

Radish



HEALTHY LIVING FROM THE GROUND UP

JUNE 2012 16th

YOUR GUIDE TO THE
Radish Healthy
Living Fair

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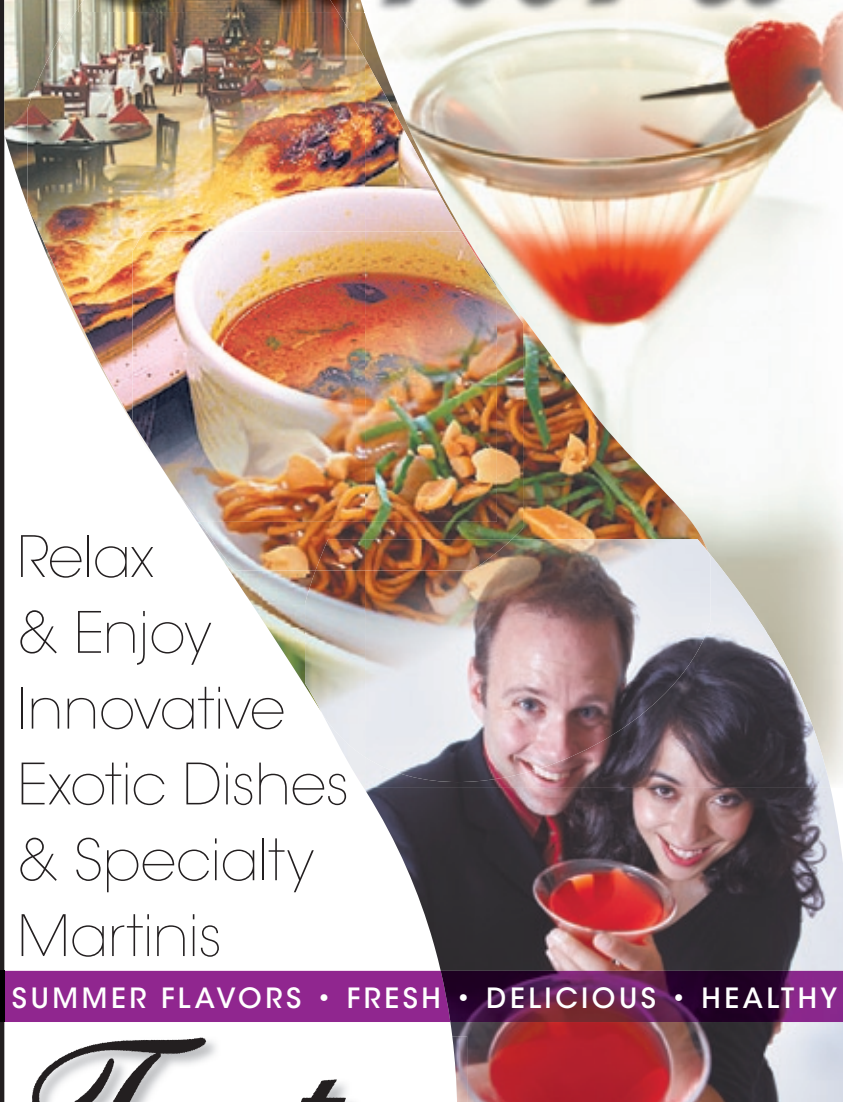
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from the editor



Sarah J. Gardner listens to Mike Lawrence discuss his garden plots. (Photo by Paul Colletti / Radish)

One of the great joys of my position as Radish editor is that I get to meet many of the people who appear in the magazine and hear their stories. For example, when I tagged along on the photo shoot at Summer's Garden and met Mike Lawrence, our June Grower of the Month, I had the privilege to see how he has laid out his gardens, ask him questions about an Egyptian breed of chicken in his flock, and listen to him talk about what drew him to organic gardening.

I can honestly say I have never walked away from conversations like these without feeling admiration and a deep sense of gratitude for the work so many residents of Radishland are doing in hope of a better future for us all. It fascinates me to think of all the different paths that lead to the pages of Radish — and how many different faces we can put to this common purpose, healthy living from the ground up.

Hand in hand with this editorial privilege, though, goes one of the tougher aspects of my job: I also know all the hard decisions we make cutting material out of stories as we piece each issue together. Many is the day I have sat staring at a paragraph that I know has to be edited out if the story is to fit on its page, reluctant nonetheless to cut it from the article because what it has to say is just so interesting.

These are just two of the reasons I'm glad each year when June rolls around and we once again host the Healthy Living Fair. It's a chance for readers to experience the thrill I do when I speak with someone who has appeared in the pages of Radish and ask more questions about their work. It's also a chance to hear all the things that can't make it into the confines of a story. The truth is, for so many of the individuals and endeavors we feature in Radish, a whole issue could be devoted to all the interesting things they do.

Of course, part of the fun of the Healthy Living Fair is also the chance to meet you, our readers. We love to hear about the articles you find inspiring, the recipes you've come to make regularly, and your ideas for future stories. If you haven't already, I hope you'll mark June 16 on your calendar and plan on joining us down by Davenport's Freight House Farmers' Market — you'll find plenty of information in this issue about the interesting people, free demonstrations and healthy activities that promise to make this year's fair another great event.

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

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the grapevine

Win dinner with the editor!

"Thought you'd like to hear my version of a compost pile. We live on an average city lot — 50 feet by 150 feet — with the garage on the alley. There is a long sidewalk between the house and the garage ... about midway down the walk I dug a hole, maybe 1.5 feet in diameter and 1.5 feet deep. Into this I throw my fruit and vegetable waste and cover it with a piece of plywood. I never take anything out — stuff just rots and disappears. Over 50 years it has been moved three or four times. No odor — just bugs and crickets. And as an added bonus, I have a large, healthy family of garter snakes! How's that for being green? Sure saves on garbage pick-up!"

— Naomi Shoutz, Sterling, IL

Have a green idea for healthy living of your own? We'd love to hear it! Stop by the Radish booth at the Healthy Living Fair and share with us something you do to live in a more eco-friendly way — or an idea you found in Radish that really works for you — and you could win dinner for four at Tantra Asian Bistro in Davenport with Radish editor Sarah J. Gardner.

From our readers

Delivery decisions (May 2012): "Great article about local birthing choices! Just to clarify, though, I will be teaching Hypnobabies Hypnosis for Childbirth starting in June 2012. I do not teach Hypnobirthing. Find out more about Hypnobabies at hypnobabies.com."

— Jessica Rairdin-Hale, Davenport, IA

Live the adventure (May 2012): "These programs sound so great, I want to take a sabbatical, come to my home state and go to camp! Loved it!"

— Camilla VanVooren, Lakewood, CO



We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine this month at the **Healthy Living Fair**, 8 a.m. to 3 p.m. Saturday, June 16, at the Freight House Farmers' Market, 421 River Drive, Davenport. Read more about this event on pages 42-48.

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

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healthy living from the ground up

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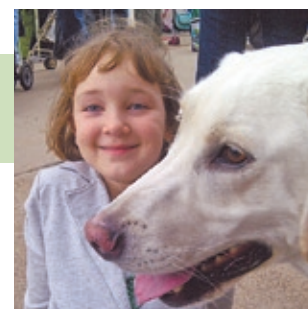
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healthy living

Power of two

Partner yoga builds on the strengths of both practitioners

By Annie Scholl

Daina Lewis knows firsthand the power of doing yoga with someone you love. Lewis, 36, and her husband, Jamie, often participate in a couple's yoga class around Valentine's Day at Indigo Wellness in Moline, where she is the assistant studio manager and an instructor.

"We laughed a lot and actually, at a certain point, I had tears of happiness just getting to have that time with him," she says. "As busy parents of two busy little boys, we hardly get to have a full conversation sometimes. Doing the class together helped us reconnect and find our space with one another."

Of course, you don't need to be romantically linked to practice partner yoga, which allows two people to join poses together, utilizing the strengths of each. Lewis will demonstrate partner yoga at Radish's Healthy Living Fair with her friend Roberta Kelinson, who also teaches at Indigo. Kelinson, 55, of LeClaire, Iowa, says the two began teaching "Playful Partner" yoga workshops one day after exploring poses together.

"Daina thought I could deepen a pose with support from her own pose," Kelinson recalls. "I was in a wide leg seated forward bend and, due to tightness in my low back, she eased herself into my space, asking first if it would be OK to join me and to help pull my tightness away. So that's how it all began."

On a practical level, as the two discovered, partner yoga can help people deepen their yoga poses and have more stability when attempting poses. For example, tree pose — where the practitioner stands on one leg with the other leg bent and the foot placed on the opposite thigh — can be less challenging with a partner.

"You definitely have each other there to lean on," Kelinson quips.

On an emotional level, they believe, relationships can strengthen through partner yoga. "You grow a deeper understanding of each other in both physical attributes and emotional connections," Kelinson adds.

Lewis believes couples should explore partner yoga together because "it allows

you to play yet communicate and bond at the same time. It allows you to open up to trusting the person in front of you on your mat." Lewis maintains the practice can bring couples closer through "communication and laughter."

"It's hard not to laugh as you do partner yoga," she says. "It really allows you to be in the moment with each other."

It can be awkward, she acknowledges, to start doing yoga together, "but it only lasts for the first pose and then it becomes easier as you test out supporting each other and working together."

To get started, Lewis suggests taking a class or workshop together. "Even though you could figure it out on your own, it's always nice to have an instructor show you how the poses work together and give you options if you are not on the same level."

When one person is more experienced in yoga than the other, Lewis says communication is the key. "Go into it with a playful attitude. I can't stress that enough," she says.

Kelinson says she asks the more experienced yoga partner "to share their wisdom and knowledge of each yoga pose to assist their partner in a gentle way. Together they will work to determine which person is the lead in a pose or the person to complete the more difficult part first. By working through each pose together and playing with each pose, they unite."

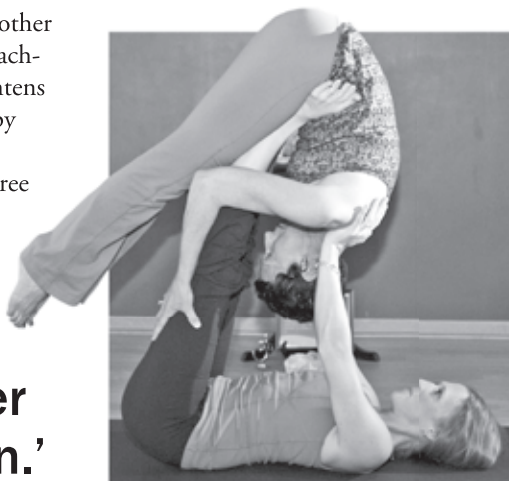


Yoga instructors Roberta Kelinson and Daina Lewis (Photos by John Greenwood / Radish)

Lewis maintains that couples can take what they've learned on the mat and carry it into other areas of their life. "You may find you are more open to communicate or even expand your horizons to new activities together," she maintains.

Both Kelson and Lewis have individually benefited from yoga. Lewis began doing yoga 14 years ago while attending massage therapy school in Arizona. "My anatomy teacher had us do yoga every morning to help us connect with our own anatomy," she says. "I was hooked. As a physically active person who was always at the gym lifting weights and doing all the cardio machines and classes I could fit into my day, I have never had the results I have had with yoga." Another benefit, says Lewis, who began teaching yoga eight years ago: "It brightens my smile and makes me feel happy every time I do it."

Kelson discovered yoga three years ago after taking a class from Lewis at Indigo. At the time, she



'You definitely have each other there to lean on.'

had been prescribed prednisone for a medical condition for a year and was looking to lose the weight she had gained on the drug. Yoga has also helped her "escape" the pain of rheumatoid arthritis, lowered her blood pressure and made her physically and emotionally stronger. "It's become a daily necessity," she says.

"Yoga brings so many wonderful things to my life. It brings me peace and patience. It gives me the breath to help me focus, concentrate, relax and deepen my poses," she adds.

