

# HEALTHY LIVING FROM THE GROUND UP

**JUNE 2013**

**Zumba for kids**

**No-mow lawns**

**Grill-worthy veggie burgers**

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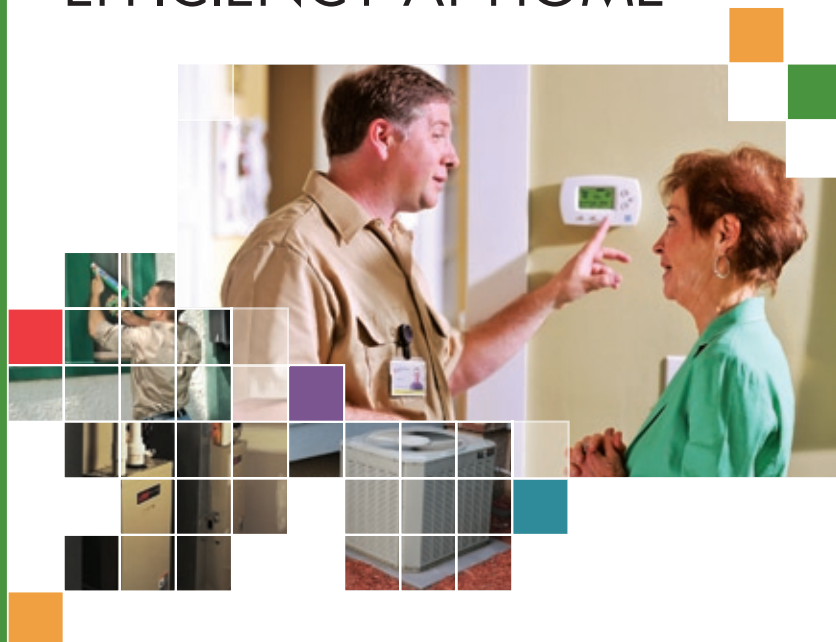
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# from the editor



Owen and Margi Rogal discuss a record of their farmers' market purchases with Radish editor Sarah J. Gardner, center, at the Freight House Farmers' Market. (Photo by Todd Welvaert / Radish)

Last year my nephew fell in love with facts. At the library, he would walk straight past the bins of story books with all their colorful and alluring covers and head instead to the earnest shelves of nonfiction books. Going over a list from the school book fair, he wondered out loud, "Why would anyone want a story book? They don't have facts. How are you supposed to learn anything from them?"

"Well, not everything can be learned just from facts," I explained. "Sometimes we need stories. Like if I told people you have brown hair and are in second grade, those are facts. But if I tell them about how you are learning to ride a bike, that's a story, and it tells them you are somebody who doesn't give up."

It's a conversation that has come back to me more than once as I meet people at photo shoots and interviews who are to appear in Radish. I suspect, at their heart, most articles begin with the same basic questions. What is it that you do? How did you come to do it? What are you hoping to achieve? We're interested in the facts, of course, but just as much we want to know their story.

As you know from reading the magazine, the answers to these questions are as varied and interesting as the individuals being interviewed. Month after month I'm struck by all the different stories that lead to healthy living from the ground up — and even more so, by how much more there is to tell. Each June we host our annual Healthy Living Fair in no small part so that you, too, can have this same experience. It's a chance to meet the people you may have seen in the magazine, to ask them your questions and to listen to their answers. The fair is packed with wonderful stories waiting to be discovered. We think of it as an opportunity to broaden the conversation beyond the pages of the magazine.

As for me, the story I have told time and again from last year's fair is how, when I was walking among the booths and speaking with vendors, I stopped to chat with one of the owners of the alpacas. She encouraged me to give the animals a hug, and that is how I learned when you hug an alpaca, it can drape its neck around yours and "hug" you back. If that's not a reason to check out the Healthy Living Fair, I don't know what is!

— 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!

Is there an article you read in Radish that you've referred to again and again? Have an idea for a story that could appear in a future issue? Stop by the Radish booth at the Healthy Living Fair, June 15, at the Freight House Farmers' Market, and let us know your thoughts! While you are there, register to win dinner for four at the Crane & Pelican Cafe in LeClaire, Iowa, with Radish editor Sarah J. Gardner. Or, send an email to [editor@radishmagazine.com](mailto:editor@radishmagazine.com) with your comments and "Dinner with the editor" in the subject line to be registered for the drawing.

## From our readers

Seven sparkling uses (April 2013): "All the ideas worked great."

— Nichole Skiles, Monmouth, Ill.

Why not walk? (May 2013): "As a life member of the American Volkssporting Association based in San Antonio, membership brings me to the more outstanding places that I may not see. Look at the website, [ava.org](http://ava.org)."

— Chris Mellon, Boston

Ready for rhubarb (May 2013): "Thanks for your stick-to-it-tiveness attitude with respect to the rhubarb doughnut perfection plan, particularly with the Aledo festival soon arriving. ... Good research, good experimenting, good piece. (I) plan to try the recipe myself soon. Thanks for your forward-thinking articles."

— David Grimes, Monmouth, Ill.



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 15, at the Freight House Farmers' Market, 421 River Drive, Davenport. Read more about this event on pages 42-48.

Also, look for the Radish booth at the 21st annual **I-Renew Energy Expo**, where you can pick up issues of the magazine and get more information on healthy living from the ground up. The expo will take place from 5-9 p.m. June 14 and 8 a.m.-5 p.m. June 15 at the Figge Art Museum, 225 W. 2nd St., Davenport. Turn to page 48 to learn more about this event.

To discover more upcoming events of interest, see the events calendar at [radishmagazine.com](http://radishmagazine.com).

