at barbraannino.com. Barbra recently took a walk with her dog Thor at the Mines of Spain Recreation Area; you can find out about it on page 26.



Slow Food Quad Cities founder **Linnea Crowther** has a home vegetable garden, shops at the farmers' market, and wishes she could join all the CSAs instead of just one. When she's not busy at her day job, she also enjoys reading, playing with the dog and working on the eco-fantasy novel she's writing for young readers. In this issue Linnea offers a Slow Food perspective on shopping at the farmers' market; read more on page 12.



Pam Berenger is a former Argus/Dispatch farm writer who left in 2001 to pursue another professional goal in the health field. Pam is a graduate of Black Hawk College's nursing program and currently works as community liaison for Intouch Adult Day Services of Lutheran Social Services of Illinois. Read her article about Tuftee's Garden on page 20.



Director of Landlocked Film Festival, **Mary Blackwood** also writes fiction and nonfiction, designs for print and web, and is keenly interested in all forms of sustainability — from public health to the planet to creative commons. She can be reached via maryblackwood.com. This month, Mary contributes an article on Oldhaus Fibers & Rabbits, page 24.

Also appearing in Radish this month are contributors **Sharon Wren** ("In harmony," page 10, "Thanks, Dad," page 30, and "Juneteenth festivities" page 32); **Julie Barton** ("Drum together," page 16); **Hector Lareau** ("Kibble dilemma," page 8); **Maggie Howe** ("Good riddance," page 28) and **Ann Scholl Rinehart** ("Inner peace," page 22).

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the grapevine

Everything you need to know about the 2011 Healthy Living Fair is in this issue!

Are you ready for the fifth annual Healthy Living Fair? Come find us from 8 a.m. to 3 p.m. Saturday, June 18, next to the Freight House Farmers' Market, 421 W. River Drive, Davenport. We'll be there celebrating the best the area has to offer in local and natural foods, health and fitness, nutrition and the environment. As always the fair is free to the public and will feature workshops, demonstrations, live music and more than 60 exhibitor booths. For a complete list of all the great things to see and do, check out the guide to the fair on pages 42-48.

From our readers

"I wanted to thank you for being one of the sponsors of the Earth Week Fair. This is the second year I have attended. I received much information from the booths throughout the expo center."

— Margaret Bennett, Cordova, IL

"I love saving myself an issue (of Radish) from my workplace every month. I'm always trying to implement new things to help my family save money and be a little more green every day. Thank you for all the wonderful ideas that help enrich our lives."

— Zebrianna Dauphin



Can't get enough Radish? In addition to the Healthy Living Fair, representatives from Radish will be at these other community events where you can pick up an extra copy of the magazine and tell us what you'd like to see in future issues.

- **Creating Happiness: The Art of Peaceful Living**, a free public talk by Gen Kelsang Jampa from 6:45 to 8 p.m. Tuesday, June 7, at the Quad-Cities Botanical Center, 2525 4th Ave., Rock Island.
- **QC Fruit & Vegetable Growers Market**, 10 to 11 a.m. Wednesday, June 8, in the Skate City Parking Lot, 1112 Avenue of the Cities, East Moline. Stop by and receive a free Radish bag.

On the Road with Radish is made possible by The Friends of Radish: Metro, WQAD News Channel 8, Zimmerman Honda and WQPT.

Picture your farmers' market on the Radish website

If you haven't checked out our online listing of farmers' markets at radishmagazine.com/markets, you might not have seen the map we've added to show just where the many markets in Radishland are located. You can help us enhance the map, too. Have a picture of your market? Email it to editor@radishmagazine.com with a note explaining where you took the photo, and we may upload it to the map for other readers to see.

healthy living from the ground up

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Radishes courtesy of Nostalgia Farm. (Seed packet design by Kermit Stevenson, photo by Paul Colletti)

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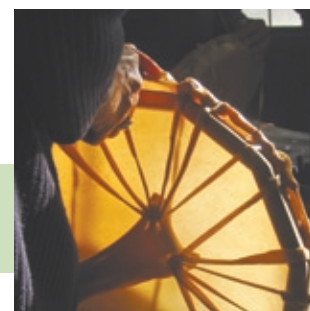
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healthy living

Market trivia

Test your knowledge of farmers' market facts

By Sarah J. Gardner

If the recent warm weather has you itching to grab a basket and head out to a farmers' market, you aren't alone. Farmers' markets are a thriving part of the U.S. agricultural economy, ringing up more than \$1 billion in sales last year. That's no small potatoes. Take our farmers' market quiz and see what other interesting facts there are to learn. The answers may surprise you!

1) How many farmers' markets are there in the U.S.?

- a) 3,894
- b) 4,685
- c) 6,132
- d) 7,989

2) Of those markets, how many of them are listed in the farmers' market directory in the back of Radish?

- a) 36
- b) 42
- c) 47
- d) 50

3) How long has the oldest farmers' market in the U.S. been in operation?

- a) 18 years
- b) 78 years

- c) 163 years
- d) 255 years

4) If you head to the market this month, what can you expect to find in season?

- a) Onions
- b) Lettuce
- c) Sweet corn
- d) Garlic

5) Of the produce in season at the market in June, what has the highest amount of calcium?

- a) Rhubarb
- b) Green beans
- c) Blackberries
- d) Summer squash



6) In what month can you find the most local, seasonal produce at the market?

- a) June
- b) July
- c) August
- d) September

7) Nationally, what percentage of vendors derive their sole source of farm income from farmers' market sales?

- a) 25 percent
- b) 50 percent
- c) 75 percent
- d) 100 percent

8) The majority of vendors at farmers' markets sell only what they themselves grew.

- a) True b) False

9) On average, produce at the farmers' market is more expensive than at the supermarket.

- a) True b) False

10) If you are going to shop at the farmers' market, you are going to have to bring cash to make your purchases.

- a) True b) False

11) Farmers' markets that include vendors selling organic goods outperform other farmers' markets.

- a) True b) False

For the answers, turn to our Resources section on page 36.



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Kibble dilemma?

How to find the healthiest food for your family pet

By Hector Lareau

What's in a byproduct? If buying healthy pet food is your goal, that turns out to be a key question. Pets can't read labels, but even their human caretakers can have trouble deciphering the pet-food jargon. When it comes to finding food that is truly good for Fido and Fluffy, here are some things to keep in mind.



Dr. Julie Hahn of Compassionate Care Veterinary Clinic in Rock Island suggests, just like shopping for healthy people food, looking for pet food with limited — and identifiable — ingredients is a good place to start. And those byproducts? If a label lists “meat byproduct,” that’s a red flag. It could include just about anything from just about any species of animal.

It also helps to know, she says, how pet nutrition is different from people nutrition. Byproducts that name a specific species — “chicken byproduct,” for example — are less of a concern, even though they can include “every part of the chicken you don’t want to talk about,” she says. Keeping in mind cats’ and dogs’ carnivorous instincts, though, that isn’t too far from nature. “If you understand that they’re carnivores,” says Hahn, “you see that a cat would eat every bit of a mouse.”

“A problem with dog food is the marketing to owners, toward what we eat and kind of assume to be healthy,” says Hahn. Vegetable content — particularly corn and wheat — can lead to allergic reactions in dogs. “That’s one of the top three things I see in the clinic,” Hahn says. “Symptoms usually are skin problems and sneezing — not the gastro-intestinal problems you’d expect.”

Even wary dog owners can be caught off-guard by the large print. “It can be misleading,” Hahn warns. “Diets labeled ‘lamb and rice’ usually contain corn and chicken and beef.”

Feline food allergies are not as common, but they can result in problems with cats’ sensitive urinary tracts. In particular, some cat food lacks specific

minerals (magnesium, sodium) and amino acids (taurine) that cats need. Food colorings are another danger sign, as well as a sign of marketing to color-sensitive humans rather than their animals' needs.

For the zealous pet owner, preparing pet food at home can be a rewarding and beneficial alternative. "It has to be vet-guided," cautions Hahn. "It can get dangerous if it's not a balanced diet for the animal." For folks with time and energy, home-cooked meals can provide good nutrition. Homemade pet food can also help identify specific allergens, by starting with an extremely limited ingredient list and then gradually adding new items in what Hahn described as a process of challenges.

Exotic pets, exotic diets

"When you put something in an aquarium, you need to keep in mind that you're responsible for its entire environment. It's much more responsibility than with a cat or a dog that has evolved over thousands of years to live with humans," says Dr. Robin Mundt, a veterinarian at Pet Med in Dubuque.

Still, some truths are universal, even when the pets are exotic. "In general, as with humans, if you buy cheap food, you're getting cheap feed. It's going to be more bits and pieces and filler," says Katie Westmorland, fish and reptile manager at Teske Pet & Garden Center in Moline.

With that in mind, here are recommendations for exotic animal diets:

Birds. "They (feed manufacturers) are just now starting to look more closely at bird diets," says Mundt. "Some of it is species-specific. Seeds in the wild are a seasonal product. They're high-fat and don't have much nutrition. Birds who have a seed-only diet die prematurely from liver failure because the liver can be inundated with fat. High-quality pellets in addition to fresh produce are best because, basically like dog food, pellets can be made into a more complete food and make up for what seeds are lacking," she says.

Rodents. "Their life expectancy is shorter than birds, and they're highly inbred," says Mundt, which makes keeping them healthy a little tricky. Even so, she says that quality rodent chows are always good because they contain a nutritional mix, and rodents can't forage on their own.

Fish. Westmorland believes that most of the flaked fish food is excellent, but she cautions that sticking with a single choice can be bad. "Every time you get low on flake food, get a different kind. The nutritional levels are different in each, so getting different ones can even them out. And the fish won't get bored."

The preservatives in flake food can harm an aquarium's water quality. In freshwater tanks, be careful not to overfeed. With its lower levels of preservatives, frozen food is healthiest for freshwater oddities (like ghost knives and elephant nose fish) and saltwater fish in general.

Lizards. Ultraviolet light is a dietary necessity for reptiles, and UVB bulbs are better than UVA. Because they're cold-blooded, reptiles need heat or food will rot, undigested, inside them. Yet reptiles can be tricky. "Dietary needs differ between different species of gecko," warns Mundt. Crickets and meal worms are the main, easily accessible food for reptiles, though some, like iguanas, are herbivores only.

Snakes. If you have a snake, Mundt recommends healthy, already-killed prey, to prevent injury from live prey. Common pets like garter snakes and corn snakes can eat minnows, frozen pinkies (hairless baby rodents), baby frogs, toads and goldfish. "You need to vary the diet, keep it mixed up," she says.

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In harmony

Tai chi movements blend effort and grace

By Sharon Wren

For many, tai chi brings to mind scenes of people in a peaceful park, performing graceful movements that are more ballet than martial art. That idea isn't too far off, according to Scott Caulpetzer of Great River T'ai Chi Ch'uan, who describes tai chi as "a system of rounded, fluid, balanced movements based on ancient Chinese teachings of living in harmony with nature."

The origins of tai chi are rooted in mystery. According to "The Complete Book of Tai Chi Chuan" by Wong Kiew Kit, the term "tai chi" means "the cosmos" and is derived from the I Ching. References to it go back to the Tang Dynasty (A.D. 618-906) but the most popular legend claims that it originated during the 13th century. A Taoist priest watched a fight between a snake and a crane. After watching the snake's smooth movements while attacking the crane, the priest was inspired to modify the Shaolin Kung Fu he knew into a softer, more fluid style.