Through the partner yoga workshops, Lewis hopes to "spark an interest in the wonder of yoga," she says.

"I want people to see that yoga can be a building tool for friendships, love relationships and a form of play for the whole family," she says. "I do partner poses with my sons and have incorporated it into the kids classes I teach as well."

Adds Kelson: "Love can become stronger, friendships can deepen, trust can grow stronger, and play become fun" through practicing together.

You don't have to have a partner to take partner yoga workshops with them, the women emphasize.

"Just grab a friend," Kelson says. "Together through trust and friendship, you will discover more about one another. Just jump right in and follow the lead and advice of the instructors. Just play and have fun. Find your inner child."

Annie L. Scholl is a frequent contributor to Radish. In addition to the free partner yoga demonstration at Radish's Healthy Living Fair (see pages 42-48), Lewis and Kelson will offer a Playful Partner Workshop at Indigo Wellness, 1621 5th Ave, Moline, from 2-3:30 p.m. on July 7. The cost is \$15. For more information, visit indigowellness.info or call (309) 764-9642.

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healthy living

No can do

Preserve garden bounty without the special equipment

By Sarah J. Gardner

It happens every summer. Sooner or later the moment comes when you look out upon your garden bounty — all those cages of tomatoes, those vines heavy with cucumbers, those burgeoning bunches of herbs — *and you cringe*. There is no way you can eat it all. You have already exhausted the goodwill of your neighbors with the bushels of extra eggplant. And forget about your family. They love you, but one more tarragon omelet and you can count yourself out for the next vacation.

How could those innocent little seeds you planted in the spring have brought you to this?

Don't think forgoing a garden exempts you from this exquisite torment, either. Many is the market goer who finds a deal at her favorite farm stand that is just too good to pass up, only to discover later that her eyes were bigger than her weekly menu. I know. I too have bought green beans at one stand, only to buy wax beans at another, only to discover the dragon tongue beans a few paces further on, and voila! All those beautiful beans threaten to go to waste once you get home.

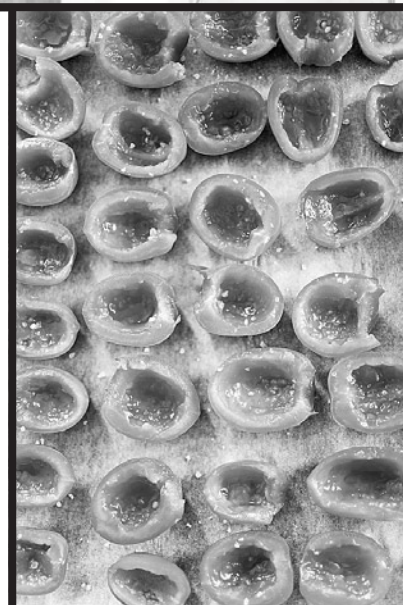
Microwave-dried herbs

- **Use for:** Sage, rosemary, thyme, tarragon, oregano and other herbs with a fibrous stem
- **Materials:** Microwave, paper towels, a plate and a storage container (preferably opaque)
- **Directions:** Lay a paper towel over a plate. Remove the leaves of the herbs from their stems and spread in a single, even layer across the paper towel, then cover with a second paper towel. Microwave in 30-second increments, checking each time to see if the herbs are dry, until they become crisp. Store in an air-tight container in your pantry until ready to use.



Oven-dried tomatoes

- **Use for:** Tomatoes great and small
- **Materials:** Oven, cookie sheet, parchment paper or Silpat liner
- **Directions:** Slice small tomatoes like cherry, grape and plum tomatoes in half, or cut larger tomatoes into even slices, and use your fingers to scoop out the seeds. Drizzle with oil and toss with salt and pepper. Spread in a single, even layer on a cookie sheet lined with parchment paper or a Silpat liner, and place in an oven on its lowest setting (200 degrees for most ovens). For a gas oven, roast for one hour then turn off the heat; the pilot light will be sufficient to do the rest. For an electric oven, continue to roast at a low temperature, checking on the tomatoes once an hour. Tomatoes are done when they have a raisin-like texture (crunchy is overdone). Remove the cookie sheet from the oven and allow to cool before placing in a bag or other container to store in the freezer. They can be used in coming months like sun-dried tomatoes and are fantastic added by the handful to soups.



Of course, you could can all that produce — and I do — but there's a lot of equipment that has to be hauled out for a canning project, and there's a serious commitment of time and energy (both yours and the stovetop's) before the project is done. Because I also work full time bringing this fine publication to print, canning for me is a weekend endeavor. Try telling that to the tomatoes that ripen on Tuesday and will be mush by the end of the week.

Fortunately, canning is not the last word in food preservation. In fact, there are a whole host of ways to save some produce for later that don't require any special equipment or major expenditures of effort. From quick pickles to microwave-dried herbs, these preservation techniques can be a great first step for folks with no previous food storage experience — to say nothing of being a handy set of skills for even the most seasoned canners to work into the rotation.

Sarah J. Gardner is editor of Radish. For a method to "flash" freeze vegetables, turn to Resources on page 34 — and for even more easy preservation ideas, visit the Slow Food Quad Cities booth at the Healthy Living Fair (see pages 42-48).

**Fortunately,
canning is
not the last
word in food
preservation.**



Photos by Paul Colletti / Radish and iStockphoto

Lime quick pickles

- **Use for:** Cucumbers
- **Materials:** Clean jar(s) with a tight-fitting lid
- **Directions:** Prepare a brine solution by juicing two limes and combining the juice with 1 cup of water and 1 tablespoon of salt (more or less to taste). Fill the jar with slices of scrubbed cucumbers (peeled or unpeeled) and cover with your brine solution. Refrigerate for a few hours (preferably overnight) and then enjoy your pickles. When you've eaten them all, just add more cucumber slices to the existing brine, refrigerate and eat. You can continue to reuse the brine for 10 days before replacing it with a fresh brine mixture.

— Linnea Crowther, *Slow Food Quad Cities*



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healthy living

What's in a name?

Farmers' market vendors flex some creative muscle



iStockphoto

By Leslie Klipsch

Davenport's Freight House Farmers' Market producers don't just come up with the homegrown produce and handmade items you love week after week. Many of them have also created names you're sure to notice. Whether based on wit, logic or well-stated sentiment — you name it — you'll find it at the market.

Hollow Maple Farm

Although the maple in the moniker is no longer standing, its memory looms large for grower Sean Wright, whose Bennett, Iowa, farm has been in his family for more than 100 years. During his youth, an old, hollow maple tree was located in a pasture behind the farmhouse. "You could go into the tree and climb all up in it," says Wright, who has many fond childhood memories of his escapades in the tree. These days his adventures are more likely to be found tending the many vegetables and fruits — including onions, leeks, cabbages, squashes, melons, berries and greens — sold at his stand.

Seeded Earth Growers

Sarah Cutler's approach to naming her business was systematic and intentional. For weeks she kept a running list of appealing words and narrowed them down by saying them aloud in different combinations until she found one that she felt fit. "Coming up with the name was a little tricky," she recalls. "When I began I wasn't focused solely on flowers. ... I was dabbling in veggies and plants, too. But I knew that I definitely wanted the name to feel natural and a bit organic so that it could flow into whatever aspect of horticulture or agriculture the business finally landed on as I found my niche." When she discovered that niche, she went right on generating creative names: Each of the sustainably-raised floral arrangements she brings to market from her Muscatine, Iowa, farm gets its own unique handle.

Mad Farmers Garden

"Every day do something that won't compute. Love the Lord. Love the world. Work for nothing. Take all that you have and be poor. Love someone who does not deserve it," writes Wendell Berry in his poem "Manifesto: The Mad Farmer Liberation Front." "Be joyful though you have considered all the facts."

For Coal Valley, Ill., growers Andrew Knock, Ian Forslund and Hannah Harris, Berry's words are a source of inspiration. "For us, each stanza reads like a mantra and a business plan. So many times after reading an essay or poem by Mr. Berry we find ourselves saying, 'That's exactly how I feel. How did he find a way to say it so perfectly?' " says Forslund.

Knock, his growing partner, adds, “The mood behind our name is about liberation. Not just in the world of food, but also the day-to-day of life. It’s about trying not to get caught up in the things that don’t matter.”

Let Us Farm

There’s no shortage of interesting and unusual names at the Let Us Farm booth, with tubs of lettuces dubbed Jericho Romaine, New Red Fire and Green Deer Tongue, to name a few. But when Lee and Randy Hoovey of Geneseo, Ill., started brainstorming names for their naturally grown lettuce-by-the-bowl enterprise, it didn’t take long to narrow down the list to one: “Let Us Farm.” The Hooveys report that more than one customer has teased them about the name. “Sometimes people smile and ask us who it is that won’t let us farm,” Randy reveals. “And we sometimes joke that we could have named our business ‘Let Us Alone,’ since lettuce is all that we sell.” But that name, of course, has a certain implication. Lee says smiling, “We don’t really want people to let us alone.”

Four Daughters Coffee

Scott Smith really does have four daughters, and one of them, Corey Gamble, shows up at the market each week to entice Saturday morning shoppers with organic, fair-trade coffee and tea. Smith, a coffee drinker who runs Wolf Ridge Gardens (the name of which is derived from the location of his farm — on Wolf Road and Ridge Avenue in Geneseo, Ill.) had been selling plants and produce at the Freight House Market for years when he realized that customers lacked options for coffee to sip while shopping. According to Gamble, the name Four Daughters Coffee fits not only because it describes the make-up of their family, but because each of the women have been involved in the enterprise in their own unique way — whether through logo design, advertising, idea generation or working the stand, as she does.

Brazy Creek Farm

Although there is a creek flowing through the 25-acre farm in Geneseo, Ill., tended by Brad Muesing and Susy Rushing, the name “Brazy” comes from the growers, not the stream. It’s a portmanteau that combines their two names, which makes sense since all the chemical-free produce and pasture-raised eggs sold at their booth takes hard work from both Brad and Susy. They are quick to give credit to a friend, though, for coming up with the name for their operation. “It sounded weird at first, but then it just clicked,” says Brad.

Oak Hill Acres

Are there oak trees and hills on the 260 acres of farmland outside of Atalissa, Iowa, that make up Oak Hill Acres? “If you go looking for them, I’m sure you’d find them,” chuckles Terry Tygrett, but it’s something that’s not there — or rather, not there any longer — that lends its name to this farm endeavor that specializes in organic grains, greens and vegetables. Before it burnt down, the Oak Hill Schoolhouse, one of the many small, rural schools that dotted the countryside at the turn of the 20th century, once stood on the property.

Leslie Klipsch is a frequent Radish contributor. Find her online at leslieklipsch.com.



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Hy-Vee



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- 6 tablespoons Hy-Vee
light brown sugar
- 1 teaspoon grated
lemon zest
- 2 teaspoons Hy-Vee
lemon juice
- 3 cups sliced or diced
hulled strawberries
- 4 tablespoons mascarpone
(Italian cream cheese)

All You Do:

- 1. Toast bread in a toaster.
- 2. Meanwhile, heat a skillet over high heat. Add sugar, lemon zest and lemon juice and cook, stirring, until the sugar melts and the mixture begins to bubble, 30 seconds to 1 minute. Add strawberries and stir until juices begin to exude and the berries are heated through, 30 seconds to 1 minute more.
- 3. Spread 1 tablespoon mascarpone on each piece of toast. Top with the warm berries.

To make ahead: Prepare the sauce (Step 2), cover and refrigerate for up to 2 days or freeze for up to 1 month. To reheat, microwave on High for about 1 minute (defrost first, if necessary).

Nutrition facts per serving: 202 calories; 5g fat (2g sat, 0g mono); 9mg cholesterol; 38g carbohydrate; 19g added sugars; 5g protein; 4g fiber; 137mg sodium; 238mg potassium. Nutrition bonus: Vitamin C (109% daily value).