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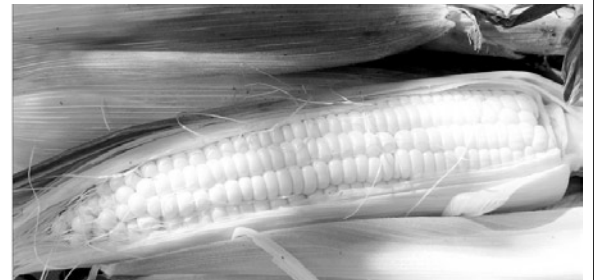


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Everything you need to know about the healthiest event of the year in eastern Iowa and western Illinois.





healthy living

# Friends and vendors

## Q-C couple revels in the magic of the farmers' market

By Leslie Klipsch

If it's Saturday morning, you'll likely find Owen and Margi Rogal at the Freight House Farmers' Market. If it's the height of summer, they'll be there with bags of sweet corn. In October, they'll have pumpkins. Come December, you'll find them indoors standing over salad greens, butternut squash and fresh eggs.

Are they particularly versatile vendors? Nope. They represent the other half of the equation that keep the farmers' markets bustling — dedicated customers — and in the case of the Rogals, it's a role they've been happy to fill for decades.

"Back in the early days, we weren't even aware of the local-food movement. We just loved the idea of buying farm-fresh food in a beautiful setting. Soon we saw that there was a cultural and social dimension as well," says Owen, who fondly recalls the vendors they've shared relationships with over the year.

Inevitably, they end up chatting with friends and strangers alike. "Owen is very curious and friendly," explains Margi. "We have relationships with a lot of the vendors. We always run into people we know. It takes us three hours to go through the market because it's such a social occasion," she says happily.

Margi grew up in Connecticut and Owen in New Jersey. Together, they moved to the Quad-Cities in 1986, just in time for Owen to begin teaching English at St. Ambrose University. The couple quickly fell in love with the local farmers' market and have made near weekly pilgrimages ever since, witnessing the market evolve into what it is today: a year-round bustling marketplace at Davenport's iconic riverfront Freight House. Through the years, they have built treasured relationships with the vendors.

One such relationship was based, according to Rogal family lore, on watermelon. The Wagamans, Owen recalls wistfully, sold out-of-this-world watermelons. "Owen can consume watermelon," Margi says with a smile. "It's almost embarrassing. We have to take the compost out at night," she laughs.



Owen and Margi Rogal of Davenport at the Freight House Farmers' Market. (Photos by Todd Welvaert / Radish)

Posted on the Rogals' refrigerator is a photo of a young, smiling daughter, Hannah Rogal, proudly bearing the weight of an enormous Wagaman watermelon. "We saw the Wagamans and their watermelons year after year," Owen recalls. "We got to know them and their family ... we followed their illness and recovery. Even after our girls went to college, Mrs. Wagaman always asked about them and remembered their names."

In the early days, the Rogals' two young daughters wandered through the southern part of the market with their father and counted trains rumbling by. Always a family expedition, Owen recalls the joy the young family experienced there. Back then,

crowds were sparse and their oldest daughter could sail through the aisles on roller skates.

Their children, now grown, have moved to new homes in Minneapolis and New York and embraced the market cultures there. Meanwhile, Margi and Owen continue to spend Saturday mornings at the Freight House Farmers' Market, now year-round since the market sprouted indoor offerings in 2011.

Around that time, Owen began keeping a daybook in which he lists everything he and Margi purchase at the market, how much it costs and who produced it. Flipping through the worn pages, you'll see that in 2011, the Rogals enjoyed blueberries in the middle of June, but in 2012 they didn't taste the



subtle sweetness until July. Upon closer investigation, trends emerge: February is for greens like mustard, spinach, and arugula. In March, baskets get heavier, and by August, year after year, Owen's lists are long and reveal the height of summer tastes: corn, tomatoes, peaches, blueberries, broccoli, eggplant, beets and more.

While the Rogals share their bounty with others, they also lead a rich culinary life. The couple loves to entertain and cooks most of their food themselves, rarely eating out. They are vegetarians, but suspect that had they met Neal and Lucy Sawyer (who sell beef at the market) 30 years ago, they might not be.

Margi and Owen often turn to their collection of well-worn cookbooks, but the couple says they do a fair amount of improvising as well. "We love food and we crave good quality produce," says Owen. "To be able to get food that was just picked a few days ago, or even the night before market, is really, really amazing."

These days the Rogals are joined by thousands of other customers who gather at the Freight House on Saturday mornings during the peek of summer to enjoy the near-festival atmosphere. Children amuse themselves on the plucky playground while adults with canvas bags sip iced coffee and chat with friends. Farmers enjoy near rock-star status and customers of the farm-to-table era admire rows of in-season fare, beautiful flowers and freshly baked goods. Like the Rogals, throngs of Quad-Citians have made the market a joyful part of their weekend routine.

"Not only is the market more diverse," says Margi, noting the variety of everything from fresh produce to eggs to goat cheese to jams to dried beans to lots and lots of baked goods, "but younger farmers are joining the ranks."

Part of the growth of the Freight House Farmers' Market, Margi believes, has to do with a more common awareness of the importance of good, fresh food. "We're distanced from our food," she says. "But at the market, you get close to

the food you're eating and the people who grow it. It's really quite magical."

In addition to a connection to local agriculture, the social aspect of the market that has captivated the Rogals for two and a half decades has surely influenced the changes they've witnessed. The market, Owen says, is a dynamic gathering place where people from all walks of life can enjoy a social exchange.

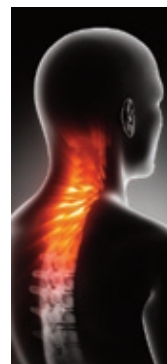
Margi agrees, "I think the market is what it is today because people love to take their dogs and their children out. And really, we've lost a lot of those public places where people can do so. The market is one of those spaces, and it's one that's amazing," she says, speaking from her decades of experience.

"To be outside in the morning on the weekend with the babies and the dogs and all of the wonderful food," Owen says. "It's a public space. And it's beautiful."