As for Caulpetzer, his own journey with tai chi started more than 38 years ago, when Nixon was in the White House and Caulpetzer was in college. In the '80s, he began working with Grandmaster William C.C. Chen of New York, whom Caulpetzer describes as a somewhat unusual teacher. Chen doesn't run a typical studio, says Caulpetzer. There is no bowing and no uniforms. Students wear sweats in the winter and shorts and a T-shirt in the summer.

Like many martial arts, there are a variety of styles of tai chi. "There's the original family styles, the Chen family style, which is no relation to Grandmaster Chen; the Yang family style, which is the style I teach; two different styles of Wu; and the Sun style, which is relatively new, and was made up in the late 19th, early 20th century," says Caulpetzer. "There are also modern styles made up by the Chinese in the 1950s for competition but those are not traditional styles."

Unlike other forms of martial arts, this doesn't require brute strength and lightning-fast strikes.

"Tai chi is based on soft, gentle, flowing movements without using tremendous muscular force," says Caulpetzer. That's not to say it is an easy workout. According to Caulpetzer, an hour of tai chi can burn between 280 and 300 calories.

The health benefits of tai chi are good news to anyone dealing with stress, according to Caulpetzer. "Practicing lowers blood pressure, deepens relaxation, improves balance and coordination. It makes your legs incredibly strong, which is a problem for older people," he says.

It's also a practical alternative for someone who has an interest in martial arts, but isn't physically

able to handle the demands of other martial arts. "I do a class at CASI (the Center for Active Seniors in Davenport) and I might be the youngest person in the room," says Caulpetzer.

Various studies on the benefits of tai chi have shown it to help more than just stress levels. The Oregon Research Institute conducted a study of 256 seniors over the age of 70 who were physically inactive. Participants either did tai chi or a stretching program. The tai chi students showed significant improvement in balance and physical performance and a reduced fear of falling. These improvements were maintained during a six-month follow-up.



Scott Caulpetzer leads a student through a tai chi sequence. (Photo by Gary Krambeck / Radish)

"This study confirms the effectiveness of tai chi as a recommended balance-enhancing exercise, which has a profound impact on reducing the frequency of multiple falls and serious injury from falling, which can be so devastating for older adults," says Fuzhong Li, the ORI senior scientist who lead the study.

A different study supported by the National Institute on Aging and National Center for Complementary and Alternative Medicine found that practicing tai chi may help older adults avoid getting shingles by increasing immunity to varicella-zoster virus (VZV) and boosting the immune response to varicella vaccine in older adults. The study included 112 healthy adults with an average age of 70, who either did tai chi or a health education program for 16 weeks. The tai chi group's rate of increase in immunity over the course of the study was double that of the health education group.

Caulpetzer, who also teaches a tai chi class at St. Ambrose University, Davenport, says videos and websites aren't a good way to learn the discipline. Just because Tai Chi looks effortless doesn't mean it really is. "It takes an effort, you must be willing to practice every day. You have to come to class. There are plenty of books and DVDs but you can't learn it unless from a teacher."

'Tai chi is based on soft, gentle, flowing movements without using tremendous muscular force.'

Someone may be able to pick up a little bit from a book or video, Caulpetzer explains, but after a few days people will need to have things explained and demonstrated. "At my school, Great River T'ai Chi Ch'uan, there's a progression. First you learn short form, which has 60 movements. Then you learn sword form, which has 64 movements, then you learn long form, which has 132 movements," he says.

There's no need for pain relievers and SportsCream when you're doing tai chi, says Caulpetzer. "I've never had anybody get hurt in class, I've been very lucky. Somebody gets knocked down now and then or somebody puts on a hold too tight but there's no pulled muscles if you're relaxed. It's all about the chi (internal energy)."

Martial arts students from other disciplines will envy tai chi students, whose feet never have to experience the chilly floors of a studio in the winter. Tai chi students always practice in slippers, never barefoot. There's a practical reason for this. "The Chinese say if you're ever going to use it, you'll have shoes on so there's no reason to do it barefoot," says Caulpetzer.

In fact, Caulpetzer has demonstrated that tai chi can be done in any kind of footwear. He has even taught people in hiking boots to show it can be done, but doesn't recommend it. Generally, tai chi shoes are lightweight and have plastic or cotton bottoms, but one style isn't better than the other. "It's a matter of taste than anything. I feel like I can feel the floor better in plastic, but I've been wearing them since 1972," says Caulpetzer.

"I can't explain why I stuck with it; I was fascinated with it," Caulpetzer says of tai chi. "You can stick with it your whole life."

You can see Scott Caulpetzer give a tai chi demonstration, including the unusual sword and staff variations, at the Healthy Living Fair.

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healthy living

Dress 'em up

Recipes to make the most of what is in season now

By Linnea Crowther

Right now, in June, it is prime time for greens and herbs. For seasonal eaters, this means fantastic salads with a wide variety of lettuces and spinach, zippy radishes and fresh green onions. As summer heats up, the salad greens start to struggle, but they will be replaced by sturdy greens like chard and kale, plus all the bounty of Midwestern summer vegetables like tomatoes, zucchini, green beans and more. Fall and winter bring us hard squashes and root veggies like potatoes, carrots and parsnips. There's something for the whole year when you eat locally — it just won't be the same thing all year 'round.

Why eat seasonally? For me, as a member of the Slow Food Quad Cities chapter of Slow Food USA, it shows support for our local farmers and food producers. It also fits the Slow Food mission of

promoting good, clean and fair food. When we shop at the farmers' market and rely on our local farmers for our produce, we can ask questions about how food was grown and get real answers. Were pesticides used? Was it raised using sustainable farming practices? How far did it travel to get to our plates? Most farmers who really are growing sustainable and organic goods are going to be happy to talk about how their produce was raised.

When Slow Food members talk about good, clean and fair food, we mean food that is good because it is both healthy and delicious. It is also food that has been prepared with care and can be savored with delight. Clean food is food that is as good for our bodies as it is for the environment — produced sustainably and in a way that improves the earth rather than hurting it. And fair food is food that is available to all regardless of income, produced by

people who are treated with dignity and paid a living wage for their labor.

That can sound like a tall order until you realize finding good, clean and fair food can be as simple as taking a stroll through the farmers' market. Grab some tasty greens and a loaf of fresh, locally-baked bread, and you're well on your way to a light and delicious lunch, one that is as good for you as the people who brought it to market — and the earth.

At this year's Healthy Living Fair, Slow Food Quad Cities will demonstrate easy recipes you can make in a snap for basics like salad dressing, pesto, herb butters and more. These dinner favorites are easier than you might think to make at home — and they're made extra-delicious with the use of fresh, local ingredients that are in season now. Can't wait for the fair to start enjoying the market produce? Here are just a few recipes to get you started!



Paul Colletti / Radish

Creamy Herb Salad Dressing

½ cup real mayonnaise
½ cup plain yogurt
2 tablespoons balsamic vinegar
2 tablespoons lemon juice
½ cup mixed herbs (A favorite spring herb mix is lovage, chives, and lemon balm. Try it, or experiment with your own favorite mixtures.)

Mix all ingredients in the blender on a low setting until the herbs are finely chopped and ingredients are well mixed. Serve over salad — it's especially good with a super-fresh baby greens blend!

Blender Pesto

2 cups fresh basil leaves	1 teaspoon salt
½ cup olive oil	¾ cup fresh grated Parmesan
2 tablespoons pine nuts	cheese (or other aged, semi-
2 cloves garlic, lightly crushed	hard cheese)
with a heavy knife handle	3 tablespoons butter, softened
and peeled	to room temperature

Put the basil, olive oil, pine nuts, garlic cloves, and salt in the blender and mix at high speed. Stop from time to time and scrape the ingredients down toward the bottom of the blender with a rubber spatula.

When the ingredients are evenly blended, pour into a bowl and beat in the two grated cheeses by hand. When the cheese has been evenly incorporated into the other ingredients, beat in the softened butter.

Serve with pasta, or as a dip for veggies, spread for bread or crackers — your imagination is the limit!

Herb Butter

Finely chopped herbs such as basil, garlic, oregano, chives and dill, in any amount to suit your tastes	Salt (optional) 1 cup of heavy whipping cream
--	--

Pour whipping cream into a small jar or other watertight container and seal it carefully. Shake the container of cream vigorously. Every few minutes take off the lid and check the consistency. Lumps of butter will begin to form during the shaking process and eventually the butter will separate from the buttermilk.

Pour off the buttermilk into another container. (The buttermilk can be saved and used for pancakes, biscuits, homemade ranch dressing, etc.) Press the butter with the back of a spoon to make sure the liquid is all drained off.

Add a small amount of water and continue to shake to “rinse” the remainder of the buttermilk from the butter. (This step is optional, but helps keep the butter fresh longer. Unrinsed butter will keep for about three days, rinsed butter will last a week.)

Drain the water and press the butter with a spoon again. Using a fork, mash in chopped herbs, salt (if desired). The butter is then ready to enjoy or you can put it in the fridge to harden. Makes about ½ cup of butter.

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health & fitness

Little yogis

Kids connect with yoga through creativity and play

By Ann Ring

They are wild, silly and practice tree poses. And they are elementary kids. Under the tutelage of instructor Daina Lewis, they learn that yoga isn't just for grown-ups.

"The biggest difference between teaching adults and children," says Lewis, "is that kids are fearless. When I first demonstrate poses, they want to do the hard stuff — handstands, back bending poses — because visually it looks really cool and they definitely want to be challenged."

Lewis' own yoga story began while studying massage therapy in Tempe, Ariz. There, in order for massage students to understand anatomy and muscles more intimately, they practiced yoga before class. Lewis fell in love with it. After moving back to the Quad-Cities in 1999, Lewis found yoga classes here and continued teaching adults. After her first son was born in 2004, Lewis realized what a great form of play yoga could be between them. "He was my inspiration for getting back in touch with teaching kids," says Lewis.

When Lewis became a staff member at Indigo Wellness in 2006, she and Indigo owner Abby Webster-Moran created the idea of family yoga. "That really took off," she says. Now Lewis also teaches yoga to children at the Rock Island Center for Math and Science and Garfield Elementary in Moline as well.

Anyone who's spent any time around kids knows their boundless energy can challenge the most tolerant adult. But Lewis found ways to address even that in a yoga class. For instance, Lewis moves through poses quicker and students jump around the room. "We don't stay in one place much of the time." Lewis also came up with the idea of "partner poses" where kids have to communicate with one another and create their own yoga forms. She adds there is a definitive difference between genders. "It's like a ying-yang pull. Girls are more focused while boys have this wild energy — boys want to move more."

Students also focus on breathing. Lewis explains, "Breathing is very powerful and gives you strength. Exhaling will work through tightness. When we're stressed, we hold our breath, and I talk to kids about stress — peer pressure, busyness, expectations. I tell them to breath in through the nose like they are smelling the prettiest flower or Mom baking chocolate chip cookies, then out the mouth. Nice and long — like blowing up a balloon. I engage their diaphragm so they have that connection on what the body's supposed to do."

The poses Lewis teaches are often animal related — a cow, cat, cobra and down dog (or downward dog). Lewis' experience has taught her that teaching children means preparation — sometimes requiring a quick game plan change. "Sometimes they're just too restless," says Lewis, "so we play different yoga games. In doing tree poses we build a forest of trees. And we play 'Yogi Says,' a spin-off of Simon Says where they all have to listen carefully."