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environment

Arctic bound

Q-C researchers collect valuable data from the far north

By Sarah J. Gardner

Just as it does for a lot of summer travelers, the trip Dr. Kurt Burnham and Dr. Jennifer Burnham are preparing to embark upon this month means sunshine and lots of it. In fact, the pair of researchers, both professors at Augustana College in Rock Island, won't see nightfall again until they return in August.

Kurt, a wildlife biologist, and Jennifer, a geographer, spend the summer in northwest Greenland travelling from island to island to gather information on 25 different species of birds — the majority of the species living at that latitude — through the High Arctic Institute, a conservation, research and education organization that uses Thule Air Base as its base of operations in the summer. That far north, the arctic sun shines 24 hours a day.

A typical day in the field begins with loading the research gear onto a boat. Then the team travels 40 to 100 miles across the open sea, surveys the island where they are to work, rappels over the cliffs to access the nesting sites, captures and bands the birds, and takes blood samples and measurements before moving on to the next nest. The researchers can work all through the night and into the next day, thanks to the midnight sun. Once, trying to get as much work done as possible between storm systems, the team logged 30 hours of work in a single stretch.

All that sunlight doesn't prevent them from falling asleep once they return to Thule Air Base, however. "I always say if you can't adjust, it just means you haven't worked hard enough," says Kurt with a grin.

The blood samples they take from the birds are used in Jennifer's research. She compares levels of methylmercury found in the samples to levels found in birds at lower latitudes. The mercury is discharged by coal-fired plants into the upper atmosphere, which acts as a conduit to the arctic. There the mercury precipitates to the ground and bioaccumulates in animal species — meaning creatures contaminated with the heavy metal (which acts as a neurotoxin) pass it on to the larger animals that eat them, resulting in higher and higher levels of mercury the further up the food chain you go.

As a result of Jennifer's research, it's possible to trace the effects of human activity thousands of miles away on species living in an area with a much sparser human population. "This place we think of as pristine and clean actually is pretty polluted, which is unfortunate," she says.

'This place we think of as pristine and clean actually is pretty polluted.'



A large colony of Dovekies flying out of a valley in Greenland. (Submitted)

Kurt's research focuses on the peregrine falcon and the gyrfalcon. He founded the High Arctic Institute in 2006 and serves as its president and CEO. Current research projects examine the likely effect of climate change on the falcons and other bird populations that nest in Greenland, according to the organization's website, higharctic.org.

Neither researcher set out initially to do work in the climate field, but the birds, which come to the Arctic to raise their young and are thus very susceptible to changes in weather patterns, "drew us to climate change," says Jennifer.

In some cases, that simply means gathering data that can be used in the future as a basis of comparison. Even in cases where there is already data for comparison, explains Jennifer, the birds exist in complex natural systems that can make it difficult to attribute short term changes purely to one factor. For this reason, all climate change research requires continued, long-term monitoring.

During the decades the Burnhams have been travelling to the arctic, they have observed anecdotal evidence of climate change apart from their research. Sea ice that used to render the coastal waters impassable now breaks up earlier in the season, and rain falls in Thule during the summer months now instead of snow. There is also one change that has proven to be a particular nuisance. "Mosquitoes," says Kurt. "Until the last decade, we never had to deal with them up there."

Sarah J. Gardner is editor of Radish. You can follow the Burnhams and read posts from their upcoming research trip by clicking on the "field notes" button at higharctic.org.

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grower of the month

Summer's Garden

Carbon Cliff CSA is built on doing things naturally

By Becky Langdon

Mike Lawrence was mowing the land around his sawmill in Carbon Cliff, Ill., when his machine caught fire. The mower had a full tank of diesel fuel, and Lawrence had left his fire extinguisher in another vehicle at home. The dangerous situation left him with no choice. He was forced to walk away from the machine he had just paid off the month before. Four thousand dollars in repairs later, Lawrence had an epiphany. "I realized I was spending all this effort mowing grass," he says, "when I could be doing something more productive with the land."

With this realization Lawrence started a garden on the same land where he had watched his mower burst into flames. There he planted the first seeds, so to speak, of what would become his organic CSA, Summer's Garden. Today, more than five years later, he grows a variety of vegetables, such as lettuce, cabbage, radishes, potatoes, corn, green beans, carrots, onions, and asparagus, for his family and customers. Over the years, Lawrence has worked a variety of jobs — from repairing stained glass windows to building museum display cases to processing recycled lumber — but it's the garden that fascinates him and captures his imagination the most.

"I harvested 60 pounds of yellow tomatoes all grown from seeds as small as a pinhead," he says. "That's about as close to magic as I can imagine."

Lawrence's garden and CSA are unusual in a few ways. While other gardens might neighbor cow pastures in the country or manicured sod in the suburbs, Summer's Garden is located right next to his sawmill. In addition to growing vegetables, Lawrence raises free-range chickens and includes a dozen fresh eggs in his customers' weekly allotments. The young chickens mature in the warmth of one of the sawmill's unused kilns before joining the full-grown chickens to peck and scratch outdoors.

Eggs aren't the only surprise for Lawrence's customers. He's known for including some atypical produce in each share. He says this region of the country



Mike Lawrence of Summer's Garden. (Photo by Paul Colletti / Radish)

is abundant with edible greens that most people don't think about eating, such as pigweed, for example.

"You can eat it in a salad or stir-fry it,"

Lawrence says. "It has an interesting, salty taste."

These types of greens became popular during the Great Depression, he says, because of their abundance, but today most people don't think to try them. He enjoys the opportunity to broaden people's palates and expose them to new foods.

With everything he grows, Lawrence chooses not to use any synthetic chemicals. He fertilizes with

compost and horse manure, which he obtains from a neighboring horse farm in exchange for cutting a few fence boards every now and then. The decision to grow organically fits with Lawrence's lifelong concern for the environment. He says, "I've been trying to be involved with recycling one way or another for a long time."

That commitment has manifested itself in a number of his businesses, including his current sawmill and woodworking business. Ninety-nine percent of what he saws comes out of people's backyards. Lawrence has a shop in Rock Island where he processes the recycled lumber, and customers of his CSA may enjoy some of his work in the form of a hand-made wood cutting board when they sign up.

Lawrence credits his mother in part for his drive to do things differently and his fearlessness in taking risks. He says, "My mother had grown up during the Depression and encouraged me to think that I could do anything I could try." Laughing, he adds, "She had me building corner cabinets in the kitchen when I was 12."

This latest venture, Summer's Garden, is more of a hobby than a business for Lawrence. It's named after his daughter, Summer, who helps him tend the garden when she has time outside of school. The name also evokes those feelings of joy and contentment that come from working with the land. "The time I feel most contented and happy is summer time when I'm out crawling up and down a row," Lawrence says. He is grateful for the opportunity the CSA allows him to spend time on one of his passions while his customers, he says, enjoy the variety and taste of homegrown produce that often surpasses what you can find in stores.

Becky Langdon is a regular Radish contributor. For more information about Summer's Garden, contact Mike Lawrence at (309) 292-1046. His woodworking business, Native Woods, is located at 530 20th St., Rock Island, and is open by appointment at (309) 788-3355.

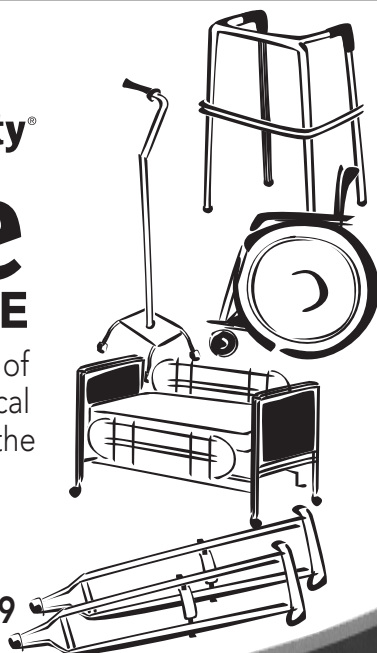
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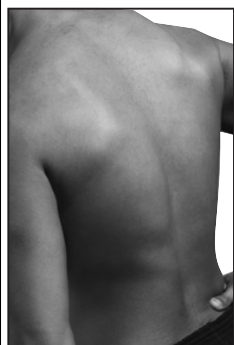
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Beyond the crisp

Before going sweet, consider rhubarb's savory side

By Leslie Klipsch

Throughout childhood, my Uncle Dan was our resident rhubarb source. Into my grandmother's farmhouse he would walk with a plastic grocery bag bursting with beautiful, dark green rhubarb — the huge, heart-shaped leaves peeking out the top. My grandma would smile slyly and then get busy trimming and washing. This exchange of hands from gardener to baker meant one wonderful thing: there was pie in my future.

But for all the beauty of the large, leafy, pink and green plant that grew abundantly along the side of my uncle's house, there was also a sense of mystery. Unlike the raspberries, strawberries or cherry tomatoes that I was allowed to pluck straight from a backyard plant and pop into my mouth, I was given clear instructions never to eat rhubarb raw. This strange and alluring fact was confounding as I dug into my grandma's rhubarb pie, making it seem both sweet and slightly dangerous to enjoy.

I still find rhubarb thrilling today. I now understand that its leaves contain oxalate, which can cause poisoning when large quantities (either raw or cooked) are eaten and that only the celery-like stalks should be consumed. I have also learned that rhubarb has been used for centuries in Chinese herbal medicine to aid digestion, and that it's a good source of vitamin C and dietary fiber. With its distinct and naturally tart taste, rhubarb is typically prepared with a generous amount of sugar (and perhaps topped with a scoop of vanilla ice cream) to temper the flavor. Like many others, I welcome rhubarb's reliable arrival each spring and the sweetness that accompanies it.

Recently, however, I challenged my long-held notion that rhubarb and sugar are an inseparable pair and that a scoop of ice cream on top of a pie, crisp or cobbler is mandatory. I have instead discovered that contrary to popular belief, rhubarb can be a main-course vegetable to enjoy during a meal, rather than reserve for dessert. The colorful, tart stems are surprisingly robust when paired with strong, aromatic spices like hot chile and sweet cardamom and the crisp, fresh tones of ginger and basil. Rhubarb simmered in soup with lentils and garlic or on top of a pizza with goat cheese and basil adds an earthy, nuanced flavor that you might not expect. The recipes you'll find here subtly showcases the savory side of rhubarb and might surprise you in both flavor and versatility.

This summer, after you've tired of rhubarb crisp or canned the last of the strawberry-rhubarb jam, give rhubarb a second, more savory, look. Revisit your rhubarb source — whether it's a family member with a green thumb, a generous neighbor or your favorite local farmer — and go back for a few more stems. Only this time shelve the sugar and reach for the spice.

Leslie Klipsch is a frequent Radish contributor. For an additional rhubarb lentil stew recipe, turn to Resources, page 34.



Photo by Todd Welvaert / Radish

Savory Rhubarb and Chipotle Goat Cheese Pizza

- | | |
|---|-------------------------------|
| 1 pre-made pizza crust, either from a tube or homemade* | 3 tablespoon balsamic vinegar |
| 1 pound rhubarb, cut into ¼-inch slices | 1 teaspoon ginger |
| 1 cup cranberry juice | 1 teaspoon cornstarch |
| ¼ cup brown sugar | 4 ounces chipotle goat cheese |
| | Basil |

Preheat oven to 500 (or as hot as it will go). In a medium skillet, combine the rhubarb, cranberry juice, brown sugar, balsamic vinegar and ginger, and bring to a boil. Boil until it starts to thicken, adding 1 teaspoon cornstarch dissolved in a bit of water if necessary. Simmer until it has the consistency of a loose cranberry sauce.

Roll out your pizza dough and arrange it on a cookie sheet or pizza stone. Top with the rhubarb mixture, leaving about a 1-inch crust around the edges. Sprinkle goat cheese on top. Bake for 10-15 minutes or until the underside of the dough is lightly browned. Remove from oven and top with basil. Let sit for 5 minutes before slicing.

— Recipe source: *Eats Well With Others* blog

* For a simple multigrain pizza dough recipe, turn to page 34.