*Leslie Klipsch is a frequent Radish contributor.*



**"It takes us three hours to go through the market because it's such a social occasion."**



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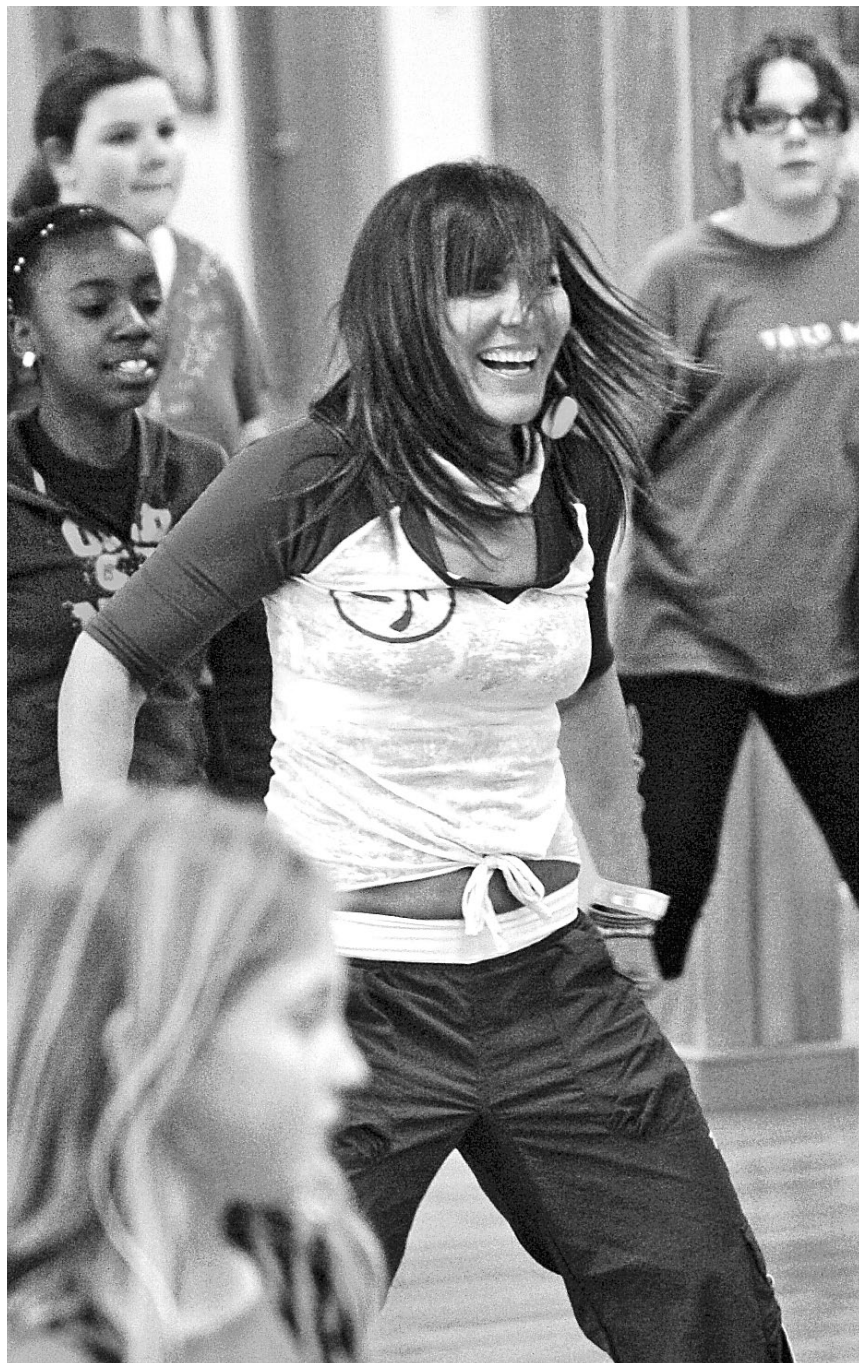
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healthy living fair

# Zumbatomic

A fitness routine that connects with kids with exercise



By Laura Anderson Shaw

A chill was in the air on a recent, dreary spring afternoon in the Quad-Cities. But once inside Salsa Touch in Bettendorf, it was like being transported to somewhere warm and carefree.

The Latin dance music pouring through the speakers was as inviting as it was intoxicating. Mirrors lined two sides of the room, and tinsel swirls and brightly colored paper lanterns swung from the ceiling.

About 15 kids, ages 5 to 12, gathered on the wooden floor, smiling, laughing and following along as Salsa Touch teacher and owner Bettinna Bolger cued the choreography in bright blue pants with neon yellow accents and a coordinating top.

Bolger and the other instructors at the studio teach plenty of young adult and adult classes including salsa, merengue and Zumba suitable for those ages 13 and older, but this Zumba class, called Zumbatomic, was just for kids in the 5- to 12-year-old range.

## Get your dance on — Zumba style

Bolger found Zumba in the mid-2000s when she was a competitive ballroom dancer. Bolger, who is from Venezuela, says she saw an infomercial about Zumba, and learned that it included dance styles such as salsa and merengue, with “a guy talking with a thicker accent than me.”

Because Zumba was still fairly new, Bolger traveled to Florida to take a class. “It was just an incredible experience,” she says. As a competitive ballroom dancer, “I needed to be in tip-top condition.” Zumba gave her “incredible endurance,” she says, “and I was doing something that has to do exactly (with) what I love: dancing and Latin dancing.”

Soon after, she trained to become an instructor herself and began teaching classes at a Quad-Cities area gym in 2006. She opened Salsa Touch about three years ago. “We are doing great,” she says.

Zumba, she says, has “everything that you want in a fitness class.” It has the dance component, she says, adding you don’t feel the workout while you’re doing it. With running, “you feel it,” she says. Going to a personal trainer? “You feel it.”

A couple of years after she started teaching Zumba, she trained to teach Zumbatomic classes. Now, between 10 and 25 kids gather at 4 p.m. every Friday at her studio for the party.

## Music + movement = fun

Zumbatomic is very similar to regular Zumba, but the choreography is geared toward kids. Bolger says her Zumbatomic classes include Zumba Fitness routines;

teamwork elements with games; salsa, tango, fox-trot and swing lessons; as well as circuit training with crunches, light hand weights, hula-hooping and more.

In class, "We also learn about music and body movement," Bolger says. "Kids understand that dancing is (like) walking to music, but we have to walk to the beat that we are listening to."