Lewis notes that overall children grasp concepts easier than adults, and kids



Daina Lewis with some of her young pupils. (Photo by John Greenwood / Radish)

are less inclined to compare themselves to others and precisely mimic their teacher's pose; they have more creativity and they play using their bodies more. "Kids really do stay in the moment," says Lewis.

For those interested in getting their children active in yoga, Lewis suggests waiting until they are 3 years old or older. "With kids, you're teaching balance, differences between left and right, flexibility, how to stretch and where their body is. Yoga is a tool to help kids take care of their bodies, and will help them as they grow."

Lewis reflects how she wishes she practiced yoga back in her gymnastics days at Moline High, that it would have helped strengthen her courage, body awareness and alignment, and understanding how the body works when it's upside down. She adds that the fall-out of gymnastics — torn knees, shoulders and wrists — can be avoided by practicing yoga. "Yoga helps to have more body awareness in all sports," she says.

Today Lewis knows her work is effective with young people as she recounts one particular story that reiterated its value: a parent relayed that her son, getting so frustrated with homework, finally put down his pencil and announced, "I need to do some yoga."

"I got chills after hearing that," says Lewis.

You can meet Daina Lewis and participate in a free yoga class for kids at noon at the Healthy Living Fair.

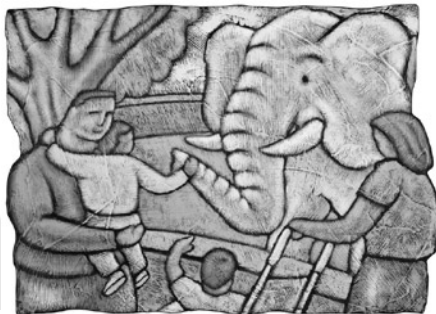
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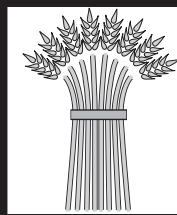
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body, mind & soul

Drum together

River Circle members find connection in rhythm

By Julie Barton

It's as old as the first human interaction and as current as New Age Medicine — people arriving as individuals, gathering together, and becoming in sync with the beating of a drum. A simple act, but powerful. River Circle, a Quad-Cities area drum circle, has been meeting for more than 10 years to carry on this method of forming community.

A group of roughly 40 people of differing ages, experiences and walks of life make up River Circle. They come from as far as Galesburg, Aledo and Dubuque to work toward their goal of bringing joy, love and healing to their community through a variety of spiritual practices. Their beliefs are not associated with a particular religion or group, but instead center on the core shamanistic principle that “all of creation is made of healing light and spirit,” says group member Angel Lyle.

They gather on the last Sunday of each month at Singing Bird Nature Center located in Black Hawk State Historic Site in Rock Island. The drum circle begins when a facilitator opens with a “sacred space” invocation. Some participants are quiet, some speak, but there is a basic foundation of trust in the circle.

“We are aware we are leaving the rest of our lives and inviting spirit,” explains Angel. “Rhythmic beat is like meditation — it slows brain waves down, and one feels connected to spirit.”

The group starts with one hour of drumming. Most use standard hand drums, like the djembe, and there are extra drums and rattles. While the sound is musical, the focus is more on joining together through rhythm. “People who come need to release things from their daily life, and they leave recharged,” says Steve Lyle, River Circle member.

After participating in the drum circle for about an hour, the group breaks for refreshments. This is followed by a special activity led by the facilitators, such as showing meditation techniques, sound healing, Tibetan singing bowls or a fire ceremony. Current facilitators for River Circle are Angel and

Steve Lyle, Julie Rowe, Janet Darmour-Paul, and Pam Siria.

River Circle, a nonprofit organization, is open to the public, and anyone is welcome to join. Group members emphasize that how a newcomer should act is however the spirit guides them.

Angel says drum circle audience members “can relax to the sound and experience the event with their senses — hearing the sound, seeing the people, feeling physically connected to the rhythm. All of the senses are connected, and participants have an active mind and active heart. You can become one through the senses if you focus.”

The Lyles, both longtime River Circle members, became involved with the group as part of a journey of personal growth. Steve explains that participating in the drum circle and sound healing started him down a spiritual path that has drawn him out of shyness and increased self-esteem. “Now I can truly share my authentic self. That’s what people need in this life — this is something you don’t see often in today’s world,” says Steve.

Angel sees River Circle as not only a way to grow as a person, but as a way to help those in her community to grow as well. “A sense of community and sense of support was important when I joined River Circle, and still is. To be able to give back and see what it can do for other people is icing on the cake, and it is just a joy.”

Bob and Carol Smith drive 50 miles from Galesburg to participate in the drum circle. “We enjoy the drumming and the people,” says Carol. “Some people come for a spiritual healing, but we don’t. We just enjoy it. It’s relaxing, even though it gets going sometimes. It makes you feel good and puts you in an upbeat mood. What’s so nice is no matter who you are, whether you have all the money in the world or have nothing, you come to drum circle and you’re an equal.”

You can see a River Circle drum demonstration at the Healthy Living Fair or visit rivercircle.org.



Meg Bolich drums in the circle. (Photo by Steve Lyle)

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environment

Summer upkeep

COSC guide offers green tips for home maintenance

By Radish staff

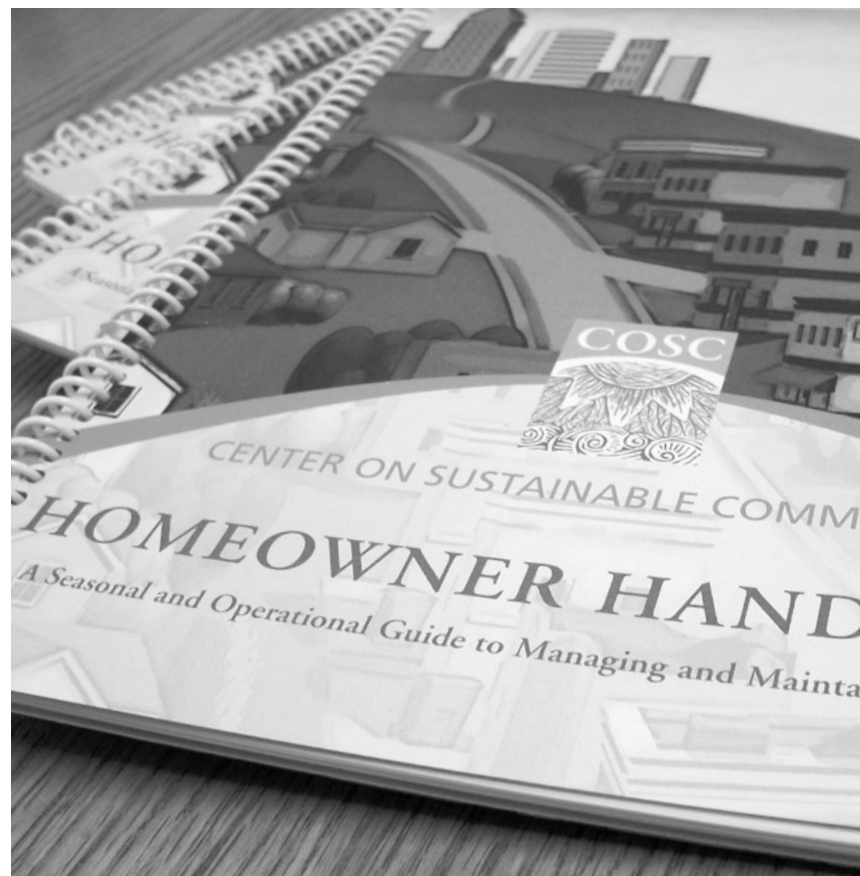
Warm weather started slowly in the area this year, but one thing is for sure — all that sunshine brings out the home-improvement enthusiast in many of us. Properly maintaining your home offers many benefits: It can make your home more comfortable, extend the life of your dwelling and save you money down the road.

For homeowners hoping to spruce up their abode while conserving resources and lessening the environmental impact of their household, the Center on Sustainable Communities has published a handbook for homeowners that offers maintenance suggestions organized by season. The handbook also contains detailed information on the upkeep and durability of interior and exterior features of the home, plumbing and electrical components, and appliances.

An entry on floor drains, for example, suggests that when water evaporates out of the drain trap, sewer gasses are able to enter the home through the drain. A simple preventative measure of pouring a pint of water in all unused floor drains every one to two months can prevent this problem. The guide goes on to suggest warning signs and steps to take if more action is needed.

The handbook also includes an extensive resources section with information on tax incentives, building guides, recycling programs, energy and water resources and sources for green building supplies. For true newbie homeowners, the handbook has a list of useful tools and materials for home maintenance.

COSC is a nonprofit organization founded in 2005 that seeks to empower individuals and communities to make everyday decisions that promote sustainability. This year, the COSC will be at the Healthy Living Fair distributing free copies of both the Homeowners Handbook and DVDs from their Affordable Green Building Series. Representatives will also be on hand to answer questions about green construction and household maintenance.



Submitted

What to do this summer

For those eager to start on summer maintenance, here is a list of tips recommended for the months of June, July and August in the Homeowners Handbook COSC will be distributing at the Healthy Living Fair.

- Clean air conditioning compressor with hose (straighten bent aluminum fins with a "fin comb" available at hardware stores).
- Check roof for damaged shingles or flashings.
- Set out garden hoses, check for leaks and repair. Check hose bibs for winter-freeze damage or obstructions. Replace "O" rings on all hoses to avoid leaks.
- Check windows for smooth operation (clean and lubricate as required).
- Check decks and exterior stairs for loose fasteners and retighten or replace. Seal wood decks if not sealed in the fall.
- Perform any necessary siding repairs and window/door caulking.
- Cut back shrubs and other plantings that are touching the house.
- Clean furnace and water heater intake and exhaust vents.
- Perform any exterior painting that is needed.
- Fill all floor drains with water.

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grower of the month

Tuftee's Garden

A family's farm legacy lives on in flowers and herbs

By Pamela Berenger

Whether it's looking at the flowers sitting in planters on tables covered with blue-checked tablecloths at the Davenport Freight House Farmers' Market or gazing at the rows of blooms in the family's greenhouse at Tuftee's Garden in McCausland, Iowa, flowers make Linda Tuftee happy.

"When you go out to the greenhouse and you see the first bloom of the season, you can't help but smile," Linda explains. "Flowers are happy, they make us happy."

Flowers have always been a part of Linda Tuftee's life, but it wasn't always clear they would be part of the family business. In the early 1980s she and her husband Dan decided to stop farming. They kept a few acres for a truck garden (a small operation where vegetables are grown to be sold at market) and a pick-your-own strawberry patch. Although the family closed the strawberry operation about 14 years ago, they expanded the family business to include a greenhouse.

"We couldn't quit everything," she says. "We did take a hiatus from the greenhouse after a few years and the kids said, 'You know, we need flowers.'"

Linda agreed. They reopened the greenhouse, added more square footage and today the family has 4,000 square feet of flowers and herbs. "It started as flowers and now it is a lot of flowers, herbs and vegetables," she says.

Tuftee's Garden is a family affair, Linda says. Their son Dale Tuftee, daughter Wendy Caves, and Wendy's 13-year-old son Corbin have dug in since they

reopened. The couple's youngest son Aaron recently moved back to the area and will join the family this season.