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body, mind & soul

Argan oil

A beauty product that does a world of good

By Chris Greene

Traditionally a beauty secret used by the Berber tribeswomen in the parched desert conditions of southwestern Morocco, argan oil has recently been growing in popularity in other parts of the world as word of its benefits — both to those who use it and the villages that produce it — has spread.

Donna Elliot, owner of Leafgirl Salon + Organics in Rock Island, has been using argan oil in her salon, which specializes in organic, vegan, and eco-friendly products and practices. Applied topically, she says, “it strengthens hair, promotes elasticity and helps mend split ends. It works wonderfully by itself and may be mixed with other essential oils, but (mixing) is not necessary.

“It’s not a heavy oil, so it won’t make your skin or hair feel greasy,” says Elliot. “Argan oil’s weightless and hydrating properties are so versatile that I have drastically reduced the number of products I need to recommend in my salon and personally need on my medicine cabinet shelf. It is quickly absorbed, and you will find you don’t need to use very much.”

Not needing to use much is a good thing, since pure argan oil can be a bit pricey — around \$30 to \$40 for a 2-ounce bottle. Even with salon use, a bottle can really last. Elliot says she’s had the same bottle at her station for the past six months or so. “Truly, a little goes a long way,” she says.

Although there are many other types of oils available, users may find argan oil to be superior in a number of ways.

“Tea tree (oil) is more specific in its uses as it is known for its antibacterial benefits, and jojoba, while moisturizing, is an oil that many people seem to react to but often overlook as a possible allergen. One way in particular argan oil outperforms jojoba oil is that it not only adds moisture to hair and skin, it also offers a protective layer that stays intact

until it is washed off. I recommend this for my clients with color treated hair as it helps color to last longer,” says Elliot.

Used for centuries in cooking, argan oil can also be ingested orally. It has a high concentration of vitamins E and A. Both promote healthy skin. “The



Donna Elliot works argan oil into the hair of her client, Amber Case. (Photo by John Greenwood / Radish)

oil aids the skin in its ability to retain moisture. It penetrates the skin and can improve the skin’s texture, and since it has antioxidants, also helps prevent damage due to free radicals,” says Elliot.

When choosing argan oil, Elliot advises

checking the ingredient label. “A good argan oil will list only one ingredient — argan oil. I’ve done Internet searches on various brands, and some will list more than a dozen ingredients. You don’t want that. Look for 100-percent pure oil,” she says.

She also suggests finding out how the oil was produced. “You want something harvested by hand. When it is mass produced, it loses something. Make sure it has been cold or steam processed — it protects the integrity of the oil,” she advises.

The argan tree is found almost exclusively in Morocco. According to information provided by Becke Dawson of SiS International, a fair-trade shop in Davenport, the mid-’90s brought about some positive changes for the women who harvest the oil. As popularity of the oil rose, production shifted to a more industrialized process. Then the German Government Development Agency (GTZ) studied the plight of the Berber women, who were seeing very little benefit from their work to produce the oil.

Together with the German Federal Ministry for Economic Cooperation and Development, the GTZ produced a strategy with Moroccan authorities to organize a series of fair trade cooperatives. This provided the women with better wages, improved working conditions and allowed more flexibility for them to spend time caring for their families.

This same movement also encouraged development of a sustainable production process that gave way to a reforestation project that would preserve the argan tree and growing area.

For Elliot, who refers to her salon as “the salon with a conscience,” this has made argan oil a perfect fit, both for its cosmetic uses and its humanitarian and environmental benefits.

Chris Greene is a regular Radish contributor. Look for Leafgirl Salon + Organics at the Healthy Living Fair (see pages 42-48).

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environment

Work in progress

Going green is life's labor for sustainability entrepreneur

By Laura Anderson Shaw

Being green isn't just business for Dale Hoffman, it's a way of life. The Moline man owns Midwest Sustainable Energy Contractors (MSEC), which works with residential, commercial and industrial building owners to help make their spaces more energy efficient.

Formed by Hoffman and his friends about 10 years ago, MSEC has designed a number of Leadership in Energy and Environmental Design (LEED) certified buildings, including the Byron Forest Preserve's education center in Byron, Ill., and the Future House USA, which was built in the Olympic Village in China to demonstrate the latest in energy efficiency and green technology, according to the company website.

Prior to starting MSEC, Hoffman worked as a general contractor for about two decades. The more he built, the more he thought about the impact of what he was building. "(I) began to realize that what I did for other people not only mattered in terms of the moment," but over the course of generations, Hoffman says.

"I have children, and other people have children and grandchildren. I would like to see the human race (endure) for thousands of years to come," he says.

Hoffman practices what he preaches in his own home, too. In fact, that's where it all started. He says he and his wife, Teresa, built their Moline home 18 years ago when the term "green" had not even come up in the lingo.

He used his building experience and "common sense" to design his home, says Hoffman. For starters, the house was built in a wooded area in an existing neighborhood, which Hoffman says kept it from contributing to "urban sprawl."

He also incorporated passive solar design into the home, with nearly floor-to-ceiling windows on the south side of the house, which faces a ravine. On chilly days, Hoffman says the family "can get a 15-degree gain ... without any sort of energy other than the sun."

Hoffman says the house was built with two energy-efficient furnaces. He later learned the house never needed two, so when it came time to replace them, he installed a geothermal unit instead. "We needed a new furnace anyway," Hoffman says, adding that the family got a tax credit and other incentives to install the unit, so it ended up costing just a bit more than a conventional hybrid would have. Within about three years, it had practically paid for itself. "Our heating and cooling bills went down 75 percent," he says.

Hoffman says many homeowners upgrade to more efficient furnaces without updating the home's duct work. You can pay big bucks for the highest efficiency furnace available, but if the "blower motor can't move (the air) down the duct work properly," it won't matter, he says.

The yard around the home is built to retain as much water as possible. "There are hundreds of feet of terrace, which stops the water from flowing downhill" and allows it to absorb into the ground, Hoffman says. Keeping a lot of the



Dale Hoffman at work at his Moline home. (Photo by Gary Krambeck / Radish)

prairie grass also has helped. Prairie grass, he says, can have roots over 20 feet deep, sequestering carbon dioxide far under ground. Turf grass, on the other hand, only has roots about 3 inches deep and it "can't do the same job," Hoffman says.

Hoffman says if you're looking to green your home, the best return on investment typically is air-sealing attic floors. Also, adding insulation in basement and attic walls. Sealing the house tightly — but not too tightly, so as to still allow for ventilation — will keep air that has been cooled or heated from leaking out, and outside air from leaking in.

Hiring a company like his also can come in handy. They can act as a liaison between the homeowner and a contractor, offering another voice and unbiased advice, Hoffman says.

His house, he says, is a "work in progress." When going green, changes don't have to come all at once. "This can be done over time," Hoffman says. It took "(us) 18 years to get where we are. ... Save your pennies," make a to-do list, set priorities, and "check them off one at time."

Laura Anderson Shaw is a frequent Radish contributor. To learn more about Midwest Sustainable Energy Contractors, visit midwestsustainable.com or call (309) 764-1111.

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eating well

Sticking point

Could the cookware you use impact your health?

By Jeff Dick

Nonstick cookware sells very well because it allows for less fat or oil when cooking, reduces the chances of burning food, and makes cleanup easy.

But the sticking point — especially with Teflon-coated cookware, the most popular variety — is safety. High temperatures can lead to toxic chemical emissions, making the easy-to-clean pots and pans come at a price.

While experts differ on the dangers of Teflon, the potential for problems goes up when cooking temperatures exceed 500 degrees for an extended time. Preheating an empty pan or cooking at a high setting may cause the coating, which is composed of fluoropolymers, to break down and release gases capable of triggering headaches, fevers and chills.

Another concern is PFOA, or perfluorooctanoic acids, a chemical used to manufacture the fluoropolymers in Teflon coating. Laboratory research has linked PFOA to cancerous tumors, organ damage, compromised immune systems and other problems in animals, though not in humans.

In 2004, Teflon's manufacturer, DuPont, settled a multimillion-dollar lawsuit alleging its plants contaminated drinking water with PFOA. Workers and nearby residents experienced an unusually high incidence of health problems. As a result of the settlement, epidemiologists have been conducting studies to determine if increased PFOA exposure leads to a greater risk of disease.

It is important to point out that PFOA can be found in fast-food containers, microwave-popcorn bags, stain-resistant carpeting, waterproof rain gear, and other sources — making it unlikely most people would get their primary exposure from nonstick pans. In fact, the Food and Drug Administration has tested nonstick pans for PFOA exposure to humans and found the risk to be negligible.

An Environmental Protection Agency advisory committee did not find any evidence of human health risks, reporting that PFOA may present

problems for workers exposed in the production of Teflon, while concluding that the chemical is not present in significant amounts in the final product. And it would take a lot of heat for an extended time to release any toxic gases.

Some consumer watchdogs remain skeptical. The Environmental Working Group conducted its own research and concluded that preheating Teflon-coated pans for only a few minutes can cause fumes strong enough to trigger flu-like symptoms in people, while killing pet birds with fragile respiratory systems.

To minimize potential safety problems when using Teflon-coated cookware, consumers are advised

to avoid preheating pans and to cook at no higher than a medium setting. And they should use heavy pans that heat up more slowly, use an exhaust fan for ventilation, and replace chipped or flaked cookware.

The alternative is to avoid Teflon-coated cookware altogether, and there are plenty of other options. Second to nonstick cookware in popularity, stainless steel and clad (copper sandwiched two steel layers) are considered safe.

Cast-iron cookware has been resurgent lately, thanks to its durability and even heat dispersion at high temperatures. Enamel-coated cast iron offers a nonstick variation that doesn't react with acidic foods and cleans up easier than pure cast-iron, which requires hand cleaning in lieu of a dishwasher.

Anodized aluminum cookware is the latest entry in the nonstick category. Anodization "locks in" aluminum so it doesn't leach into food, forming an effective nonstick, acid- and scratch-resistant surface.

Consumer Reports tested a variety of cookware products and found three unconventional nonstick varieties — Earth Pan, Starfrit and GreenPan — that do not contain PFOA.

Good Housekeeping magazine also recommends Earth Pan Hard Anodized with Sandflow Nonstick (\$20 for an 8-inch pan to \$170 for a 10-piece set), as well as All-Clad Stainless Steel Nonstick Cookware with d5 Technology, a top-of-the-line performer with a price to match (\$90 for a 9-inch pan).

As for eco-friendly Orgreenic nonstick ceramic skillet seen on infomercials, the New York Examiner fried an egg in one as well as in an All-Clad pan. The newspaper's test results did not exactly "pan out" for the "As Seen on TV" product. Nor did the hidden shipping charges from ordering online go down easily.

Regular contributor Jeff Dick prefers his vintage Crock-Pot to pan frying — nonstick or not. Look for other alternatives to nonstick cookware at the Healthy Living Fair (see pages 42-48).



Photo by Paul Colletti / Radish

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The future of fresh

New local food ventures come together at Freight House

By Lindsay Hocker and Bill Mayeroff

The Freight House in Davenport is focused on all things fresh and local, and so are its new tenants. Spurred by the vision of the Quad City Food Hub Committee, the previously vacant commercial space at the Freight House is making steady progress towards taking access to healthy, local food to the next level.

Opened in early February, Fresh Deli by Nostalgia Farms was the first of the new business ventures to take root at the site and has quickly become a popular destination, offering a variety of breakfast foods, mini-sandwich “sliders,” soups, salads and flatbread pizzas. On a recent morning, the counter at Fresh Deli was weighed down with loaves of bread, granola, biscotti, sweet breads, sticky buns, cookies and other baked goods for sale.

Ed Kraklio, who co-owns Fresh Deli with Joseph Dennis, said 45 to 50 percent of ingredients used at Fresh Deli are from within 100 miles of the Quad-Cities area. “We’re getting dollars in those local farmers’ hands,” says Kraklio, who

hopes to increase that percentage of local foods used to 90 percent or better this summer, when more local produce is available.