Like its more grown-up counterpart, Zumbatomic builds confidence in kids, Bolger says. For one hour, even shy kids are able to "come out of their shells and see themselves with a different view."

Bolger says that she is amazed at how well the kids work together. The older kids are "a great example for the little ones," she says.

## Healthy habits for a lifetime

Bolger says she dreams that one day, Zumbatomic classes will be as easy to come by as regular Zumba classes.

"I think it's our responsibility to encourage physical activity (in kids) as much



Photos by John Greenwood / Radish

as we encourage kids to eat. We push our kids to eat breakfast," Bolger says, but "we don't push them to do a physical activity."

Zumbatomic Classes at Salsa Touch, 2381 Cumberland Square Drive, Bettendorf, are \$5, but the first class is free. Information about the studio can be found at [salsatouchqc.com](http://salsatouchqc.com).

Before class began that chilly afternoon, a handful of kids arrived early and played on the sidewalk. Emilene Leone, of Moline, and her son, Quinn, 7, were practicing dance steps.

Leone says her son has taken Zumbatomic classes for a few months now. He enjoys dancing, she says, and Zumba is "a little more high-energy and fun." Her other children enjoy the class too, she says, but Quinn "likes it the most."

Quinn says he also likes the games played in class, as well as the music. Plus, Bolger is "a good teacher."

Leone says the class is fun, laid-back, and Quinn "definitely gets a good workout." She says it's important to teach children early on that exercising can be fun.

It doesn't hurt that Bolger "is amazing with the kids," Leone says. "They hang on her every word."

*Laura Anderson Shaw is a writer on staff with Radish. Bettinna Bolger will be giving a free Zumba demonstration at the Healthy Living Fair at 10 a.m. June 15. For more information, turn to pages 42-48.*

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healthy living

# A better burger

A healthy and delicious take on a summertime staple



Erin Alderson

By Erin Alderson

There is just something about the ritual of grilling and burgers, as if it signals the start of longer days enjoyed on the back patio with good friends and beer. I love the fresh air, the slight chill as night approaches, and the smell of a charcoal grill, fire pit or a good campfire. Between the food, company and weather, summer can't be beat.

Perhaps because of this, I started to realize that my summers were slightly off once I started eating vegetarian. I would still attend these wonderful evenings, but instead of culminating in a plate full of food to dig into, I found myself with a bit of potato salad and coleslaw. I tried filling that hole — and my empty plate — by making grilled veggie sandwiches when my friends and I got together. Even so, something did not feel right.

Without a good burger, I felt like I was still missing out on summer. With a twinge of jealousy, I watched my friends layer their burgers with fresh lettuce, onions and tomatoes. I would almost cry when I saw the ketchup and mustard combination drip off the side. It wasn't the flavor of the burger that I missed; it was the act of building and eating a burger — the ritual itself.

So, I set off to make a veggie burger, one that could stand up to my summertime cravings. My feelings towards veggie burgers aren't always positive. I have had my fair share of ones that crumble upon being picked up, ones that are so mushy the difference between the burger and the bun are indistinguishable, and ones that should have served as a hockey puck instead. Luckily, I've also had my fair share of good burgers, which set in my mind what a veggie burger should be.

My criteria for a good burger: it needs to have a slight crunch on the outside, not be extremely mushy on the inside, and it should hold up to the grill. Using simple items from my pantry and avoiding any meat substitutes, I wanted to build a burger that would stand up to these criteria. Many tests were done and recipes referenced. Often I would find a wonderful combination of flavors only to have the burger soggy — or, worst of all, the veggie burger would fall through the grill.

It was worth all the trial and error, though. The end result of all those failed experiments was a chickpea and spinach burger that truly delivers in both taste and texture. The key to getting the burger grill-ready, I discovered, is a baking stage that partially cooks the burger, making it firm enough to withstand the grill.

**It wasn't the flavor of the burger that I missed; it was the act of building and eating a burger — the ritual itself.**

Now, at the start of grilling season, I can whip up a batch of these burgers through the baking stage, then freeze them. I pull them out whenever I'm heading to a cookout and toss them on the grill. My summer feels complete.

Well, almost. Having succeeded with a healthy substitution for the burgers, I turned my attention to the sides. Why not make the whole meal healthy? I've never been a fan of traditional summer sides, primarily because of one ingredient: mayonnaise. It seems that one qualification of being a burger companion is to have a goopy dressing of mayo. Think potato salad, pasta salad and coleslaw. For all the "salad" names in the titles, it's rare to find an actual salad at a cookout.

After sustaining myself on these salads during my burger hiatus, I realized that all my cookout foods had to change. Summer motivates me to get out and be active, while the traditional cookout foods convince me to do the opposite. And yet I know summer grilling wouldn't be complete without a side dish.

To compliment these tasty burgers, I settled on a salad made from roasted beets, blue cheese crumbles, orzo pasta and walnuts. Unlike many other pasta salads, the pasta is supplemental and not the main star — perfect for healthy eating. The salad is also fairly versatile. Not everyone loves blue cheese and often I will substitute another soft crumbly cheese like goat cheese or Gorgonzola. Also, the beets can be changed to whatever vegetable is in season like carrots, zucchini or summer squash.

I think it is safe to say that my summers are officially complete and once again I can look forward to those wonderful nights spent with friends, good weather, and of course, great food.