The operation starts early. In April and May when most people are getting their vegetable and flower gardens cleared off for spring plantings, the Tuftees have been working for months getting the flowers ready. They start planting seeds and plugs in early February so they're ready for the customers in late April and May.

The Tuftees do not carry bushes or shrubs, but they have a variety of annuals and bedding plants. One example is the Calla Lily, a beautiful addition to container gardens that can add height and texture. This year Linda has neon colors in yellow, lavender and flame.

'You see the first bloom of the season, you can't help but smile.'

"A lot of people don't think about them because it only blooms once," Linda says. "But the leaves remain and you can't discount the leaves. We try to give people new things and a quality product, something I would want to purchase. What can I say, I'm addicted."

The addiction includes herbs. Linda attended a class on growing and using herbs about 25 years ago at a community college. "I was hooked," she says.

The family grows well-known herbs like basil, parsley, oregano, thyme and lavender, but they also raise less common plants like lemon grass, lemon verbena and a bay tree.

Their specialty, according to Linda, is container gardening. If a customer buys one of their iron planters, it can be brought back the next year and replanted at cost. The price of the plant also includes learning how to care for it. It doesn't matter if the family is at the greenhouse or at the Freight House Farmers' Market, they're willing to share their knowledge.

The Tuftees' gardening know-how has come from a variety of areas including seminars, research and talking with other growers on what works and what doesn't. Dan's farming background provides the understanding of soil and controlling diseases and pests naturally, like using lady bugs for aphid control.

"We love to talk about how to care for the plant," Linda says.

Tuftee's Garden, 510 N. Cody Ave., McCausland, Iowa, is open 9 a.m. to 5 p.m. on Tuesdays, Fridays and Saturdays, 9 a.m. to 3 p.m. on Wednesdays, and 10 a.m. to 3 p.m. on Sundays. Go to tufteesgarden.com for directions, or visit them at their booth at the Davenport Freight House Farmers' Market on Saturdays.



Dan Tuftee waters flowers outside the greenhouse. (Photo by Paul Colletti / Radish)

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- 2 medium strawberries, sliced



Preparation

Combine cream cheese, honey and orange zest in a bowl. Spread bread with the cheese mixture. Place sliced strawberries on 1 piece of bread, top with the other.

Nutrition

Per serving: 128 calories; 4g fat (2g sat, 1g mono); 8mg cholesterol; 18g carbohydrates; 2g added sugars; 4g protein; 3g fiber; 191mg sodium; 63mg potassium.



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body, mind & soul

Inner peace

Teacher shares the practical insights of Buddhist thought

By Ann Scholl Rinehart

The Buddha gave 84,000 teachings for people to reach enlightenment, but all of them, according to Joe Gauthier, teacher at Lamrim Kadampa Buddhist Center in Iowa City, can be boiled down to this: “If you have a positive and peaceful mind, you’re going to be happy — regardless of your external situation. If you have a negative, disturbed state of mind, it doesn’t matter what’s surrounding you, you’re going to be unhappy.”

Cultivating that inner peace will be the focus of a community presentation from 6:45 to 8:30 p.m., Tuesday, June 7, at the Quad City Botanical Center in Rock Island, where Gauthier also offers meditation classes. The presentation, “Creating Happiness: The Art of Peaceful Living,” will be given by Gen Kelsang Jampa, an American Buddhist monk and the U.S. national spiritual director of the New Kadampa Tradition — International Kadampa Buddhist Union (NKT-IKBU). The presentation is free and everyone is welcome to attend.

“Inner peace is the goal for someone trying to find happiness in this world, using an internal approach,” Gauthier says. “You don’t have to be Buddhist to understand it. It’s practical for everybody. This talk will be about how to achieve that.”

Gauthier, 33, who grew up outside of Boston, was raised Catholic. He developed an interest in Buddhism as a teen and has practiced it seriously the past 10 years. “I loved how they explained reality. It sounded very true, very accurate,” he says. Meditation, he discovered, helped him calm down, gain control over his mind and relax. It also sparked his curiosity. “I wondered how far I could take it,” he says.

‘If you really want to find peace in your mind, you have to do something internally.’

Gauthier graduated with a degree in education from the University of New Hampshire. He taught troubled youths for a while, but left to pursue a better understanding of Buddhism and to deepen his meditation practice. He studied in Taiwan for a couple of years and in Europe for about a half-dozen years. It was his brother, Gen Kelsang Drubwang, the resident teacher at Akanishta Buddhist Center in Madison, Wis., who suggested he take a teaching position at the Buddhist center in Iowa City.

Gauthier said he was interested because he had spent a year in Madison and found Midwesterners to be “so beautiful, down to earth, friendly and welcoming,” he says. He moved to Iowa City in November 2009. In June, he will relocate to



Kadampa Buddhist teacher Joe Gauthier. (Photo by Ann Scholl Rinehart)

the Quad-Cities, having recently found a second location for Lamrim Center in downtown Davenport. He’ll continue to teach regularly in Iowa City.

He likes that Buddhism is still relatively new in the Midwest so he has the opportunity to introduce people to it. He enjoys people stopping by the center, not just for classes, but also to ask questions and learn more about Buddhism.

“I think people have a general caution when it comes to any sort of religion, which I think is good, personally. As soon as people attend classes and talk with me, they realize there’s no ulterior motive. We’re not looking to conquer the world. We just want to give people the chance to find happiness internally.”

He continues: “To find deep, stable and lasting happiness, that’s what we all want. We try in different ways to find it. A lot of times we’re not successful. The reason is that we’re neglecting our mind. We’re leaving out the key ingredient to the recipe of happiness. If you really want to find peace in your mind, you have to do something internally.”

Gauthier describes Jampa as “a very good teacher” who is “really looking forward” to his upcoming Quad-Cities presentation.

To learn more about the Lamrim Kadampa Buddhist Center, stop by the center’s booth at the Healthy Living Fair, June 18, or visit meditateiniowacity.org.

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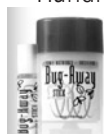
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Oldhaus rabbits

Family pets and family business are woven together

By Mary Blackwood

Flemish Giants. Satin Angoras. Fuzzy Lops. They sound like creatures from a fantasy novel or a video game. Actually, these are breeds of gentle rabbits that the Huebner family raises as pets, takes to shows and shears for wool. Oldhaus Fibers & Rabbits occupies a 155-year-old homestead in Amana, Iowa, which Joel, Kathi and their three sons share with dozens of rabbits.

The Oldhaus rabbits have large cages, heated water bowls and warm hutches for the winter. Often they are given the run of the unfenced yard and garden. They never stray and the neighbor's dogs don't bother them. In addition to giving cuddles, they provide wool that is spun by the Huebners into skeins to sell to knitters, weavers and historical re-enactors. In this family business, it falls to 14-year-old Ahren to care for the bunnies. What's the best part of that job? "Really cute baby bunnies," he asserts.

Angora rabbits grow huge coats of wool. Majik, a French Angora, molts, meaning she sheds her coat a few times a year. The wool is harvested by brushing through it and collecting the wool. Oscar, a Giant Angora, doesn't molt. Joel clips Oscar's coat with scissors, producing a bundle of wool as light and fluffy as a cloud. The wool is fed into a hand-cranked drum to smooth it out and to remove bits of dirt and twigs that naturally catch in the coat of animals that run around outdoors. The drum cards the wool into batts. After cleaning and carding, the wool is ready to be spun into fiber.

The Huebners are self-taught spinners, using videotaped lessons. Mom and sons spin on modern, foot-treadle wheels. Joel uses a 150-year-old spinning wheel. "I rescued it from an antique store and within an hour had it working again,"

he says, "I can spin on this wheel nearly as fast as the others on the modern wheels."

At fiber shows, the Huebners trade skeins with other spinners, acquiring alpaca, opossum and camel wool. Each is different in terms of texture and color. They ply these together with some of their own rabbits' wool, creating uniquely blended skeins. They also travel to Chickasaw County for bison wool, picking the tufts that cling to bushes and tree branches after the bison rub against them. Bison wool is rougher and sturdier than rabbit wool and makes a great fiber for weaving into carpets.

Their studio is a jumble of wool batts, skeins of yarn, spinning wheels, carders and skein winders. Some two-ply skeins are reminiscent of the rabbits, and the Huebners refer to skeins by the bunny names — "This is Ridiculous mixed with Majik, this is Froggy mixed with Sherri."

Given the growing interest in handicrafts nationwide, Oldhaus hand-spun wool, with its nubbinness and mix of fibers and colors, appeals to crafts people. "If you're going to spend hours knitting something by hand," Kathi says, "you don't want it to look factory made. If the yarn is too perfect, it won't have that wonderful handmade look."

Oldhaus fosters all-around sustainability. The rabbits eat greens from the garden, and their droppings in turn fertilize the garden, which produces berries, fruit and vegetables. The Huebners trade fertilizer for vegetables from other gardeners, too. They also sometimes trade yarn for food, as at Henry's Village Market in nearby Homestead, Iowa, which carries Oldhaus fiber. For the ultimate in do-it-yourself sustainability, all three boys know how to care for rabbits and spin wool. "At least we know they'll always have clothes," laughs Kathi.

See Oldhaus rabbits and yarns for yourself at the Healthy Living Fair, or visit oldhaus.net.



Ahren Huebner with an Oldhaus rabbit. (Photo by Mary Blackwood)

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outdoors

Mines of Spain

Much to see and do at this historic recreation area

By Barbra Annino

There are very few spots in the heartland where you can hike, hunt, canoe, bike, picnic, sightsee and enjoy a history lesson all in the same day. The Mines of Spain Recreation Area in Dubuque, Iowa, is one such place.

On a waterlogged spring day, my dog, Thor, and I drove out to the 1,387-acre recreation spot for a long overdue nature walk. The pathway we chose to begin our journey led us down a woodland trail — past walnut, ash and elm trees and into a clearing of tall prairie grass. Greeted by a symphony of Canada geese, woodpeckers, crickets and toads, we seemed to have the whole place to ourselves. (Although there was a time or two when I was sure Thor had his sights set on a mole or perhaps a woodchuck.)

The path wound around and up a hill until we came upon a gorgeous church with a crisp white steeple penetrating the sky. We learned from a marker it was built by a man named Otto Junkermann, a German immigrant who settled in Dubuque in the early 1800s. Junkermann established what was known as a “gentleman’s farm” on a portion of the land. He kept horses and cows and cultivated an extensive garden that featured rows of grapevines from which he crafted his own wine. He then opened a pharmacy in Dubuque and sold medicinal potions developed from his own recipes using the grapes grown on the property.

Past the ruins of the old Junkermann wine cellar, the Mississippi was clearly visible even on a cloudy day. Thor and I stood and watched a lazy canoe float by from the steep perch of the cliffs above. Designated as one of Iowa’s Watchable Wildlife Areas, one can’t help but wait and wonder if a bald eagle might sail by, or a bobcat leap from a limestone bluff while exploring the Mines of Spain.

With more to discover, we headed off again, bypassing an access road (you can also drive on designated roads to get from one area to another) and on to a forked path. One trail led to a prairie, the other through the woods. Thor chose the muddiest venue and I rolled up my jeans. Signs indicated that we were approaching a bridge that would take us to the Dubuque Monument and Catfish Creek.

Julian Dubuque, a French Canadian settler, is believed to be the first non-native to set foot on what is now Iowa soil in 1788. He received a land grant in 1796 from the Governor of Spain, Baron de Carondelet, who was residing in today’s New Orleans. The grant permitted Dubuque to work the land as long as he agreed to trade with Native Americans only if given written permission. Dubuque was believed to have been a champion for the native cause, becoming friendly with the area Mesquakie chief, Peosta. Many claim Dubuque married Potosa, the Indian Chief’s daughter. The men became comrades, each helping the other to gain success.