The restaurant is next to the space where the indoor Freight House Farmers’ Market is held on Tuesdays and Saturdays, and the menu reads like crib notes on vendors who are staples at the market — tip roast from Sawyer Beef; pork loin and bacon from Geest Farms; bratwurst patties from Scherer Farms; and roasted chicken from both Behnke Poultry and Nostalgia Farms itself.

In April, the deli was joined by the next Freight House venture, brewing operations for Front Street Brewery. Jennie Zuidema, who co-owns Front Street with husband Steve, describes the Freight House site as a micro-brewery with a bar and seating for about 40. “People can actually sit and watch the (brewing) process,” she says.

The micro-brewery is a compliment to Front Street’s main location, which will remain open a few blocks down the street at 208 E. River Drive. All the brewing for both locations will be done at the Freight House, allowing Front Street to triple its annual output. This, too, is an intensely local undertaking. The new tanks for the micro-brewery were made by Crawford Company of Rock Island, and a local farmer will take the spent grain left after the brewing process to use on his farm.

In addition to the support for local food endeavors, another aspect of the Freight House attracted Fresh Deli and Front Street to the location: the expansive views of the Mississippi River through the glass wall on the south side of the Freight House. “How could you beat this kind of scenery every day?” says Kraklio.



What's at the Freight House?

Fresh Deli by Nostalgia Farms.

Opened in February. Hours are 8 a.m. to 8 p.m. Monday through Saturday. Food includes breakfast, sliders, soups, salads and flatbread pizzas. (563) 424-4561. Online at nostalgiafarms.com.



John Greenwood / Radish

As for what comes next, Quad City Food Hub president Carla Jaquet says the Food Hub's strategic plan calls for a local, fresh, daily market; a certified community kitchen space; and identifying and supporting community gardens, "which will provide lasting education and individual opportunity to grow nutritious food."

As the Food Hub grows, backers also would like it to expand into a warehouse that would allow delivery of locally-grown products throughout the Quad-Cities to institutions such as schools, hospitals and even jails, says Kraklio, who also serves on the Food Hub Committee.

Davenport Alderman Bill Boom, one of the project's backers, agrees that getting local food into institutions needs to be a priority. Having a centralized distribution point like the Food Hub can enable that to happen. "The big demand, in my mind, is the institutions," he says. "All of these can benefit from the efforts of the Food Hub."

The Food Hub also will benefit the Quad-Cities as a whole, says Boom. "Part of our drive is to try to create local jobs that are not transferable."

Boom believes part of the difficulty in getting people to eat local food is that there are not many options for people who can't shop during the limited hours area farmers' markets are open. Once the Food Hub is running, he believes people will take advantage of the new option for local food. "There is a choice," he says. "You can make a difference in your own core intake. Better food means better health."

Boom says city officials have been equally enthusiastic about the Food Hub. "These are the sustainable efforts that they want to introduce into Davenport," he says. "This concept is spreading and the demand is out there for it."

"From an economic standpoint, it makes sense," says Fresh Deli co-owner Joe Dennis. He describes the response so far to their venture as "incredible."

"We are the first stones being placed in the wall of what the Quad Cities Food Hub will be," says Kraklio. "We are on a food revolution here."

Lindsay Hocker and Bill Mayeroff are reporters for The Dispatch and The Rock Island Argus. For more information on the Quad Cities Food Hub, visit qcfoodhub.com.

The Freight House Farmers' Market, a year-round farmers' market. The indoor market is open from 3 to 6 p.m. Tuesdays and from 8 a.m. to 1 p.m. Saturdays. The outdoor market is open at the same times from May through October.

Front Street Brewery. Opened in April. Front Street Brewery includes a micro-brewery and bar. Their existing location, at 208 E. River Drive, Davenport, will remain open. (563) 322-1569. Online at frontstreetbrew.com.



Todd Welvaert / Radish



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health & fitness

Breaking a sweat

Zumba instructor finds her calling in high-energy workout

By Laura Anderson Shaw

Skellington Manor in Rock Island is home to elegant wedding receptions, entertaining vaudeville shows, murder-mystery dinners and a killer haunted house. But Monday through Thursday nights, it's a calorie-burning, sweat-dripping madhouse when Zumba instructor Patrice Williams takes over.

A mix of Latin, international and hip-hop music pumps through the speakers and fills the room as people file in and take their places on the floor. Soon, Williams hits the stage and leads the class of more than 50 loyal followers through 60 minutes of intense, high-energy, heart-pounding dance.

Always a fitness enthusiast, the Bettendorf, Iowa, woman said she found Zumba a few years ago. "The music was contagious," she says. "It caught me."

She had instructed other fitness classes before, so she decided to look into teaching Zumba. She went through teacher trainings in Chicago and became certified to teach in 2008. After teaching at a Quad-Cities area YMCA for two years, Williams ventured out on her own and started her own business, Zumba in the QC.

For almost two years now she has taught classes at Skellington Manor during the week and at the Institute of Therapeutic Massage and Wellness in Davenport on the weekends. About a year ago, she recruited sisters Sara and Amanda Newman, as well as Tanisha Briley, to sub whenever needed and teach Thursday and Sunday classes.

Doing Zumba and teaching it is "amazing," Williams says. "I love it; I love to dance." She calls herself a quiet person, but dance allows her and others to bring out their personalities. "It's just a good feeling," she says.

In addition, she loves sharing Zumba with the world. Not only is it healthy and fun, there's the social aspect of meeting new people and participating with others. If you haven't already, "you need to come give it a try," Williams says.

Williams has done several demonstrations around the Quad-Cities, and she says she enjoys it. Whether the audience has never heard of it, or they've seen commercials or advertisements for Zumba video games, Williams says she enjoys showing people what Zumba is in person and giving folks a chance to give it a try.

Like all other fitness classes and routines, Williams says consistency is key. "But it's so much fun, it makes you want to come back," she says. "People can't wait (to do it again). ... It doesn't feel like exercise."

Well, except that you leave class with sweat-soaked clothes and hair.

"It's freeing," Williams says, adding that when you come to class, you can dance and "let go." Williams says this is good especially for people with "serious jobs," or positions that require you to sit all day.

Williams credits Zumba for more than just keeping her fit. "I'm a happier mom," she says.

Zumba is very easy to do, she explains, adding that people of all ages and fitness levels, with or without rhythm, can participate. If you don't pick up on



Patrice Williams leads a Zumba class at Skellington Manor. (Photo by Gary Krambeck / Radish)

the steps right away, it's not because you're "uncoordinated," Williams says; it's because it's new.

Zumba was created around "the formula," which is music plus core steps, Williams says. There are two to four main steps in each routine that cycle through and repeat. You may not catch it the first or second time around, Williams says, "but you'll (get) it down," she says. Then, you can "add your own flavor."

Instructors can modify steps also, which makes it easier for people of all fitness levels to participate. "We all move differently," Williams says, adding that the goal is just to "feel the music."

No matter how tough the classes get, how much sweat has fallen or how many bottles of water have been chugged, Williams never seems to stop smiling and neither do her students.

"It's a party," she said. "Come out and try it. You will be addicted like the rest of us."

Laura Anderson Shaw is a Zumba enthusiast and frequent Radish contributor. Patrice Williams will give a free Zumba demonstration at the Healthy Living Fair. For time and location, turn to the guide to the fair, pages 42-48.

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environment

Faith in action

Earth Keepers answers the call to be stewards of creation

By Chris Greene

Keeping the faith and going green are one in the same for the folks involved with Earth Keepers, a Quad-Cities organization that began more than four years ago with one simple mission — so simple, in fact, it can be stated in three words: “greening our congregations,” according to group member Craig Tigerman.

Earth Keepers works to connect stewardship of the Earth with the faith of their members. Karen Neder, who serves as a chairperson for the group, says Earth Keepers was founded by members of two local churches — Barbara Steigman from Trinity Lutheran Church in Moline and Shirley Trevor of St. John’s Lutheran Church in Rock Island.

The focus of Earth Keepers grew rapidly. “It quickly expanded to include personal stewardship in many forms,” says Tigerman. “We maintain a 1.6-mile stretch of streets in Rock Island’s Adopt-a-Highway program, for example, and we are in fellowship with the local chapter of the Sierra Club.”

Neder adds to that list. “We take part in local 350.org events and Augustana College Environmental Film Fairs. We have also compiled a list of local companies that supply ‘green’ paper and cleaning products that churches can use to guide them in greening that part of their congregations.

“As our mission statement says, ‘We are people of faith called to be stewards of creation through education, advocacy and actions which protect, restore and celebrate the earth and its resources through ministry in our homes, our congregations, and the world.’ God made the world and entrusted us with its care, so who better than our faith communities to lead the way?” says Neder.

That means rolling up their sleeves and leading by example, but members of the group find they also get something in return. For Neder, being involved with Earth Keepers has given her a sense of hope. “I can’t say personally that it changes the way I look at my faith or the world, but I can say that being involved with this dedicated, energetic, welcoming group of people really gives me hope for the future of our planet amidst the destruction that we see every day on the news,” she explains.

Neder is excited about the future of the group, as well. “We have about 20 faith communities that have shown interest or have come to at least one of our meetings at some point. Many don’t attend the meetings, but remain on our e-mail listserv and attend (or) help out at other functions, such as the Health Living Fair and 350.org events. We are always looking for new members, congregations and faith communities.

“Most of our members are from Christian communities at this time, but we have been reaching out and getting some interest from other communities as well,” continues Neder. Membership is easy. The group is open to representatives from any faith community in the Quad-Cities area. They have meetings about every four to six weeks, charge no dues and have no budget.



From left, Craig Tigerman, Paula Tigerman and Judy Stengle pick up litter along a Rock Island street as part of Earth Keepers. (Submitted)

In addition to providing fellowship, the group disseminates information among its members from other local, environmentally-minded organizations like Blackhawk State Historic Site, River Action and QC TAG, so that if members want to pursue involvement in those activities, they can. Earth Keepers also maintains a website (wix.com/earthkeepers/earthkeepers) that contains a wealth of

‘God made the world and entrusted us with its care, so who better than our faith communities to lead the way?’

resource information, including a collection of monthly “Cool It!” articles.

There is always room for more. “We welcome you and encourage you to come to one of our meetings, and we can certainly put you on our e-mail list to keep you abreast of our activities,” says Neder.

Chris Greene is a frequent Radish contributor. For more information about Earth Keepers, look for their booth at the Healthy Living Fair (see pages 42-48).



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Urban foraging

Edible plants are everywhere — including our city streets

By Sharon Wren

Chris Rice has an eye for juneberries. The popular ornamental shrubs, so named because their berries ripen in June, are in more places than you might think, according to Rice. “Bent River (Brewing Company) has them; they were planted all along the one-way (streets) in downtown Rock Island, at least one on every block. They’re even at the Davenport skate park,” says the Rock Island resident, noting that whenever there is new construction, “the city puts in juneberries.”

The shrubs, also known as serviceberries, shad-berries or saskatoons, make popular ornamental additions to yards and parks. But that’s not why Rice thinks they are a landscape plant everybody should have. Juneberry fruits are also edible. “They’re really common plants and are native to here. They’re sweet, most often compared to a blueberry but sweeter. The seeds are like strawberry seeds, inconsequential, but they add an almond flavor,” he explains.

According to renowned forager and author Steve Brill, juneberries are easily distinguished from other, nonedible berries because, like blueberries, they have a “crowned” opening opposite the place where the berry connects to the stem. “No poisonous berry has a crown,” he writes in “Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places.”

Like Brill, Rice has a passion for foraged foods. “I just always have been interested in foraging,” he says. “Being a Boy Scout, I was really interested in that part, survival week.” For him, availability is part of the appeal. “It’s food that’s there when you need it.”

Foraging doesn’t have to mean tromping through high weeds in a field in the middle of nowhere, says Rice. “The three easiest plants to forage are dandelions, violets and plantains; even kids can recognize them.” These lawn staples are safe to eat as long as weed killers and other chemicals aren’t used on them.