*Erin Alderson is a frequent Radish contributor. See [radishmagazine.com](http://radishmagazine.com) for her recipe for a cookout-friendly roasted beet, blue cheese, orzo and walnut salad.*

## Chickpea and Spinach Burgers

½ cup chickpeas (drained, if using canned)  
¼ cup onion, diced  
1 cup spinach, packed  
1 tablespoon olive oil  
½ tablespoon soy sauce  
1 teaspoon oregano

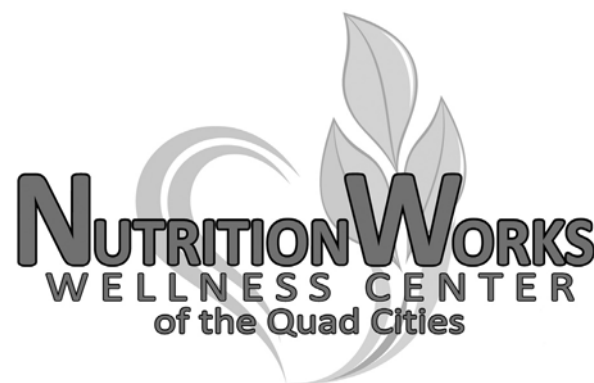
1 teaspoon smoked paprika  
2 tablespoons sunflower seeds  
1 egg  
¼ cup whole wheat pastry flour  
½ cup whole wheat bread crumbs  
Pinch of salt

Combine chickpeas and onion in a food processor, pulse a few times to break up the chickpeas. Add in spinach, oil, soy sauce, oregano, paprika and sunflower seeds, pulse a few more times. Be careful not to pulse too much or else the burgers will be green.

Add in egg, salt, flour and breadcrumbs, pulsing until mixture comes together and is well blended. Remove from food processor, run your hands under water, and shape patties. If grilling out, bake in an oven for 10 minutes in order to get a start on the burger. If pan-frying, you can use right away.

If pan-frying, cook over medium-low heat for roughly 6-8 minutes on each side. The outside should be browned and crispy.

Note: These burgers can be made ahead and frozen. Make burgers through the second step of baking. Let cool and layer burgers with parchment paper in between. Place in a freezer-safe container. No need to thaw before grilling. (Makes 4 burgers.)



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eating well

# Gaby at the stove

## Chef seeks to lend a hand with dietary needs at home

By Mary Blackwood

Not everyone likes to cook, even though it's the best way of knowing precisely what goes into a meal. Cooking at home allows meal preparation with the proper balance of high-quality ingredients. Increasingly, for those who lack the time, desire or skill to cook, yet still want a healthy lifestyle, there's a new way to get healthy meals prepared to a particular palate: the personal chef.

Born in Venezuela, Gaby Weir moved away at 16, bringing her skills and knowledge of food and cooking to Iowa. She worked in her mother's restaurant while still a child and stays true to her roots, providing home-cooked meals as a personal chef for the last two years to a growing clientele.

"I see myself as a problem solver. I feel that I can provide a sense of serenity for my clients," says Weir, a warmly engaging young woman. In general, she works with clients in the Iowa City and Cedar Rapids area, although she will travel farther afield to cater a special event.

South America, where food is not as readily available or abundant as in the U.S., taught her resourcefulness, how to make the best of what is at hand. Kirkwood's Culinary Arts program taught her professional kitchen skills, and she voluntarily chose to become certified by the American Personal and Private Chef Association, even though certification is not required. "Being in someone's house and preparing their food involves so much trust that I wanted to be able to offer that security to my clients," says Weir.

Weir creates all meals from scratch, using her own recipes, which she bases on each client's tastes and dietary needs. She cooks for an average of two customers a day, trekking from one home to another, wheeling her mobile kitchen, a case holding her favorite pans and utensils, behind her.

She starts a new relationship by meeting a potential client in the client's own kitchen and discussing the client's wishes in order to see if the

fit is right for both of them. An agreement is signed, specifying who will do what — the homeowner will leave a certain amount of space in the kitchen for days when Weir will cook, Weir will make a certain number of meals on certain days.

Weir and the client plan menus together. No dietary style foils her; vegan, vegetarian, omnivore, and even paleo — a diet permitting only the food that our hunter-gatherer ancestors would have eaten — are all in her client group. For vegan meals, she always uses fresh spices, never those in cans or jars, because it's so important to make them as flavorful

as possible. Furthermore, Weir knows everything she puts into a meal, and she cooks for one client at a time, so she has complete control over what goes into the meals. "If you need a gluten-free diet," says Weir, "it's much safer to eat at home. Restaurants are willing to make substitutions, but sometimes a mistake can be made."

Abundance from farmers' markets graces Weir's recipes; part of her service is to shop for the ingredients, which must be done on cooking day since personal chefs legally cannot store food for others in their own refrigerators. For her clients, Weir seeks out fresh produce, dairy, meat and poultry from local farmers. Farm-to-table connections provide organic greens and dairy. For those who prefer to do their own shopping, Weir enjoys introducing clients to local farms with CSA (community supported agriculture) shares.

Long-term client Sonia Culver, whose family is gluten- and dairy-free, explains that having a personal chef is a lifesaver. "Gaby's meals are amazing, flavorful and nutritious," she enthuses. "I love that she really listens and strives to make the meals to our liking, as every family has their own preference."

For a fresh twist on home cooking, Weir also loves to cater outdoor events for local clients, in a backyard or on a farm, where she prepares everything on the spot, often at the family grill, and sets a picnic table with linens and flowers for a truly special treat. She is working with two of her farm connections, Muddy Miss Farms and Dirty Face Creek Farm, to cook at events that the farms put on for the members of their CSAs, right there beside the organically grown food.

"I feel like my purpose in life is to offer others what I offer myself," says Weir. "Healthy and tasty meals from scratch."



Chef Gaby Weir preparing a meal. (Photo by Sarah Neighbors)

*Mary Blackwood contributes to Radish regularly. For more information, visit [hirechefgaby.com](http://hirechefgaby.com)*

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# Feeling groovy

## Q-C musician builds community beat by beat

By Becky Langdon

Professional drummer and teacher Terry Hanson says the only rule he has when he leads a drum circle is that you have to play. There's no music to read, no part to practice, and no skill or experience required. Rookie participants may be intimidated about joining in at first, but even the most shy, inhibited individual will have a hard time resisting the contagious rhythm of djembes, bongos, congas, cowbells, tambourines and boom whackers that define the drum circle. It's a chance for community members to come together in a relaxed environment, let go and make music.

Ellis Kell, director of programming and community outreach for River Music Experience in Davenport, first approached Hanson about leading a drum circle at the RME seven years ago. The event found its groove and has continued on the last Saturday of every month. Since getting his start with that drum circle, Hanson has come to lead drum circles at a variety of venues such as schools, birthday parties, festivals and weddings.