Both Dubuque and Peosta are buried in what is now the Mines of Spain Recreation Area. Their grave sites can be viewed on the property near the



The Dubuque Monument, more than a century old. (Photo courtesy of Dubuque CVB)


Dubuque Monument, a castle-like structure built in 1897. It sits high above the Mississippi on a vista that overlooks the park, the city, the river and Iowa’s neighbor, Illinois. Thor and I didn’t get to see it this time as the river was flooded, so be sure to check the river gage via minesofspain.org before you go.

On the trek back to the car, we chose a different route and stumbled across an old mining shaft. Lead mining, first practiced by the Native Americans and later by European settlers, was an important part of the history of this area.

Beyond the shaft we found a rugged path that lead towards the back of the EB Lyons Interpretive Center where visitors can learn more about the area, attend talks and classes or just stroll through a natural history. Located at the center is the Betty Hauptli Bird and Butterfly Garden, which features a number of native and cultivated plants (including dogwoods, wild bergamot and purple coneflower) that attract many types of butterflies and hummingbirds in warmer months.

It was a four-legged creature rather than a winged one, however, that made me think I’d be coming back to the park: Thor loved our trip to the Mines of Spain. It may become a new favorite in our romp rotation.

While the park is open 4 a.m. to 10:30 p.m. year-round, the center’s hours are more limited. Call (563) 556-0620 for hours and activities, or visit minesofspain.org.



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gardens

Good riddance

Tips and tricks to manage garden pests naturally

By Maggie Howe

I'll be honest with you — the biggest pests in my garden tend to be a wayward 10-year-old nephew with a penchant for “borrowing” shovels to dig holes and escaped miniature horses that like to hold dinner conventions in my garden. Most of what I grow are herbs, which are naturally very pest-free plants. However, having recently added an organic vegetable bed to my garden, I've been getting tips, tricks and advice on natural pest control from other Midwest gardening friends. Here are a few of my favorites.

Healthy soil

The first and best line of defense against insect, mold and fungi pests is to have healthy garden soil. Practice good gardening techniques such as mulching to reduce erosion and adding lots of compost and organic matter to your soil. Healthy soil contains lots of earthworms, good microbes and plenty of organic matter to properly nourish your plants. Healthy plants are better able to fend off pests.

Bugs and slugs

Not all bugs are bad. One gardening friend, in fact, makes it a point each year to visit a neighboring meadow to collect praying mantis egg cases, which she then places in her veggie garden. Her “pet” praying mantises guard her basil and other tender herbs the rest of the season.

However, most gardeners can live happily without slugs. Luckily, they are easy to manage naturally. Slugs can be trapped with used grapefruit or cantaloupe halves — they crawl in there overnight, and in the morning you simply dispose of the skins,

slugs and all (they make good chicken food). Small saucers of beer also will attract slugs, who fall in and drown. Or you can sprinkle a thick layer of crushed eggshells, diatomaceous earth, or used coffee grounds around plants; slugs won't crawl over those.

Diverse ecosystem

Rows of one type of plant are a pest's dream: an all-you-can-eat smorgasbord in one place. To discourage pests, mix it up! Plant some tomatoes in one area of your garden and some in another. Rotate your plants, so that you have different plants in different

areas of the garden each year. Learn about companion planting (no, that doesn't mean setting up a plant dating site). For example, plant chives with roses and basil with tomatoes. One gardening friend reports that interplanting onions with her tomatoes and lettuce kept the hungry rabbits away.

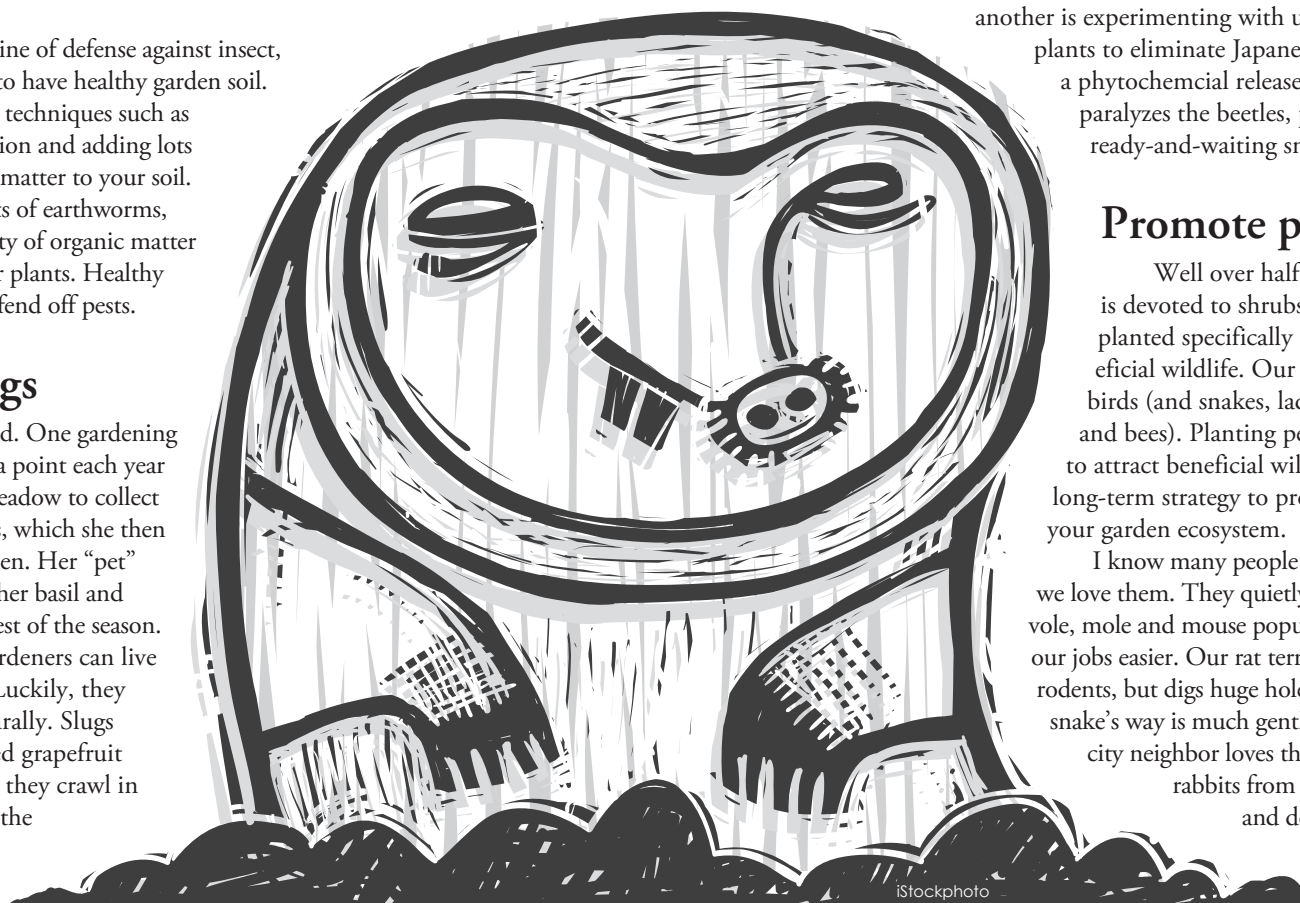
Love your aromatics

Planting aromatic insect-repelling plants like marigolds throughout the garden will help ward off a variety of pests. A fellow gardener reports that planting lots of calendula throughout her garden keeps away the dreaded tomato hornworms, while another is experimenting with using geranium plants to eliminate Japanese beetles. There is a phytochemical released by geraniums that paralyzes the beetles, providing a tasty, ready-and-waiting snack for birds.

Promote predators

Well over half our micro-farm is devoted to shrubs, trees and grasses planted specifically to encourage beneficial wildlife. Our farm is truly for the birds (and snakes, ladybugs, butterflies and bees). Planting perennials designed to attract beneficial wildlife is a wonderful long-term strategy to promote the health of your garden ecosystem.

I know many people dislike snakes, but we love them. They quietly keep down rabbit, vole, mole and mouse populations, making our jobs easier. Our rat terrier also dispatches rodents, but digs huge holes to do so! The snake's way is much gentler on the garden. My city neighbor loves that my cats keep the rabbits from his vegetable garden, and dogs keep away deer and raccoons on our farm.





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Thanks, Dad

Green gift ideas to celebrate Father's Day

By Sharon Wren

All those ties and soaps-on-a-rope add up: Each year, Americans spend \$8.6 billion on Father's Day gifts, according to "Celebrate Green! Creating Eco-Savvy Holidays, Celebrations and Traditions for the Whole Family." With a little creativity, it's possible to spend those dollars (or better yet, save them) on gifts that will make both Mother Earth and dear-old Dad happy.

"Giving experiences instead of gifts can be great for the environment if you choose experiences that are close to home, or can be reached by walking, biking, public transit or carpooling," says Lynn Colwell, co-author of "Celebrate Green!"

A canoe trip down one of the local rivers, for example, is both a green and memorable experience to give. If Dad is a baseball fan, he might appreciate tickets to see the Quad Cities River Bandits, the Cedar Rapids Kernels, the Burlington Bees or the Clinton LumberKings. Or your family might set up a treasure hunt and give Dad clues to locate using a GPS device. "An active father might like going on a favorite hike (but make sure he doesn't have to carry anything) and a picnic using foods he loves," suggests Colwell.

Helping out around the house is always appreciated and makes a great gift from a child. You could also volunteer to do chores Dad hates, like cleaning the gutters or weeding the garden. Make some chores, like oil changes, more eco-friendly by buying synthetic oil and quality shop towels instead of paper ones.



Consider giving experiences instead of items as gifts. (McClatchy Newspapers)

"Give a monthly car wash (on the grass, not pavement) or coupons to a green car wash," suggests Colwell.

Dad is no exception to the old adage that the way to a man's heart is through his stomach, according to Colwell. She suggests another great gift would be to "spend the day in the kitchen making Dad's favorite foods, enough to keep plenty in the freezer. If he's not into healthy items, see if you can find alternatives to his favorites using healthier, preferably organic, ingredients."

'An active father might like going on a favorite hike and a picnic using foods he loves.'

For a father who enjoys cooking, sign him up for a CSA membership. If he loves adding fresh herbs to his recipes, you can surprise him with a herb container garden. A father who grills might appreciate something to protect his clothes, like a hemp barbecue apron. Buy a plain one and add your own design, like his name or a favorite cooking saying. If you really want to go green, skip the iron-on transfer and embroider it instead. Organic embroidery floss is available online.

If Dad is always thinking of others, Colwell has you covered. "Make a donation in his name to a charity he cares about, or spend the day fundraising for the organization. Let Dad decide what you're going to do together as a family for the whole day. Feel free to make suggestions, but it should be up to him!"

If you're planning to hit the stores for a gift, try thinking outside the mall. "When you're going to buy, consider getting things that have minimal packaging, can be recycled or re-purposed, are made from recycled and/or re-purposed items, and that Dad wants," says Colwell. "Purchasing something 'just to get him something,' means it may sit on a shelf, which is just as much of a waste as tossing it in the trash."