In addition, Rice keeps his eyes out for other food-producing trees and shrubs like paw-paws and

American persimmons. “Paw paws taste like a banana-strawberry mix with mango,” he says, while persimmons “have an interesting flavor, kind of like a Fig Newton with nutmeg. It’s kind of hard to describe.”

When foraging, it’s important to know exactly what plants are before you eat them. Tagging along with an expert forager is one of the best ways to ensure that only edible goodies are gathered. This is one reason Rice helped establish the QC Edible Landscapes group on Facebook, as a place for people with similar interests to trade information and compare notes.

For Rice, foraging isn’t just a way to put food on the table. “It’s relaxation, a hobby and survivalism, all in one. Even if you don’t ever need it, it’s a cool hobby.”

Sharon Wren is a regular contributor to Radish. To learn more about local foragers, visit facebook.com/groups/QC.EdibleLandscapes.



John Greenwood / Radish

Juneberry Muffins

½ cup rolled oats	1 teaspoon baking powder
½ cup orange juice	½ cup vegetable oil
1½ cups flour	1 egg (beaten)
½ cup plus 2 tablespoons sugar	1½ cups juneberries
½ teaspoon salt	¼ teaspoon cinnamon
¼ teaspoon baking soda	

Preheat oven to 375 degrees. Combine oat and orange juice and allow to soak. Meanwhile, mix together flour, ½ cup sugar, salt, baking soda and baking power. Make a well in the middle of the dry ingredients, into which pour the oats, orange juice and juneberries. Fold together being careful not to overmix. Spoon the batter into 12 large muffin cups. Mix together the remaining sugar and cinnamon and sprinkle over the tops of the muffins. Bake for 18 to 20 minutes.

— Recipe source: [Yummly.com](https://www.yummly.com)



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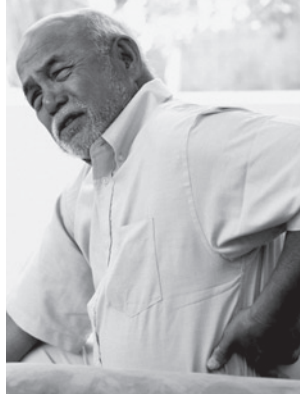



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environment

Alpacas add up to a sustainable lifestyle on a Plymouth, Ill., farm

By Melisa Jackson

To see Lindsey Moore traveling down the road with two of her alpacas in the back of her minivan — they are small enough no trailer is needed to transport them — you might guess she's an old hand at farm life. In fact, she's a relative newcomer to raising alpacas and rural living, but both are part of a dream come true.

As Moore explains, when she was growing up her father was “more of a city kind of guy,” though she always dreamed of living in the country. When she had a daughter of her own, she and her husband made a life-altering decision to raise her in a setting that was closer to nature. The family bought a piece of land, wrangled with the idea of raising horses, and, with the help of Moore's stepsister, ultimately settled on raising alpacas instead.

Why alpacas? They are eco-friendly, able to graze on grass without uprooting it, explains Moore. The animals are also good-natured and kid-friendly, which helps now that she has not one but two children — and 30 alpacas.

Moore's farm, Little Creek Alpacas, is located in Plymouth, Ill. (about 20 miles southwest of Macomb). She has built a small business selling the fibers from her own alpacas along with a variety of other yarns, roving and fibers, some of which she receives from a solar-powered mill in Oregon.

When asked about her choice to use the mill in Oregon as opposed to something in state and closer to home, Moore explains that the decision was a whim at first, but between the mill utilizing sustainable energy and the prices they were offering, she couldn't beat it. “They spin really interesting yarn,” she says, describing its rustic, hand-spun look. Her contact there doesn't have a lot of what Moore calls “corporate rules.” He's friendly, easy to deal with, and maintains a short turn-around time as compared to local mills.

Moore also does business with a single mom in the state of Wyoming, who raises rescued alpacas and llamas. Moore likes to work with her on what she calls “the experiments” and “the fun stuff.” Moore's own adventures include using hand sheers to collect wool from her alpacas since they are more energy-conscious than electric sheers.

As for little slice of rural heaven, Moore has a lot of future plans in the works, including the addition of chickens and organic farming (she will utilize the alpacas for their natural compost). She also plans to dig out a portion of her two-acre pond, which is now stocked with catfish and bass, put some sand in it and create a mini-beach of sorts. Moore calls it her “Jamaica in the country.”



Ava Jane Minor and Bandito the alpaca on the family farm. (Submitted)

Melisa Jackson is a regular contributor to Radish magazine. Meet Moore and two of her alpacas at the Healthy Living Fair (see pages 42-48), where she will conduct several demonstrations on spinning and other fiber crafts.

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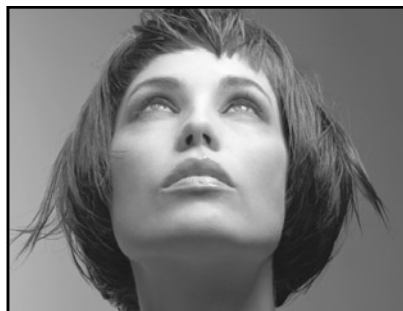
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(Story on page 8)

"Flash" Frozen Vegetables

- **Use for:** Green beans, sweet corn, carrots, peas, bell peppers, broccoli, and more
- **Materials:** Stovetop, cooking pot, large bowl, colander or salad spinner, parchment paper or Silpat liner, cookie sheet, freezer and freezer bags
- **Directions:** Fill the cooking pot with water and bring to a boil. Fill bowl with ice water and place nearby. Working in small batches, blanch the vegetables (corn left on the cob, all other vegetables cut to desired portion size) by placing them in the boiling water for 2 minutes, then removing plunging them into the ice water for 2 minutes more. Place blanched vegetables in colander or salad spinner to dry. Lay the vegetables (corn now cut from the cob) in a single, even layer on the parchment paper- or Silpat-lined cookie sheet and place in the freezer. When the vegetables are frozen (roughly 30 minutes to 1 hour), transfer them into freezer bags and proceed to freeze the next batch. Because each piece is now individually frozen, you can use the desired amount of carrots, corn, beans, etc. from each bag as needed throughout the winter without having to thaw the entire batch.

BEYOND THE CRISP

(Story on page 16)

Simple Multigrain Pizza Dough

- | | |
|---------------------------|-------------------------|
| 1 cup whole wheat flour | 2 teaspoons kosher salt |
| ½ cup corn meal | 2 tablespoons olive oil |
| 1½ cups all-purpose flour | 1½ cups water |
| 2 teaspoons instant yeast | |

Combine the flour, yeast and salt in a bowl. Either by hand or with a mixer, work the oil and 1 cup water into the flour. Continue to add water, a little at a time, until the mixture forms a slightly sticky ball. Turn the dough onto a floured work surface and knead by hand for a few seconds to form a smooth, round ball. Put the dough in a bowl and cover with plastic wrap; let rise until the dough approximately doubles in size, 1 to 2 hours. When the dough is ready, form it into a ball and divide it into 2 or more pieces. Roll each piece into a round ball and place each on a lightly floured surface, sprinkle with flour, and cover with plastic wrap or a towel. Let rest until puffed slightly, about 20 minutes. Preheat oven to 500 degrees. Roll dough out to desired size and thickness. Place on a pizza stone or cookie sheet. Poke all over with a fork, leaving a ½-inch border around the edge. Place in the oven and bake for 10 minutes. Remove and add desired pizza toppings, then return to oven and bake until the cheese has melted and the ingredients are warmed through.

— Recipe adapted from "How to Eat Everything" by Mark Bittman

Lentil and Rhubarb Stew with Indian Spices

- | | |
|---|---|
| 3 or 4 stalks rhubarb, strings removed, chopped | 1 tablespoon mustard seeds |
| 1 cup orange lentils, well washed | 2 cloves |
| 2 tablespoons minced ginger | 1 teaspoon cracked black pepper |
| 1 tablespoon minced garlic | 1 dried ancho or other mild chili, optional |
| 4 cardamom pods | Salt |
| | Chopped cilantro leaves for garnish |

Combine all ingredients except salt and cilantro in a saucepan and add water to cover by about 1 inch. Cook at a steady simmer until lentils and rhubarb are quite soft, 20 to 30 minutes. Remove cloves and, if you like, cardamom pods. Add salt, then taste and adjust seasoning. Garnish with cilantro and serve.

— Recipe from The New York Times

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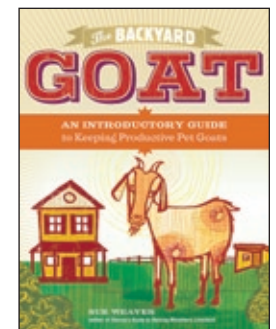
Mini-review: "The Backyard Goat: An Introductory Guide to Keeping Productive Pet Goats," by Susan Weaver (Storey Publishing, 2011, 224 pages, \$16.95 paperback)



If you are thinking about purchasing, raising, and/or breeding pet goats, this book has a lot to offer. From training pet goats to birthing kids, author Susan Weaver gives insight into a goat's world. With detailed illustrations, common afflictions and how to combat them, and a glossary of goat terminology, this book gives you a start-to-finish overview on raising pet goats. And for those who already own goats and may just be goat lovers, there's fun goat tidbits and goat cheese recipes.

Although the book has a bit of a slow start, delving into the history of goats followed by a couple of lengthy chapters on training, this book makes up for it with its whimsical goat tales and its abundance of easy-to-read information.

— B.J. Aldrich, Springville, Iowa



Submitted

Author connects dietary decisions, planetary health

Mini-review: "Comfortably Unaware," by Dr. Richard Oppenlander (Langdon Street Press, 2011, 178 pages, \$22.95 paperback)

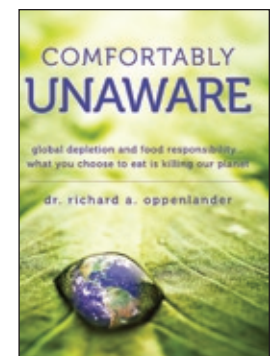


"Current food choices detrimentally affect climate change and global warming more than do all the cars, planes, trucks, buses and trains used worldwide," writes Dr. Oppenlander in a book that is sure to give everyone — whether vegan, vegetarian or omnivore — something to chew on. In "Comfortably Unaware," he contends that the production of meat, dairy, poultry and fish are the major cause of global depletion; the loss of our renewable and nonrenewable resources; and pollution of air, land and water.

He also argues that eating animal products is killing us. Oppenlander cites warnings from the American Dietetic Association, the American Cancer Society and the American Heart Association that the consumption of animal-based foods increases the likelihood of heart disease, high cholesterol, high blood pressure, Type 2 diabetes and cancer, while a vegan diet lowers the risk.

Although he offers a hearty helping of information about the effect of meat and dairy on the world's health, in his zeal for the universal adaptation of a vegan lifestyle he overlooks the many other forces that affect the health of the earth, including the conventional production of fruits and vegetables.

— Donna Duvall, Spragueville, Ill.