For Hanson, facilitating a drum circle is about bringing a group of people in the community together, enjoying music and having fun. "Being a teacher, it's neat to look out and see a 6-year-old sitting next to an 80-year-old sitting next to a 30-year-old," he says.

The beauty of a drum circle is that everyone is equal. No one worries about who is better than whom. "No one is judging," Hanson says. It typically involves participants playing hand percussion instruments in a circle following a rhythm that the facilitator sets. It's open to all ages and skill levels, giving anyone a chance to make music without the pressure of rehearsals or performances.

When you don't know who is going to show up or what instruments they might bring, spontaneity is naturally one of the defining aspects the event. "None of it is planned," says Hanson. "Every time you play it's different." Sometimes there may be 30 participants, sometimes as few as 10. As the facilitator, Hanson's goal is to transform a diverse group of people into one unit.

"You can get a group of 50 drummers together, have them sound as one," he says. "And the dynamic range when you get a group that big is really cool."

It's a powerful example of collaboration. The benefits of a drum circle can extend beyond the simple goal of coming together as a community and having fun, though that objective is certainly worthy on its own. Some participants find that when they feel the beat they feel better overall. Playing in the drum circle can help with reducing stress, promoting relaxation and creativity, releasing negative emotions, and contributing overall to a sense of mental wellness. And if you pound away on a drum long enough, you may even burn some calories.

For Hanson, leading drum circles is just one element of his professional career as a percussionist. He's been playing drums since he was 12 when his father gave him his first snare drum as a Christmas gift. He says, "After that I started soaking

up all the music in the house. My family listened to jazz, trio jazz, rock bands, vocal bands, country. We had every kind of music in the household, and I started getting into music as a whole."

Early in his career, Hanson played for a stint in a circus band. He also auditioned and earned the opportunity to play in USO shows for the military all over Europe, touring in 30 countries. As a musician, it was an amazing way for him to see the world while making music.

Now Hanson has been playing and teaching music professionally for more than 35 years around the Quad-Cities area. He plays regularly in multiple ensembles including his own jazz ensemble, the Terry Hanson band, as well as The Ellis Kell Band and Blues Dads. He also freelances for many other musicians. When he's not playing or leading drum circles, he teaches percussion at West Music in Moline, at Black Hawk College, and at RME.

*Becky Langdon is a frequent Radish contributor. If you're interested in experiencing a drum circle firsthand, pick up your egg shaker or maraca and join Hanson on stage at 11 a.m. at the Healthy Living Fair, June 15. Some drums will be provided, but participants are also encouraged to bring their own. Don't have something to shake or thump? Visit the Reusable Usables booth at the fair to make a percussion instrument from recycled materials ahead of the drum circle. See pages 42-48 for more details.*



Paul Colletti / Radish

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# Rethinking turf

## Weighing the pros and cons of 'no-mow' lawns

By Cindy Hadish

Cultivating a sea of green in your front yard doesn't need to take an ecological toll. Where typical turf grass is often maintained with chemical herbicides or fertilizers, frequent watering, and gas-powered mowers, no-mow lawns can offer an environmentally-friendly alternative.

Although not adaptable to all climates, for some homeowners, no-mow lawns are just the ticket. Based on his experiences with his own yard, "I'd never plant a regular lawn again," says Fred Meyer of Iowa City.

As director of the nonprofit Backyard Abundance, Meyer often is inspired by atypical uses for yards, but one of his reasons for growing a no-mow lawn was basic: he didn't want to mow.

"With no mow, I let it go for as long as I want to let it go," he says.

Meyer uses two varieties of grasses, which he established in separate areas around his home in the fall of 2011: a mixture of fine fescue, which has become the standard for no-mow lawns, and buffalo grass, a low-growing variety native to North America that Meyer says performed well in last year's drought.

"Without any water, the buffalo grass kept growing and growing and growing," he says of the vegetation, which spreads by above-ground stems called stolons. "In a drought, when it's hot, it looks just great."

The fine fescues also have an appealing appearance, depending on the eye of the beholder. His wife wasn't as keen to the look, which Meyer describes as "a little lumpy."

"It looks like a mini-meadow," he says. "It's definitely a different look than your traditional lawn. I think it's gorgeous."

Nick Christians, Iowa State University professor of horticulture, echoes Meyer's meadow comparison and cautions that the grasses won't have the look of a typical lawn. "You can't have both," Christians says of a lawn that is both manicured and maintenance-free. "It would be a pretty rough-looking area."

### Not ready to go 'no mow?'

Homeowners who prefer to keep their traditional lawns, but would like to tread lightly on the planet, can follow these tips:

- Use corn gluten meal — Christians originally patented the product — as a natural, pre-emergent weed control.
- Allow your lawn to go dormant during dry spells. If you must water — on newly seeded lawns, for example — do so in the early morning when evaporation is lessened, and use a soaker hose rather than a sprinkler.
- Use a reel mower that doesn't take gas or electricity to operate and leave clippings on the ground as a natural fertilizer.
- Keep the mower at a high height; taller grass is better able to resist drought and weeds.
- Additionally, ISU Extension notes that organic fertilizers derived from fish emulsion, seaweed, dried sewage sludge, corn by-products, and poultry and cow manure are excellent lawn nutrient sources. Organic fertilizers are unlikely to cause a flush of growth or burn leaf blades and provide a slow release of nitrogen to build soil structure.



istockphoto

Christians says fine fescues would work on the hillside of a golf course, for example, growing about 12 inches tall and leaning over to the side.

Buffalo grass is shorter — up to about 10 inches tall — and while it might thrive in Nebraska, Kansas and other dry regions, Iowa typically receives too much rain for it to successfully grow, he notes. "Here, the weeds compete with it too much," Christians says. "It's not 'no-mow.' You've got to mow it to get the weeds down."

Meyer is aware of the potential pitfalls, but says the trade-off is worth it. By nature, no-mow lawns are slow-growing; a mixed bag when it comes to maintenance. While the need for mowing is negated or at least lessened, the slow growth does allow weeds to become established, he agrees.