Some dads are hard to shop for because they have everything. "Whatever his hobby is, see if you can find some stuff he's not using and turn it into something he can," say Colwell. "For instance, almost everyone can use a box to store stuff in. If he's a wood worker, decorate the top of a box with nails or screws. Fisherman? Make some lures and glue them on. Turn a book into a safe. The idea is to use the things he likes to do as a jumping off point for a gift. You also could decorate something he owns (being sure he won't be upset), like walking sticks or his home office chair. There's very little you can't decoupage!"

When it comes time to wrap your gift, Colwell suggests using something that can be reused like a shirt, or simply not wrapping the gift at all. A big grin may be all you need to say, "Here's something special for you, Dad."

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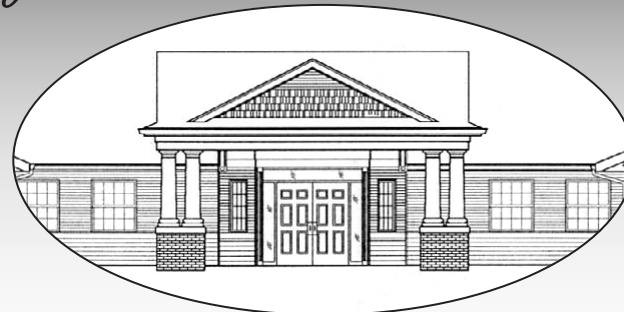
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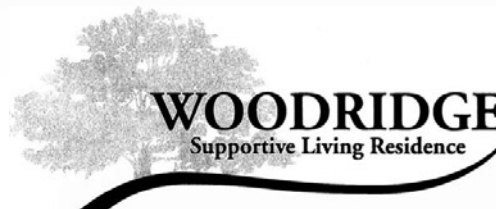
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Juneteenth celebrates powerful moment in American history

By Sharon Wren

There's a full day of activities planned for this year's Juneteenth celebration, to be held June 18 at LeClaire Park in Davenport. The event kicks off with a parade around the park, led by the Metropolitan Drill Team, at 8:45 a.m. "We'll have gospel singing, blues bands, poems, and all kinds of different activities on two stages," says Dr. Ida Johnson, executive director of United Neighbors, the group coordinating the event.

Johnson, who describes the event as being like a carnival, says planned activities include train rides, a petting zoo and board games. There also will be vendors, food and informational booths. A concert featuring the band Slave will perform reggae and other music will run from 7 to 9 p.m. Admission to all activities and the concert is free.

"We had almost 3,000 people last year and we're hoping for a bigger crowd this year," says Johnson. "It's a family day, so we're hoping families will come out and bring their kids." In the event LeClaire Park is still too wet to host the event, plans are in place to hold it at the River's Edge.

The oldest-known celebration marking the end of slavery in the United States, the official Juneteenth date is actually June 19. On that date in 1865, Union troops led by Maj. Gen. Gordon Granger landed in Galveston, Texas, and reported that the Civil War was over and slaves were free. The Emancipation Proclamation had ended slavery two and a half years earlier, on Jan. 1, 1863, but had little effect in Texas, due to the small number of Union troops to enforce it. The arrival of Granger's troops meant that the proclamation was put into action.

Juneteenth is celebrated all over the country, according to the official website, juneteenth.com. Some cities host barbecues, speeches and Miss Juneteenth contests. Families can hold special dinners, discuss history or read some of the poetry available on the website. The site also suggests using the day to make new resolutions, recommending families "emphasize the mandates of responsibility and striving to be the best you can be."

In a press release, President Obama has said of Juneteenth, "This occasion ... is a time not only to celebrate the rich heritage and many accomplishments of African Americans in our country, but also a time to reflect on the common values and ideals that we share as Americans. Our nation is stronger because of the generations of struggles for equal rights and social justice, and our culture is richer because of the contributions of African Americans throughout our history."



Allissa Clay, left, and Shania Coffee enjoy a stage performance at the 2008 Juneteenth celebration. (Photo by Paul Colletti / Radish)

You can learn more about the event and this year's activities by calling (563) 322-7363, or visiting quadcitiesjuneteenth.com.

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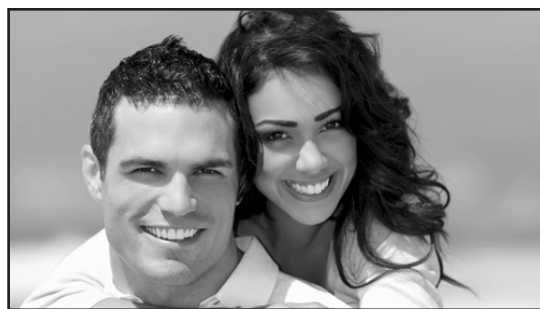
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Augustana College sorts its way to the top of recycling challenge

Augustana College recently won second place in a nationwide recycling competition called RecycleMania for the amount of paper recycled on campus. More than 350 colleges and universities nationwide participated in a variety of categories over an eight-week period, resulting in a total of 91 million pounds of recyclables and organic materials being collected. This prevented the release of nearly 270 million metric tons of carbon dioxide, the equivalent to the annual emissions from more than 52.8 million passenger cars. Among other Illinois schools, Augustana won first place for overall amount of recycling per person, first place for recycled paper, first place for bottles/cans and second place for cardboard.

Davenport company helps households cut down on energy waste

Take Charge, a start-up based in Davenport, is now shipping eco-friendly devices called PowerSavers. The devices are designed to eliminate standby power to appliances and electronics, saving energy, money and battery life, the company says. The Take Charge PowerSavers are available in three models priced between \$19.95 and \$29.95. Denny Miller, CEO of Take Charge, estimates "if everyone in the United States used a Take Charge PowerSaver, energy savings would translate to a total of over \$6 billion dollars annually."

Energy efficiency, renewable energy grants available for small Iowa farming operations

Cutting energy costs can be, well, costly. Before the savings start to pay off, significant investments in technology, time and resources are sometimes needed to make the change. For small- to mid-size farmers, the initial investment can be enough of a reason to take a pass on better practices. However, assistance is available. Help implementing a variety of conservation, efficiency and renewable energy practices on small- to mid-size farms in Iowa is now available through grants being offered by the Farm Energy Working Group of the Leopold Center for Sustainable Agriculture. Proposals for up to \$2,000 will be considered to pay for the farmer's time for installation, administration, report writing and some materials. No matching dollars are required, though the grants cannot cover any equipment purchases. The deadline for proposals is June 15. For more information, call (319) 273-7599 or visit www.ceee.uni.edu/farmenergy.aspx.

A life-threatening illness does not have to be isolating; find community at retreat

Are you facing a life-threatening illness, or caring for someone who is? You are not alone. Join others to reflect on your experiences and reconnect with the powerful resources of faith and community at an afternoon retreat hosted by the sisters of St. Mary Monastery from 1 to 4 p.m. June 15. Presenters will include Lynn Batcher, Bob Hansen and Helen Carey. Cost to participate is \$15. For more information or to register, call (309) 283-2108 or email retreats@smmsisters.org.

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Self-healer to lead workshops in Davenport

On June 25 and 26, Meir Schneider, founder of The School for Self-Healing in San Francisco, will visit the Quad-Cities to give lectures and conduct two days of self-healing workshops. Schneider has traveled the world to promote his healing methods for those afflicted with poor vision, muscular conditions, breathing problems and nervous system disorders. Schneider's workshops in the Quad-Cities are being held at the Institute of Therapeutic Massage & Wellness, 1730 Wilkes Ave., Davenport. For more information, contact Ron Thiele at (563) 570-8552.

Help available to Illinois farmers and food handlers for organic certification

The cost of obtaining or maintaining an organic certification just got less expensive for Illinois farmers and food handlers: The Illinois Department of Agriculture says it has funds available to help cover up to 75 percent of the certification costs (up to a maximum of \$750). These funds can be applied towards application fees, inspection costs, travel costs/per diem for organic inspectors, user fees assessed by organic certifiers, soil health tests related to USDA organic certification and administrative expenses for the fiscal year that ends Sept. 30. For more information, contact Delayne Reeves of the Department of Agriculture's Bureau of Marketing and Promotions at (217) 524-9129 or delayne.reeves@illinois.gov.

Save some nickels and dimes while venturing into the great outdoors

June is National Great Outdoors Month, which is a wonderful time to enjoy fun outdoor activities with family and friends. This year, private campgrounds, RV parks and resorts that are affiliated with GoCampingAmerica.com will celebrate the occasion by offering a 20 percent discount on camping during the first three weeks of June. In addition, GoCampingAmerica.com will also provide e-coupons that consumers can use to obtain discounts at Camping World stores and RV rentals booked through El Monte RV, which has agreed to provide 500 free miles plus 50 free miles a day to GoCampingAmerica visitors who rent an RV for at least one week during the June 1 to 25 period.

To scale back waste, start with a trash audit

Whether you're trying to cut down on waste to save money on garbage fees and trash bags or to help the environment, a waste audit will let you know exactly how much ends up on the curb every week. To conduct an audit, collect a day's trash, weigh it and then multiply that number by seven to get the amount of trash thrown out in a week. To see how much is thrown away by your family in a year, weigh trash daily for a week, then multiply that number by 52. That will be an estimate, as the amount of trash varies by the time of year (holidays tend to generate more garbage than regular days). Then, sort the trash into three categories — recyclable, compostable, trash — and count and weigh each. The results may surprise you. To start bringing the number down, take simple steps like buying items with minimal packaging or planning meals that use leftovers to eliminate food waste, depending on your weightiest category.



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MARKET TRIVIA

(Story on page 6)

Answers:

- 1) C. According to the U.S. Department of Agriculture, there are 6,132 farmers' markets as of 2010. This represents a growth of nearly 31 percent since 2008 when the USDA counted 4,685 markets nationally.
- 2) D. Did you peek at page 38 to find the answer? If you did, you would have counted 50 farmers' markets. Radish also maintain a list of these markets online (radishmagazine.com/markets), where you can find a map pinpointing the location of each market in our readership area.
- 3) D. At 255 years, Lancaster, Pennsylvania's Central Market is the oldest U.S. market still in operation. It predates the Revolutionary War! That kind of longevity may be rare, but plenty of farmers' markets have staying power. Of the markets tracked by the USDA, 14 have been in operation for more than 100 years, and fully 37 percent of U.S. farmers' markets have been in operation for more than a decade according to "Farmers Market Today." That works out to be about 2,269 markets.
- 4) B. June is prime lettuce season, before the heat of the summer causes the tender plants to bolt. According to the Learn Great Foods fruit and vegetable calendar, June is also a good month to look for beans, blackberries, cherries, cucumbers, herbs, potatoes, rhubarb, squash, strawberries and zucchini.
- 5) A. Dairy and fish aren't the only sources of calcium! According to the Mayo Clinic's "Encyclopedia of Food," a half cup of raw rhubarb contains 52 milligrams of calcium (roughly a third of what is found in a half cup of milk). Blackberries contain 29 milligrams, summer squash 24 milligrams, and green beans 23 milligrams.
- 6) D. If it's variety you are after, September is the month to be at the market. According to Learn Great Foods, apples, beans, broccoli, cabbage, cantaloupes, eggplant, lettuce, garlic, herbs, onions, peaches, pears, peppers, pumpkins, raspberries, squash, sweet corn, sweet potatoes, tomatoes, watermelons and zucchini are all in season then.
- 7) A. According to the USDA, one out of every four vendors derives their entire farm income from selling their goods at a farmers' market. On average, vendors are able keep 90 cents for every dollar they sell at a farmers' market, whether or not it is their sole source of farm profits.
- 8) True. Upwards of seven out of 10 vendors at farmers' markets nationally are selling fruits, vegetables and meats they raised themselves, according to the USDA. When you factor in vendors selling craft items and baked goods they produced, this figure goes even higher.
- 9) False. A study published by the Leopold Center for Sustainable Agriculture in December 2009 found that during peak season (July and August), local produce costs equal to or less than the equivalents available in supermarkets.
- 10) False. This depends on the vendor. Some only accept cash, some take checks, and some are able to process cards. However, keep in mind that although many market vendors take credit or debit cards, they have to pay a fee to the card company (usually a percentage of the sale) for each transaction. Thus, when you pay cash, more money goes to the farmer and then circulates within the community.
- 11) True. Going organic has proven to be a savvy business decision for many farmers' markets, according to the USDA. Farmers' markets that sell organic products report larger numbers of customers, larger numbers of vendors and higher monthly sales.