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Denise Hnytka & Jason Fechner

farmers' markets

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HENRY COUNTY

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Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, through Sept. 29; 404 E. 3rd St., 4-7 p.m. Thursdays June 14-Aug. 16. (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. 26. (815) 598-3138 or elizabethfarmersmarket.com

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, through Oct. 13. (815) 777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. June 10, 24; July 1, 8, 22; Aug. 5, 19; Sept. 2, 16, 30; and Oct. 7. (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 Oct. 27. (815) 947-3197

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, through Oct. 27. (309) 342-7711

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 5-Sept. 27. (309) 483-8412

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd Street; 7 a.m.-noon Wednesdays and Saturdays, through Oct. 27. (815) 284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, through Oct. 20. (309) 837-4855

MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 7-Oct. 11. (309) 582-2751

OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 5-Oct. 11. (815) 946-3131

PEORIA COUNTY

RiverFront Market, on the corner of Water and Liberty Street, Peoria; 8 a.m.-noon Saturdays, June 2-Sept. 29. (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. 31. (309) 936-7792 or (309) 944-7980

Homegrown Farmers' Market on the Square, 321 W. 2nd Ave., Milan; 2-5 p.m. Wednesdays, through Oct. 31. (309) 756-9978 ext. 10

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, through Oct. 27. (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 1-Oct. 27. (309) 734-3181

WHITESIDE COUNTY

Morrison Farmers' Market, 202 E. Lincolnway (Route 30) behind Heritage Museum, Morrison; 8-11 a.m. Saturdays, June 2-Sept 29. (815) 772-2018 or morrisonfarmersmarket.com

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. 6. (563) 886-2076

CLINTON COUNTY

DeWitt Farmers' Market, 5th Avenue and 10th Street (Lincoln Park), downtown DeWitt; 4-7 p.m. Thursdays, through Oct. 11. (563) 357-9485

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, through Nov. 3. (563) 577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 28-Sept. 20. (563) 577-2216

DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, through Sept. 27. (319) 208-0056

DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa, 12th-13th streets; 7 a.m.-noon Saturdays, through Oct. 27. (563) 588-4400

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. 13. (319) 385-1846 or mpfarmmarket.org

IOWA COUNTY

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

JACKSON COUNTY

Bellevue Farmers' Market, gazebo on Riverview Drive; 7-11 a.m. Saturdays, through Sept. 29. (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. 27. (641) 919-3212

JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-7 p.m. Mondays and Thursdays, through Oct. 4. (319) 248-1750 or coralville.org

Iowa City Farmers' Market, lower level of Chauncey Swan parking ramp between Washington and College streets; 5-7 p.m. Wednesdays and 7:30 a.m.-noon Saturdays, through Oct. 31. (319) 356-5210

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

LEE COUNTY

Fort Madison Farmers' Market, Central Park, 9th and Avenue E; 4:30-6:30 p.m. Thursdays, June 7-Sept. 27. (319) 372-5471 or fortmadison.com

Keokuk Farmers' Market, River City Mall parking lot, 2nd and Main streets; 7-11 a.m. Saturdays, through Oct. 27. (217) 242-4061

LINN COUNTY

8th Avenue Market, 12th Avenue and 2nd Street SE, Cedar Rapids; 4-6 p.m. Tuesdays and 7:30 a.m.-noon Saturdays, through Oct. 20, except for June 2, 16; July 7, 21; Aug. 4, 18; and Sept. 1, 15. (319) 286-5699

Downtown Farmers' Market, 3rd and 4th Avenues SE, 2nd to 5th streets, downtown Cedar Rapids; 7:30 a.m.-noon June 2, 16; July 7, 21; Aug. 4, 18; and Sept. 1, 15. (319) 398-0449 or cedarrapids.org

Mount Vernon Farmers' Market, Memorial Park, 311 1st St. W.; 4-6 p.m. Thursdays, through Oct. 11. (319) 310-4145

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, through Oct. 19. (319) 286-5699

LOUISA COUNTY

Louisa County Farmers' Market, American Legion parking lot, 99 2nd St., Columbus Junction; 4:30-6:30 p.m. Fridays, through Oct. 12. (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, June 7-Sept. 27. (563) 381-3761

Davenport Farmers' Market, parking lot of NorthPark Mall; 8 a.m.-noon Wednesdays and Saturdays, through Oct. 29. (563) 332-5529

Freight House Farmers' Market, 421 W. River Drive, Davenport; 3-6 p.m. Tuesdays and 8 a.m.-1 p.m. Saturdays, year-round; outdoor market through Oct. 30. (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

Paws for reflection

Pets give us a chance to practice unconditional love

By Rachel Morey Flynn

Five years ago when we moved into our house, my husband and children declared that having a dog was, “a quality of life issue.” I’m sure they imagined a different scene than I did. For them, life with a dog would complete Norman Rockwell’s American Family. For me, it just looked like a lot of time with a pooper scooper and a vacuum cleaner. I lost the vote, and we decided to adopt an adult dog from the shelter. Our kids were immediately drawn to a really beat-up looking, skinny white Labrador retriever.

One of the rescue workers saw us with the dog and made a beeline for us. “Hey!” he hollered. “That’s such a great dog! I picked him up. Thought he might not make it, but he’s so nice, we had to try. You should take him.” Three faces turned to look at me. I could tell that my husband was sold.

The woman that helped us with the paperwork at the shelter dipped her head towards mine and whispered, “He’s really had a rough time. Keep the receipt. If he doesn’t make it, I’ll refund your money.”

We quickly discovered that Max wouldn’t eat unless the dog food was poured out on the floor and the room vacated. Stairs, noise, carpeting and my Peruvian brother-in-law all caused trembling. Over time, we rounded off his rough edges where house training, manners and socialization were concerned, but there was one sharp point that wouldn’t budge: If Max thinks he can make it through an open (or quickly closing) door, he will put his whole self into the quick escape. He never goes far, never lets anyone touch him and comes home when he feels like it.

My daughters seem to have some higher level of communication with Max than my husband and I do. Especially Zoe, who regularly interprets for me: “Max wants to go for a walk, but he doesn’t want to go to the park. He wants to just walk,” and “Max would like a pillow for his kennel, and a baseball.”

Max slept in my favorite old chair in the basement every night for eight months. Then one day, he ate it. Mystified, I picked up the shreds of stuffing and green brocade fabric, and hauled the chewed wood frame out to the garage. Having developed a taste for furniture, he then devoured two footstools and another wingback chair. Zoe’s favorite beanbag is his sleeping spot, now. She says they talked about it and he agreed to not to eat it.

I hope she’s right, because I’ve never been able to permanently banish him to the backyard. Not that it’s really an option. He’s pulled apart three wooden gates, climbed the 8-foot chain-link fence more than a dozen times, and broken one heavy-duty tie-out chain after another. Don’t get me wrong; the dog can be contained. He’ll stay in a smooth-sided 10-foot-tall box with no door and a lid. I imagine.

Even with the constant escapes, I’m glad to have him. As I write this, he’s got both paws on top of my left foot and keeps pushing my hand off the keyboard with his nose. He’s been outside, has a big bowl of water, and just polished off the heel of a very good loaf of beer bread. Now, he wants love. And so I put up with



Max relaxes at the Flynn family home. (Submitted)

it. I take the mad dashes for freedom, the furniture- and gate-eating, all of it, because when our youngest daughter lays her head on his body while she’s watching TV, he doesn’t move.

Being a dog owner is hard work sometimes, but Max is my therapist and dear friend, and he listens to me read out loud everything I write. My family thinks they love him more than I do. They are wrong, of course. I’m just more intimately familiar with his most eccentric personality traits. My husband is fond of saying, “Max, you are such a good boy.” To which I always respond, “Not really. But we love him anyway.”

Rachel Morey Flynn is a regular contributor to Radish.



Your pet could be featured next!

Do you have a very special pet in your family? Whether a dog, cat, parakeet, turtle or chinchilla,

enter it into our annual Healthy Pet of the Year contest. Just bring your pet to the stage area at noon June 16 at the Healthy Living Fair, next to the Freight House Farmers’ Market in Davenport, and come prepared to answer three questions:

- How does your family maintain the health of your pet?
- Are there any earth-friendly practices or products you use in your pet’s care?
- What are ways your pet contributes to the health and well-being of your family?

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healthy living fair

The sixth annual Healthy Living Fair — a celebration of local and natural foods, health and fitness, nutrition and the environment — will take place Saturday, June 16, next to the Freight House, 421 W. River Drive, Davenport.

The fair, which is presented by Radish magazine, will be open from 8 a.m. to 3 p.m. The nearby Freight House Farmers' Market will be open from 8 a.m. to 1 p.m. Admission is free.

Kicking off the fair again this year will be the annual Quad-Cities Largest Yoga Class VI, led by Jeani Mackenzie at 9 a.m. Yoga enthusiasts can double up on their practice — literally — during a demonstration of partner yoga led by Daina Lewis and Roberta Kelinson at 11 a.m.

Also returning to the fair this year will be the Radish Pet of the Year contest. Whether the family pet is a dog, cat, chinchilla or lizard, pet owners are encouraged to bring their critters to the fair and show them off.



Photo by John Greenwood / Radish

Your guide to the 2012 Healthy Living Fair

New to the fair this year will be a demonstration of Zumba, a high-energy fitness routine set to the beat of Latin, international and hip-hop music, led by instructor Patrice Williams. And back by popular demand will be a T'ai Chi demonstration led by Scott Caulpetzer that will include variations using swords and staffs.

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 products; environmentally friendly products and produce; gardening goods and services; outdoor recreation opportunities; and holistic, alternative and integrative medicine.

During the fair, visitors can take in the view of LeClaire Park and the Mississippi River. Kids can use the playground behind the Freight House. Food and beverages will be for sale at the fair and the adjacent farmers' market.



Support for the Healthy Living Fair is provided by The Friends of Radish: Metro, WQAD-TV NewsChannel 8, WQPT Quad-Cities PBS, Zimmerman Honda and Putnam Museum. Sponsors include Davenport Levee Improvement Commission, Freight House Farmers' Market and the City of Davenport Parks and Recreation.



Scheduled activities

- **9 a.m., Quad-Cities Largest Yoga Class VI:** Grab your mat and join Jeani Mackenzie of the Davenport School of Yoga to kick off your day at the fair with this free, 30-minute class covering basic yoga positions in the Hatha Style.
- **10 a.m., Zumba:** Get into the rhythm with Patrice Williams as you burn calories in a high-intensity, fun-for-all fitness routine set to the sounds of Latin, international, hip-hop music and more.
- **11 a.m., Partner yoga:** Instructors Daina Lewis and Roberta Kelinson will demonstrate the ways partners can work together to further their yoga practice in a series of poses that are beautiful to behold.
- **Noon, Pet of the Year Contest:** Will dogs continue to dominate the Pet of the Year contest, or will a different critter take the title? Bring your beloved family pet and be ready to detail how you care for it in healthy and earth-friendly ways. Wow the crowd and your pet could be featured in a future issue of Radish.
- **1 p.m., T'ai 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.

Happening all day

- **Learn easy preservation techniques:** Stop by the Slow Foods Quad Cities booth to learn ways to make the most of the summer bounty — whether from the market or your own garden — with easy methods to dry, freeze and pickle produce and herbs. No pressure cookers or dehydrators required! See how it's done, then take the recipes with you as you shop the market and look for produce to put up yourself.
- **Bring your water bottles:** No need to purchase bottled water on the day of the fair! Iowa American Water will have its water wagon on site where you can fill up your drinking container and quench your thirst with clean, local water for free.
- **Play outside the box:** Engage the green innovators of tomorrow with a little creative play at the Reusable Usables Creative Arts Center booth, where you'll find opportunities to create art and invent games using donated reusable materials that would otherwise go to a landfill.
- **Green your home and garden:** With new products and practices coming onto the market each year, it's easier than ever to build and maintain an eco-friendly home. From all-natural cleaning products by J.R. Watkins to garden tools to help grow your own veggies from Red Barn Organics, be sure to check out the many demonstrations at the fair of goods to help you be more green at home.

• **Find your natural beauty:** Learn how you can look your best without worry of compromising your health or the health of the planet. Get a free consultation from Leafgirl Studio + Organics and learn about vegan hair care and organic hair coloring. Discuss UV-free tanning with Bronze Baby Spray Tan. And discover manicure products that are free of methyl methacrylate from On the Avenue Salon.

• **Share your ideas for green living:** Stop by the Radish booth and share with us something you do to live in a more eco-friendly way. Your idea could end up in a future article in Radish. While you are there, register to win dinner for four at Tantra Asian Bistro in Davenport with Radish editor Sarah J. Gardner.



File

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Attractions

Relaxation and wellness: What better way to learn about the benefits of relaxation techniques and health screenings than with a little firsthand experience? Try out a chair massage or reflexology at the Institute of Therapeutic Massage. Stretch your way to relaxation with a demonstration from a Black Hawk College community education instructor. Get a spinal screening using state-of-the-art sEMG technology from Lundgren Family Chiropractic, a thyroid screening from Newhouse Health Solutions, a posture and blood pressure screening from Family Care Chiropractic, and an Insight scan to check your nerves from Inner Health Chiropractic. All for free!