Meyer says plants that normally would be cut down during mowing sprouted and gained a foothold when he didn't mow. A neighboring silver maple also created a challenge when it dropped hundreds of seeds onto the lawn.

To prevent those tiny trees from becoming established, Meyer decided to mow last summer; one of just three times that he made the choice. The other two were because of weeds, but that compares to a typical mowing schedule of every 10 days or so. "I'll take those problems any day over dragging that mower out," he says.

Establishing a no-mow lawn also can have its challenges. Meyer says it's important to plant into clean soil. Overseeding into an established lawn won't work, so turfgrass must be removed or killed first. One way to do that is by smothering the lawn with cardboard covered with compost.

The fine fescues are seeded in the fall, just like traditional grass seed. Even with a clean slate, homeowners should be vigilant about weeds in their new lawn. Christians says hand-weeding is likely necessary.

*Cindy Hadish makes her Radish debut this month. You can read more of her writing at [homegrowniowan.com](http://homegrowniowan.com).*



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# Sweet success

## The small farmers and big vision of Kalona SuperNatural

By Annie L. Scholl

When Bill Evans looks out his office window, he sees green grass, four work horses, and an Amish buggy passing with a woman and young child inside. “It’s a nice place to be,” says Evans, 52, referring to his home office in rural Kalona, Iowa, home to one of the largest Amish settlements west of the Mississippi.

That Evans and his employees work from their homes is an indication that there’s no “business as usual” at Kalona SuperNatural (formerly Kalona Organics), a “virtual” company Evans founded in 2005.

Evans started the company after first doing consulting work for Farmer’s All Natural Creamery, which he now owns. His initial position grew into sales. He then got the idea to start a company to help other small farmers bring their products to market. He started Kalona Organics, distributing Farmer’s All Natural Creamery dairy products and Cultural Revolution yogurt. In 2010, the company was rebranded Kalona SuperNatural.

“Things happened so quickly and so fast,” Evans says. “I’ve enjoyed my time. At the end of the day, I’ve used up all I’ve got. I’m stretched every day. I like that. I like the fact we’re creating real products.”

When Evans says “real,” he’s talking truly organic milk products and eggs. The products marketed by Kalona SuperNatural come largely from small, Amish/Mennonite family farms, with average herds of just 30 cows. The work typically is done by hand on farms that have been in families for 150 years. Because of that, herbicides, pesticides and other chemicals have never touched the land.

“They live a very simple and natural life,” Evans says of the Kalona SuperNatural farmers, whom he meets with every other month. “Our products reflect that. I couldn’t ask for a better set of farmers to work with.”

For that reason — and because they are one of only a few companies in the nation that produce nonhomogenized milk and minimally-processed dairy products — Kalona SuperNatural products stand out in the marketplace, Evans maintains. “A lot of people appreciate what we’re doing,” Evans says. “I feel like, for a small company, we get a lot of customer feedback.”

While Kalona SuperNatural products are making their way into stores in other states, Evans says shipping products to California, for example, “goes against what we’re trying to accomplish.” Instead, the company is looking to partner with people in other states to establish the same business model, thus helping small farmers in other regions bring their products to market.

That he’s heading up a company like Kalona SuperNatural comes as a surprise to Evans, who didn’t even grow up on a farm. He was raised in Jesup, Iowa, about 25 minutes east of Waterloo. His dad worked at John Deere. His mother was a stay-at-home mom. Evans double majored in accounting and financial management from the University of Northern Iowa in Cedar Falls.



Bill Evans, founder of Kalona SuperNatural. (Submitted)

“I thought I’d be a stockbroker,” he says, chuckling at the memory. “What I thought stock brokering was about was different than what it’s actually about.” Eventually, Evans “fell into” cost accounting, a line of work that led him to Farmer’s All Natural Creamery.

“My life experience just shaped me in this direction,” he says. “This has been a blessing to me to be able to do what I’m doing.”

Starting the company, he says, was challenging. “It’s a typical start-up story,” he says. “We lost money the first year. It was a difficult year.”

The company is profitable now. When he started the company, it was just Evans and one other person. Now there are six. The creamery employed less than 10 people and now has 23 employees.

When he looks at the success of Kalona SuperNatural, Evans says he is proudest of the community aspect of the company: “I like forming relationships and partnerships. I get to work with a lot of great people, a lot of talented people — from the Amish farmer with an eighth-grade education doing innovative types of farming to people with doctorates in sales and marketing. It’s just a lot of fun.

*Annie L. Scholl is a frequent Radish contributor. Learn more about Kalona Organics and sample some of their products at their booth at the Healthy Living Fair, June 15. To see who else will be at the fair, turn to pages 42-48.*



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# grower of the month

# Prairie Bell

## Back to basics on a DeWitt organic farm

By Sarah Ford

Providing organic food to the community may not be easy, but for farmers Greg and Connie King and their farm Prairie Bell Enterprises, just outside of DeWitt, Iowa, it's what retirement is all about. Named for the bluebell flowers that faithfully bloom every year, the farm has been on its plot since 1860.

The fruit and vegetable farm is the labor of love for Greg, who started life in Kansas, and Connie, a native of Iowa. They purchased the farm in the early 1990s, and have become dedicated organic farmers since Greg's retirement from a chemical plant four years ago. Connie still works as a graphic designer, but gives her evenings and weekends to the plants. Their 5-acre farmstead includes the house and buildings and 1½ acres of tillable land.

The farming duties are split about as evenly as can be between the pair: Connie is the gardener; Greg is the "doer" and the "maintainer." Connie has the green thumb; Greg has the degree in biology, which, as he puts it, makes him "strong on theory but short on practical, useful growing experience." But their combined talents are creating a masterpiece of fruit and veggie paradise.

Their main crops are blackberries, plus heirloom tomatoes grown with Seed Savers seeds. This year's varieties include the Peach Sutton, named after a style of

Victorian-era glassware known for its peach skin appearance; Jaune Flamme, an apricot colored tomato that originated in France; and cherry tomatoes in a full spectrum of colors, including white, yellow, green, bi-color orange, red, brown and black.