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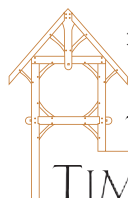
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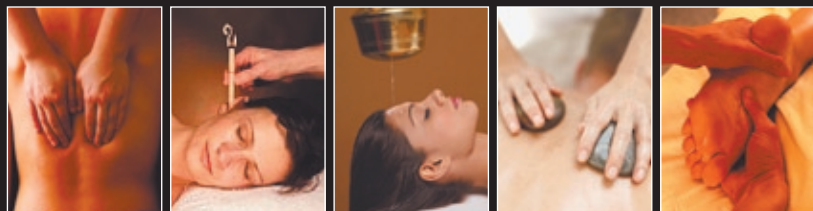
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farmers' markets

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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 Oct. 29. (815) 875-6468

CARROLL COUNTY

Mt. Carroll Farmers' Market, west side of courthouse on Main Street; 8 a.m.-noon Saturdays, through Oct. 29. (800) 244-9594

HENRY COUNTY

Geneseo Farmers' Market, City Park and Pearl Street; 8 a.m.-noon Saturdays, June 25-late October or early November. (309) 269-7409

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, through Sept. 28. (309) 852-2175

JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, through Oct. 28. (815) 598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through Oct. 15. (815) 777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. June 5, 19; July 3, 17, 31; Aug. 14, 28; Sept. 4, 11, 25; and Oct. 9. (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 St., through October. (815) 947-3197

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. 24 and 3:30-6:30 p.m. Wednesdays, June 15-Sept. 21. (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. 29. (309) 368-9844

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 7-Sept. 29. (309) 483-6467

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd streets; 7 a.m.-6 p.m. Wednesdays and 7 a.m.-noon Saturdays, through Oct. 29. (815) 284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, through Oct. 22. (309) 837-4855

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 9-Oct. 13. (309) 582-2751

OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 7-Sept. 29. (815) 946-3131

PEORIA COUNTY

RiverFront Market, on the corner of Water and Liberty Street, Peoria; 8 a.m.-noon Saturdays, June 4-Sept. 4. (309) 671-5555

ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 29. (815) 778-4483

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2-5 p.m. Wednesdays, through October. (309) 756-9978 ext. 10

Main Street Market, 700 block of 15th Avenue, East Moline; 2-6 p.m. Thursdays, through Sept. 15. (309) 236-4751

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 29. (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, June 3-Oct. 28. (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. 1. (563) 886-2076

CLINTON COUNTY

DeWitt Farmers' Market, 5th Avenue and 10th Street (Lincoln Park), downtown DeWitt; 3:30-6:30 p.m. Mondays and Thursdays, through Oct. 13. (563) 676-3689

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, through Nov. 1. (563) 577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 30-Sept. 24. (563) 577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, through Oct. 27 (June 9, 16 and Sept. 15 at Crapo Park). (319) 752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa, 12th-13th streets; 7 a.m.-noon Saturdays, through Oct. 29. (563) 588-4400

Fountain Park Farmers' Market, Fountain Park Plaza, 2728 Asbury Road, Dubuque; 3-6 p.m. Thursdays, June 2-Sept. 29. (563) 588-2700

HENRY COUNTY

Mount Pleasant Farmers' Market, Wright Family Pavilion at McMillan Park, Walnut Street; 4-6 p.m. Wednesdays and 8:30-11 a.m. Saturdays, through Oct. 15. (319) 931-1458 or mpfarmmarket.org

IOWA COUNTY

Amana Colonies Farmers' Market, Henry's Village Market, V Street, Homestead; 4-7 p.m. Fridays, through Sept. 23. (319) 622-3931 or henrysvillagemarket.com

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, through Sept. 24. (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. 29. (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 Oct. 6. (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-noon Saturdays, through Oct. 29. (319) 356-5210

Lone Tree Farmers' Market, North Park, 402 N. Devoe, Lone Tree; 4-6:30 p.m. Tuesdays, June 7-Oct. 25. (319) 629-4299

Sycamore Mall Farmers' Market, west end of Sycamore Mall parking lot, Iowa Highway 6 and Sycamore Street, Iowa City; 3-6 p.m. Tuesdays, through Oct. 25. (319) 338-6111

LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th and Avenue B; 4:30-6:30 p.m. Thursdays, June 2-Sept. 29. (319) 372-5471

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 7-11 a.m. Saturdays, through Oct. 8. (319) 524-3985

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. 22, except for June 4, 18; July 2, 16; Aug. 6, 20; and Sept. 3, 17. (319) 286-5699

Downtown Farmers' Market, 3rd and 4th Avenues SE, 2nd to 5th Streets, downtown Cedar Rapids; 7:30 a.m.-noon, June 4, 18; July 2, 16; Aug. 6, 20; and Sept. 3, 17. (319) 398-0449 or downtowncr.org

Green Square Farmers' Market, Green Square Park, 3rd Avenue and 5th Street SW, Cedar Rapids; 4-6 p.m. Thursdays, June 1-Aug. 31. (319) 286-5699

Mount Vernon Farmers' Market, Memorial Park, 1st St. W., Mount Vernon; 4-6 p.m. Thursdays, through Oct. 13. (319) 310-6399

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through Oct. 21. (319) 286-5699

LOUISA COUNTY

Louisa County Farmer's Market, American Legion parking lot, 99 2nd St., Columbus Junction; 4:30-6:30 p.m. Fridays, through Oct. 14. (319) 728-7971

SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, through Oct. 27. (563) 332-5529

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

Davenport Farmers' Market, parking lot of NorthPark Mall, Davenport; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 29. (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 Oct. 29. (563) 322-6009

Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, through Oct. 31. (563) 332-5529

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food for thought

Rural revival

The next farm bill could reshape the heartland economy

By Food & Water Watch

Not long ago, towns all over rural America had vibrant economies based on farming and agriculture. There were independent grain mills and local dealers for seeds, fertilizers and other inputs, as well as a slaughter facility to process farmers' livestock. The income from agriculture sources then circulated throughout the community, providing steady jobs and stable income for a large portion of the town's population. But things have changed. Now many rural downtowns lay silent, with empty buildings where locally owned business once were.

The rise of industrial agriculture has led to the death of local agriculture and food production systems and the rural economies that revolved around them. The changes in rural communities are getting harder to ignore. The average age of American farmer operators, now at 57 years old, has been steadily increasing over the last 30 years, as fewer younger people are getting into farming. Farmers cannot make a living anymore selling their farm products, and more than half of all farms in the United States depend on nonfarm income to cover farm expenses.

The change from regional to national food networks wasn't simply the result of better logistical systems or the growth of interstate highways. The rise of agribusiness consolidation and corporate mergers led to the loss of vital local infrastructure. When networks of small-scale, independent livestock auctions, grain mills, slaughterhouses and food processing plants disappeared, they often took the economic fortunes of rural communities with them.

Some foods like fruits and vegetables can be locally grown and distributed directly to consumers through farmers' markets and community-supported agriculture plans. But many other crops, like grain, milk and livestock, need to be processed in some way before they are ready for consumers to buy as bread, milk, butter, cheese or meat. Even fruits and vegetables need processing to be turned into "value-added" products like frozen vegetables, sauces or jam. The infrastructure that used to exist to allow smaller independent producers to bring these products to nearby markets disappeared when rapidly consolidating agribusiness companies bought up processing facilities, closing those that were duplicative or not "efficient" enough.

The loss of these local meat packers, poultry producers, milk processing plants and grain elevators can wipe out rural economies. Independent slaughterhouses, milk and meat processing firms, locally owned grain elevators and local feed and equipment dealers provide employment, investment and stability to rural communities. Economically viable farms are the lifeblood of rural communities. The earnings from locally owned and locally controlled farms generate an economic "multiplier effect" when farmers buy their supplies locally and the money stays within the community. When these businesses disappear, the earnings and profits from meat packer-owned feedlots and hog-production facilities are shipped to corporate headquarters instead of invested locally.



Photo by Paul Colletti / Radish

This change in the food system didn't happen by accident. Decades of bad farm policy and misdirected economic development policy drove these changes in rural economies. It's time to rebuild the links in the food chain that connect farms and ranches with consumers, and to make sure that independent, locally owned businesses are part of that rebuilding.

Every five years, Congress passes a farm bill that creates hundreds of millions of dollars of spending by the U.S. Department of Agriculture on rural development. Unfortunately, many past farm bills have focused funding only on larger projects that don't help rebuild regional food systems. Funding needs to be dedicated to reinvigorating the local economy by investing in small- and medium-sized agricultural enterprises. These investments would maximize returns to the local economy and allow smaller regional food producers to process their products and bring them to market.

The next farm bill needs to focus on leveling the playing field for independent farmers, ranchers and food processors and to redirect rural development programs to rebuild missing infrastructure that can serve regional food systems, not corporate supply chains.

To learn more about this and other Food & Water Watch calls to action, visit their booth at the Healthy Living Fair or go to foodandwaterwatch.org.

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Illustration and map by Kermit Stevenson

Your guide to the 2011 Healthy Living Fair

The fifth annual Healthy Living Fair — a celebration of local and natural foods, health and fitness, nutrition and the environment — will be held Saturday, June 18, 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 the favorite by popular applause will be featured in a future issue of Radish magazine.

New this year will be a yoga for kids demonstration. Bring a yoga mat and a youngster and join instructor Daina Lewis for some kid-friendly yoga poses at noon. When the kids are done stretching, stroll over to the Heartland Criations booth to visit the alpacas, then stop by the Oldhaus Rabbits booth to pet angora bunnies.

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. Baked goods, beverages, hot sandwiches, kettle corn and more will be for sale at the fair and the adjacent farmers' market.

For more information about the Healthy Living Fair, visit radishmagazine.com. Support for the Healthy Living Fair is provided by The Friends of Radish: Metro, WQAD-TV NewsChannel 8, WQPT Quad-Cities PBS, and Zimmerman Honda. Sponsors include Davenport Levee Improvement Commission and the Freight House Farmers' Market.



Scheduled activities

• **9 a.m., Quad-Cities Largest Yoga Class V:** Grab your mat and join Jeani Mackenzie of the Davenport School of Yoga on the east lawn of the Freight House Farmers' Market for a free, 30-minute class covering basic yoga positions in the Hatha Style.

• **10 a.m., Drum Circle:** Get into the rhythm with members of River Circle in this drumming demonstration on the covered market stage adjacent to the Freight House.