Healthy foods: There is plenty to tempt your taste-buds at the Healthy Living Fair. 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. Nibble on a bit of salad from the GenAge Cafe, and sample the chewable nutrition supplement from Juice Plus+. Quench your thirst with a sample of PIMAG Living Water from the Quad Cities Wellness Association. Or simply try a little food for thought: Learn about the local food initiatives supported by Progressive Action for the Common Good, 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. Learn more about the Keep on Truckin' truck powered by biodiesel made at Augustana College using cooking oil from the school cafeteria. Pick up a schedule for the



A demonstration from the Institute of Therapeutic Massage at the 2011 fair. (Photo by John Greenwood / Radish)

Channel Cat water taxi. And head over to the bicycle corner to get tips on fitting your helmet correctly and to try your hand riding Zing, a recumbent bike designed by Iowa native Allan Prichard.

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, Root Cellar and Energy Doctor will all be on hand with information to share and products to demonstrate. RJ Construction will showcase solar panels and wind energy ideas for homes and farms.

And Black Hawk College will be at the fair to talk about the innovations used in its new Sustainable Technologies Building — as well as courses being taught there this fall to educate and inspire the energy innovators of tomorrow.

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, hand-made jewelry and more. Can't wait until you get home for a nibble? Food and beverage vendors on site sell hot sandwiches, unique pastries, grilled meats, 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), currently featuring an exhibit of works by photographer David Plowden. Nearby is the River Music Experience (rivermusicexperience.org), which features a cafe and music museum. Or check out the German American Heritage Center (gahc.org). You can also visit LeClaire Park and take a walk along the paved Mississippi River Trail, which connects several recreational areas. For more information, visit downtowndavenport.com.

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AdvoCare: Come sample Spark, an amazing (and delicious!) nutritional energy and mental-focus drink. advocare.com

Arbonne: Sample Arbonne's pure, safe and beneficial anti-aging and health and wellness products. devonschaaf.myarbonne.com

Augustana College Farm2Fork and Augie Acres: Find out about Augustana's move to local foods and eco-friendly products in its dining services. augustana.edu

Baby Matters Birth Coalition: Learn about better birthing options available in the Quad-Cities.

Dr. Paul Black: Sign up for a free consultation from the leading provider of Invisalign clear orthodontic treatment in Eastern Iowa. invisalign.com

Black Hawk College: Learn about courses to be offered at the new Sustainable Technologies Building and stretch your way to relaxation with a demonstration by community education instructors. bhc.edu

Bronze Baby Spray Tan: Learn about safe, natural, UV-free option that uses a DHA-based solution to create a beautiful, bronzed skin. bronzebabyspraytan.com

The Congregation of the Humility of Mary: Check out the schedule for Our Lady of the Prairie Retreat. Quiet days to enjoy the beautiful surroundings. chmiowa.org

Davenport School of Yoga: Learn how yoga can help you feel better, live healthier and enjoy life from Davenport's original school of yoga. davenportsschoolofyoga.com

Earth Keepers: Looking for ways to help your congregation or faith community become more environmentally aware? Come learn how. wix.com/earthkeepers/earthkeepers

Energy Doctor Inc.: Discover how to increase energy efficiency, make your home more comfortable, save on heating and cooling costs, and qualify for a federal tax credit. energydoctorinc.com

Family Care Chiropractic: Receive free posture and blood-pressure screenings to discover how healthy you are. familycarechiropractic.net

Food & Water Watch: Get involved in helping to create a healthier, sustainable and safe food system — learn what you can do to help protect vital food and water resources. foodandwaterwatch.org

Generations Area Agency on Aging: Taste the new Orange Dreamcycle salad, a favorite GenAge Café menu item, and learn about resources that can help you, a friend or family caregiver. genage.org

Get Cooking with Rachel: Learn about cooking classes this summer at the Rock Island Public Library, set up like a book club so you can check out the cookbook that used that day and take it home to try other recipes.

Green Bottoms Cloth Diapers: No plastic pants, no pins ... better yet no harmful chemicals next to your babies' skin! Visit Green Bottoms to learn more. greenbottoms.com

Hogg Chiropractic Clinic: Help raise money for the United States Veterans Initiative and get a Professional Applied Kinesiology (PAK) mind/body screening. drhogg.com

Illinois Renewable Energy Association: Learn about opportunities



Photo by John Greenwood / Radish

for energy efficiency and renewable energy in your life and community. illinoisrenew.org

Inner Health Chiropractic: Get your nerves checked with an Insight scan to see how it relates to your health. myinnerhealthchiro.com

Institute of Therapeutic Massage: Experience foot reflexology or a seated chair massage, receive a coupon for a discounted student massage, and discover if a career in massage therapy is for you. learntomassage.com

Iowa Grape Vines Winery: Locally made wines, grape juice and wine jelly — tantalize your taste buds with samples. iowagrapevines.com

Iowa Physicians for Social Responsibility (I-PSR): Pick up reports on health threats in Iowa, across the nation, and around the world. psr.org

J.R. Watkins: Discover an array of organic and natural herbs and spices, home and personal care. jrwatkins.com

Juice Plus+: Research shows people can improve their chances of living longer, healthier lives by eating more fruits and vegetables — discover a convenient way to do so. juiceplus.com

Kalona Organics: Sample local organic, cream-top milk (white and chocolate!), yogurt, cottage cheese, sour cream, butter and hard cheeses. kalonasupernatural.com

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

Leafgirl Studio + Organics: Check out organic soaps, local and handmade natural jewelry, and receive a complimentary hair color consultation. leaforganicsalon.com

Little Creek Alpacas: Meet live alpacas and watch fiber carding and needle felting activities throughout the day.

Lundgren Family Chiropractic: Get a free spinal screening,

sample Biofreeze and pick up hydromassage bed coupons.
lundgrenchiropractic.com

Mila-The Miracle Seed: Take control of your health with the highest combination of omega-3 fatty acids, proteins, antioxidants, fiber and phytonutrients of any source on the planet.

Newhouse Health Solutions: Learn more about a customized approach to healing and start with a complementary thyroid screening.
newhousehealthsolutions.com

On the Avenue Salon: Find out what meticulous work and attention to detail can do to enhance your salon experience.

Orenda International: Learn how the science behind Orenda can make a powerful change in your life.
orendainternational.com

Palmer Center for Chiropractic Research: Meet research staff and find out how you can help us understand the impact of chiropractic on low back pain.
palmer.edu

Pam Taylor: Discover inexpensive, easy-to-learn natural healing techniques from the author of "Simple Ways of Healing."
pamelataylornd.com

Peppertree Alpacas: Meet live alpacas and check out products trimmed with alpaca fiber.

Progressive Action for the Common Good Local Foods Initiative: Learn about the PACG mission and register for the 2012 Earth Charter Summit.
qcprogressiveaction.org

Quad Cities Dog Obedience Club: Learn about a wide variety of not-for-profit classes and other canine-related activities.
qcdoc.com

The Quad Cities Wellness Association: Sample PIMAG Living Water, experience magnetic and infrared products to help your body stay well.

Quad City Rain Barrels: Learn how recycled, food-grade barrels can aid in water conservation and composting.
quadcityrainbarrels.com

Red Barn Organics: Discover the most effective, affordable and safest products available to gardeners, pet owners and homeowners.
redbarnorganics.com

Reusable Usables Creative Arts Center: Express your creativity and have fun playing with open-ended reusable materials.
reusableusables.org

Sierra Club Eagle View Group: Healthy living starts with a healthy environment. Find out about club advocacy and outings.
illinois.sierraclub.org/eagleview


Sitka Salmon Shares: Hear the stories of independent, small-boat fishermen in Alaska and sign up for a stake in sustainable salmon.
sitkasalmonshares.com

Soggy Bottom Diaper Service: Discover a cloth diaper laundry and delivery service to make life with your baby easier.
soggybottomdiapers.com


Spring Forest Qi-ssage: See how massaging only a couple dozen energy points helps maintain optimal health and wellness.

Stroller Strides: Find out how you can get fit with your baby in tow and sign up for a handy newsletter.
strollerstrides.com


WQPT: Visit the WQPT tent and be curious with Curious George activities. Take home free seeds, magnifying glass and tattoos.
wqpt.org



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Todd Welvaert / Radish

Bikes welcome!

Ask Donnie Miller, safety and education director for the Quad Cities Bicycle Club, how many cyclists on the road are wearing an ill-fitting or incorrectly adjusted bike helmet and you won't hear a moment's hesitation in his reply. "Probably 70 percent," he says, emphatically. "And it only takes 90 seconds to fix."

That's exactly what Miller will be doing in the bike corner of the Healthy Living Fair — providing free helmet checks and teaching visitors to the fair how to adjust the fit of their helmets.

What are the signs that your fit may be off? If it slides easily around your head or if it sits off-center, chances are it is time to adjust the straps. Even if you start out with a correctly fitted helmet, "like anything else, things loosen up over time," says Miller, which is why he suggests checking your helmet once a month to make adjustments as needed.

Miller will also go over how to do an "ABC Quick Check," developed by the League of American Bicyclists to spot any safety concerns on a bike before heading out for a ride. He will use a pair of demonstration bikes from Healthy Habits in Bettendorf to show a quick way to test if your brake cables need tightening, how to do an inspection of the chain, and what to look for when checking the tires.

Although that includes looking for punctures or tears, an even more common culprit of bicycle

accidents is something that is easy to fix but that many people neglect without giving a second thought. "One of the leading causes of crashes on solo rides is low air pressure in a tire," explains Miller, who recommends airing up tires before each and every ride. "Not only will you be safer, it also makes for a more enjoyable ride, since you don't have to work as hard on fully inflated tires."

Bicycle parking will be available at the fair for those who want to come on two-wheeled transportation. Just bring a lock to secure your bike! And, for those who want to experience a different sort of pedal power, Allen Pritchard will be there with his self-designed recumbent bike for test rides.

What is the ABC Quick Check?

A: Do your tires have enough **air** to match the pressure listed on the side of the tires?

B: Are your **brakes** adjusted properly?

C: Are the **crank, chain and cogs** of your bike loose, grimey or rusted?

QUICK: Are the **quick release** levers on your wheels, brakes and seat posts tight and closed?

CHECK: Take your bike for a short spin to **check** that the bike as a whole functions before heading out on your ride.

Vendors

AdvoCare
Arbonne
Augustana College Farm2Fork and Augie Acres
Baby Matters Birth Coalition
Beckwith Chiropractic Neurology Clinic
Dr. Paul Black
Black Hawk College
Bronze Baby Spray Tan
The Center for Digestive Health
Childbirth Options Consulting
The Congregation of the Humility of Mary
Davenport School of Yoga
Earth Keepers

Energy Doctor Inc.
Family Care Chiropractic
Food & Water Watch
Generations Area Agency on Aging
Get Cooking with Rachel
Green Bottoms
Healthy Lifestyles-SaladMaster Cookware
Hogg Chiropractic Center
Illinois Renewable Energy Association
Indigo Wellness
Inner Health Chiropractic
Institute of Therapeutic Massage
Iowa Grapes Vines Winery
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Juice Plus
Kalona Organics
Lamrim Kadampa Buddhist Center
Leafgirl Studio + Organics
Little Creek Alpacas
Lundgren Chiropractic METRO
Mila – The Miracle Seed
Newhouse Health Solutions
On the Avenue Salon
Orenda International
PACG Local Foods Initiative
Palmer Center for Chiropractic Research
Pamela Taylor, ND
Peppertree Alpacas
QC Vegetarian Group

Quad City Rain Barrels
The Quad City Wellness Association
Quad Cities Botanical Center
Quad Cities Dog Obedience Club
Red Barn Organics
Reusable Usables Creative Arts Center
The Root Cellar
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