• **11 a.m., Pet of the Year contest:** Will dogs continue to dominate the Pet of the Year contest, or will a cat, rabbit or other furry friend take the title? Bring your beloved family pet to the covered market stage or come to clap for your favorite critter.

• **11 a.m. to 2 p.m., Folk, gospel and more:** Ready to take a break between visiting all the great activities and booths? Relax a minute on the stone stage on the south side of the Freight House and hum along with the music of Good Company.

• **Noon, Yoga for kids:** Instructor Daina Lewis will lead the littlest yogis at the fair in a fun half hour of stretching and smiling. Bring a mat and any youngsters ready to try tree pose in this free class on the covered market stage.

• **1 p.m., Tai Chi:** As intriguing to watch as it is to practice, this demonstration by River City T'ai Chi Ch'uan instructor Scott Caulpetzer will include variations using staff and sword. Check it out on the covered market stage.



Jazzy, the 2010 Pet of the Year, with owner Ron Bellomy. (Photo by John Greenwood / Radish)

Happening all day

• **Local foods cooking demonstrations:** Watch Slow Foods Quad Cities make the most of what is in season at the market using simple, healthful recipes. Find out how easy it is to make your own salad dressings, herb butters, pesto and more.

• **Solar oven cooking:** Frequent Radish contributor Sharon Wren has been at work on a cookbook for solar ovens. Learn more about what she has discovered along the way and see for yourself how the heat of the sun can be harnessed for cooking as Sharon bakes cookies at the Radish booth.

• **Green your home:** With new products and practices coming onto the market each year, it's easier than ever to build and maintain an eco-friendly home. Find out how at the Center on Sustainable Communities booth, where you can also pick up a Homeowners Handbook and DVD for free.

• **Meditation demonstrations:** Watch demonstrations by the Lamrim Kadampa Buddhist Center and Quad Cities TM of different meditation techniques and learn how the practice of meditation can relieve stress, improve health and bring clarity of mind.

• **Hands-on energy activities for kids:** The University of Northern Iowa Center for Energy & Environmental Education will have a variety of educational projects on offer for kids. Find out 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 — the same technology used by astronauts on the moon! 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.

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Healthy foods: There is plenty to tempt your taste buds at the Healthy Living Fair. Sip health and wellness teas and tisanes from Ancient Wisdom Acupuncture Clinic. Sample wholly local grape juice from the Iowa Grape Vines Winery. Try a taste of local cream-top milk, yogurt, cottage cheese, sour cream, butter and hard cheeses from Kalona Organics. Pick up healthy shake recipes from QC Pain & Wellness that make use of locally grown fruits from the farmers' market. Or try a little food for thought: Learn about the Quad-Cities local food movement and meet Augustana Farm2Fork students, then find out from Food & Water Watch what you can do to help protect our vital food and water resources.

Alternative transportation: A wealth of alternative transportation options are available in Radishland, but rarely do you get a chance to see so many of them in one location. Check out the Save Something Green bus from Metro and get some practice loading a bike onto the bus rack. Pick up a schedule for the Channel Cat water taxi and take a peek at The Loop, the only single-route bus in the U.S. that crosses two bridges in two states. You can also take a spin on Zing, a recumbent bike designed by Iowa native Allan Pritchard. Learn more about the Keep on Truckin' truck powered by biodiesel made at Augustana College using cooking oil from the school cafeteria. Or kick the tires on the newest hybrid cars from Zimmerman Honda.

Sustainable energy: Curious as to ways you can reduce energy consumption in your home and green your household? Explore your options at the many Healthy Living Fair booths dedicated to helping you do just that. The Illinois Renewable Energy Association, Iowa Renewable Energy Association and Center on Sustainable Communities will all be on hand with information to share. RJ Construction will showcase solar panels and wind energy ideas for homes and farms. You can even learn from Rich Dana of the National Center for Appropriate Technology how to make a five-gallon biodigester in your own backyard.



Photo by John Greenwood / 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 kebobs, lemon shake-ups, gourmet coffees and more.

Marketplace: Southeast of the Freight House you will find more than 60 exhibitors from Iowa and Illinois offering a variety of healthy living products to purchase and services to sign up for, including chiropractic methods, natural foods, cookbooks, beauty and hair-care products, lawn and garden supplies, native plants, hand-crafted jewelry, organic lawn care, health screenings, yoga and more.

More downtown: There is plenty more to see and do in downtown Davenport, all within a short stroll of the fair. Just a few blocks away is the Figge Art Museum (figgeart.org), the River Music Experience cafe and museum (rivermusicexperience.org), and the German American Heritage Center (gahc.org). You can also visit LeClaire Park and join in the Juneteenth festivities celebrating our nation's efforts to extend freedom to all citizens, or take a walk along the paved Mississippi River Trail, which connects several parks and recreational areas. For more information, visit downtowndavenport.com.

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Dr. Paul R Black: Discuss Invisalign treatment, the high-tech clear alternative to ugly metal braces, with Dr. Black. invisalign.com

Black Hawk College: Find out about green initiatives on campus, sustainable energy courses and careers in the wind and solar industry. bhc.edu

Center on Sustainable Communities (COSC): Ready to green your home? COSC can help. Pick up free resources, including COSC's Homeowner Handbook and Affordable Green Building Series DVDs. icosc.com

Davenport School of Yoga: Stop by and learn how yoga can help you feel better, live healthier and enjoy life from the Quad-Cities "original" yoga studio. davenportschoolofyoga.com

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Earth Keepers: Find out about this coalition of congregations called to be stewards of the earth through education, advocacy and actions which protect and restore our resources.

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

Food & Water Watch: Get involved in helping to create a healthier, sustainable and safe food system. foodandwaterwatch.org

Generations Area Agency on Aging: Taste a favorite salad from our GenAge Café menu and learn about services that can help seniors. genage.org

Green Bottoms Cloth Diapers: No plastic pants, no pins, no harmful chemicals — learn more about the benefits of cloth diapering. greenbottoms.com

The Healing Heart Center: Learn more about classes and workshops offering holistic integrative healing. thehealingheartcenter.org

Holmes Shoes: Learn about footwear options that protect your feet and spine, build muscle tone and burn calories. holmesshoes.net

HomeWorks Central: Learn which energy-saving home improvements qualify for tax credits, then schedule a free, no obligation estimate for your home. homeworkscentralonline.com

Illinois Renewable Energy Association: Learn about opportunities for energy efficiency and renewable energy in your life and community. illinoisrenew.org

Inner Health Chiropractic: Have your nerves checked with an Insight scan and learn how they relate to your health. myinnerhealthchiro.com

Institute of Therapeutic Massage: Find out if a career in massage therapy and alternative wellness is for you. learntomassage.com

Iowa Grape Vines Winery: Discover this family-owned winery producing dry to sweet wines, grape juice, jams and jellies. iowagrapevines.com

Iowa Renewable Energy Association: Interested in sustainable, appropriate use of renewable energy technologies? Get unbiased and current information here. irenew.org

Juice Plus+: Discover a convenient, inexpensive way to get more fruits and vegetables into your diet. juiceplus.com

Kalona Organics: Sample local organic dairy products. Sign up to win a free T-shirt. kalonasupernatural.com

Dr. Krista L. Kukarans: Discover gentle dentistry with a caring touch. kukaransdds.com

Lamrim Kadampa Buddhist Center: Happiness begins within. Learn about meditation classes in the Quad-Cities and Iowa City. meditateiniowacity.org

Lundgren Family Chiropractic: Get a free spinal screening and receive a printout about the health of your spine. lundgrenchiropractic.com

Newhouse Health Solutions: Receive a free thyroid screening and information on how to interpret the results. newhousehealthsolutions.com

Norwex: Pick up free samples and discover how you can reduce the use of chemicals in your home. norwex.com

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Palmer Center for Chiropractic Research: Find out about current research studies on low back pain, high blood pressure and Temporomandibular (TMD) disorder. palmer.edu



Photo by John Greenwood / Radish

Progressive Action for the Common Good Local Foods Initiative: Learn about PACG's mission to educate and mobilize municipalities and their citizens, and register for the 2011 PACG Earth Charter Summit. qcprogressiveaction.org

Q-C Pain and Wellness Center:

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QC Wellness Association: Obtain information on preventative and non-invasive help for challenges like diabetes, osteoarthritis and bone health.

Quad City Rain Barrels: Learn more about recycled, food-grade rain barrels and organic compost tumblers produced locally. quadcityrainbarrels.com

Red Barn Organics: Find out about organic lawn, garden, household and pet products. Discover a variety of hand-crafted, high-quality gardening tools. redbarnorganics.com

Reusable Usables Creative Arts Center: Play outside the box — use recycled materials to make art and engage your creativity. reusableusables.org

Sierra Club Eagle View Chapter: Get information on local and national outings, cleanups, environmental program meetings, walks and an annual Environmental Film Festival. illinois.sierraclub.org/eagleview

SFC Wellness Center: Receive a free Nutrition Response Testing screening from Dr. Theresa Illingsworth and learn more about her Get Well For Life program. quadcitieswellness.info

SIS International Fair Trade Gift Shop: Learn how fair trade products



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shift power to cooperatives and farmers, encouraging stability and sustainability within their communities. sisshops.com

Spring Forest Qi-ssage: See demonstrations at the Healing Heart Center booth of this technique that enhances healing and helps maintain optimal health by massaging energy points.

tapas yoga shala: Pick up discounted class passes, purchase yoga and Thai massage gift certificates, and learn more about the Iowa City Yoga Festival coming in November. tapasyogashala.com

Transcendental Meditation: Find out more about this effortless, enjoyable way to enliven health, reduce stress and increase happiness and vitality from within yourself naturally. tm.org

Trillium Dell Timberworks: Learn more about one of the largest timber frame shops in the Midwest to continue the tradition of mortise and tenon joinery. trilliumdell.com

J.R. Watkins: Discover an array of organic and natural herbs and spices, home and personal care from one of America's pioneers in natural products. jrwatkins.com

Zogg Pilates Studio: Observe demonstrations using Pilates equipment, pick up information on schedules and pricing, and enter to win an eight-class punch card valued at \$200. zoggpilates.com

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Music

Live acoustic music will fill the air at the Healthy Living Fair from 11 a.m. to 2 p.m. when Good Company, a group with an eclectic playlist, makes their third appearance at the annual event. The musicians will perform on the stone stage on the south side of the Freight House, where you can sit and tap your feet to the mix of tunes that includes folk, gospel, blues, classical guitar, Celtic and Spanish songs.

Good Company has become a fixture at the Healthy Living Fair. Once a trio of performers — Chris Dunn, Gary Berg and Pat Oliver — this year the group will take the stage as a quartet, joined by their newest member, Melody McDaniel. The bass player shares her fellow performers' love of a variety of musical styles, and with a name like Melody, she's sure to bring something special to the performance.

McDaniel will be joined on stage by guitarist Chris Dunn, 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. When not at the Healthy Living Fair, 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, fellow Good Company guitar player, first took up his instrument at age 8 and quickly developed a love of classical music. 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 finger-style blues and classical flair. Occasionally Berg will even sit in with Rich Berry, a top-notch performer from Kansas City.

The group is rounded out by fiddler Pat Oliver, also known as "The Music Pilgrim," who returned to her native Quad-Cities after a 35-year absence. She brings musical influences from playing in bands in Nebraska and Colorado, as well as Latin America, where she served as a Peace Corps volunteer and English teacher



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

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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