Other garden varieties of vegetables will be grown this year, and the Kings "plan to try our hand at growing micro-greens." They're growing some flowers for their son's wedding in June and plan to have plenty left to take to the Freight House Farmers' Market, where their spinach has already been on the menu at Fresh Deli. They also plan to grow more herbs this year.

Since 2010, the Kings have primarily used 39-by-96-foot high tunnels for their growing operations. A drip-tape irrigation system supplies moisture to the crops and also helps produce fresh tomatoes until November, and lettuce and cabbage until mid-December. They hope to install a rainwater collection system in the near future so they can irrigate with rainwater instead of well water.

Sustainable and organic farming methods are central to their mission of producing food. They purchase compost from Beautiful Land Products in West Branch, Iowa, which comes from dairy manure composted in Wisconsin. They plant cover crops to mow down and till under as green manure, and also embellish the natural nutrient cycling process by applying liquid fish hydrolysate, thermophilic compost tea, and compost extract. They've recently started using worm compost (vermicompost), worm compost tea, and worm compost extracts.

"Recently we've become more aware of the 'soil food web' and the many benefits that can be gained from appropriate soil microbial diversity. I'm attempting to learn how to use a soil microscope to better plan for a healthier soil which

### Connie is the gardener; Greg is the "doer" and the "maintainer."

translates into better, healthier crops," says Greg. "In a few words, as far as plants are concerned, we need to be aware there's a whole lot more going on underground than above ground!"

Greg, who jokes he retired from "plant" management to "plants" management, says, "Working in the industrial inorganic chemical arena for 30-plus years probably had a reverse influence on me to get back to the basics — the natural order of things — and to examine the responsibilities of stewardship that being a landowner obligates you to."

"Our feelings about organic food are, 'Why eat chemicals when you don't have to?' It tastes better and it's better for the earth," Connie says.

*Sarah Ford is a regular Radish contributor.*



Greg and Connie King at their farmstead with pets Petal and Lily. (Submitted)

## Help us celebrate 15 years of growing minds through nature!

**Saturday, June 15, 2013 Garden Walk—9am-2pm.**



Take a drive and discover your next garden project as you tour 7 unique gardens! From ponds to gazebos, each garden offers something special. This map guided tour can be taken at your own pace. Maps are available for sale at the Quad City Botanical Center from 8:00am-12:00pm on June 15<sup>th</sup>. For \$10.00 per person. Purchasing a map includes free admission to the Botanical Center before or after the walk! The Garden Walk will go on rain or shine. Maps will only be sold the day of the walk at the Botanical Center from 8am-12pm, no pre sales.

**Thursday, June 27, 2013 The Garden Party—6:00pm.**

Support the Botanical Center and help us celebrate our 15th anniversary by joining us at our signature fund raiser The Garden Party. This beautiful fund raiser evening features sample dishes from the area's leading chefs, music, silent auction and more. Cost: \$480.00 for a reserved table of up to eight guests / \$65.00 per-person. To reserve your table please call Beth at 309-794-0991 x 203 or purchase them online at [www.qcgardens.com](http://www.qcgardens.com).



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healthy pets

# Summer scamper

## Tips to keep your pet happy and safe in the high heat

By Lindsay Hocker

Summer fun is on its way for people and pets, but in order to keep pets safe during warm weather, people must take precautions. “In the summertime, dogs and cats can suffer from the same problems that humans do, such as overheating, dehydration and even sunburn,” says Patti McRae, executive director of the Quad City Animal Welfare Center in Milan.

Dr. Bruce Bengé, a staff veterinarian at Animal Emergency Center of the Quad Cities in Bettendorf, says the emergency center sees heat stroke cases every year, and “a lot of them could be prevented.”

When heat stroke is fatal, Bengé says death is a slow process. Heat stroke can lead to kidney damage, neurological damage and intestinal tract damage. “It causes them to get very sick. Their body starts to shut down,” he says.

There are a few simple rules pet owners can follow to keep their pets as safe as possible. “Always try to be safe rather than sorry,” says Bengé. When outdoors with your dog, he recommends frequent breaks during activity and making sure shade is available, as well as water. He says it is best not to have pets exercising or playing during the hottest time of the day, from about noon to 2 p.m.

McRae agrees, and suggests bringing a gallon thermos of cool water with you when you’re traveling with a pet. “The right time for playtime is in the cool of the early morning or evening, but never after a meal or when the weather is humid,” she says. “Signs that your pet may be overheating include excessive panting, drooling and mild weakness, along with an elevated body temperature.”

Another reason to avoid activity during the hottest time of the day is because pets can get thermal burns on their paw pads from walking on hot asphalt.

McRae says to never leave pets unsupervised around a pool. She also encourages people to steer clear of areas that have been sprayed with insecticides or other chemicals when walking your dog, and says never to use sunscreen or insect repellent intended for humans on your pets.

Bengé wants pet owners to know that heat stroke can happen well before the hottest weeks of summer. “Perception is misleading,” he says.

Regardless of a pet’s fur type, overheating and heat stroke are possible. Bengé



Paul Colletti / Radish

says, “the darker the color, the thicker the fur coat,” and the more potential there is for a dog to overheat, but being short-haired or groomed is no guarantee they won’t overheat. He sees those dogs for heat stroke as well.

McRae notes it is important not to have your pet’s fur shaved to the skin, because that leaves the skin exposed to the sun and makes the pet more vulnerable to overheating.

Bengé says to use common sense always when making decisions that could impact a pet’s safety. “An ounce of prevention is worth its weight in gold,” he advises. “If you think they might be at risk, don’t put them at risk.”

*Lindsay Hocker is a regular Radish contributor.*



### Give your pet a drink — and a chance at fame!

Bringing your pet to the Healthy Living Fair? Stop by the Radish booth where we’ll have bowls of water set up to help your animal companion cool down with a

drink. While there, you can register for the Healthy Pet of the Year contest, which will take place on stage at noon. All you need is your furry (or feathered!) friend and the answers to three questions:

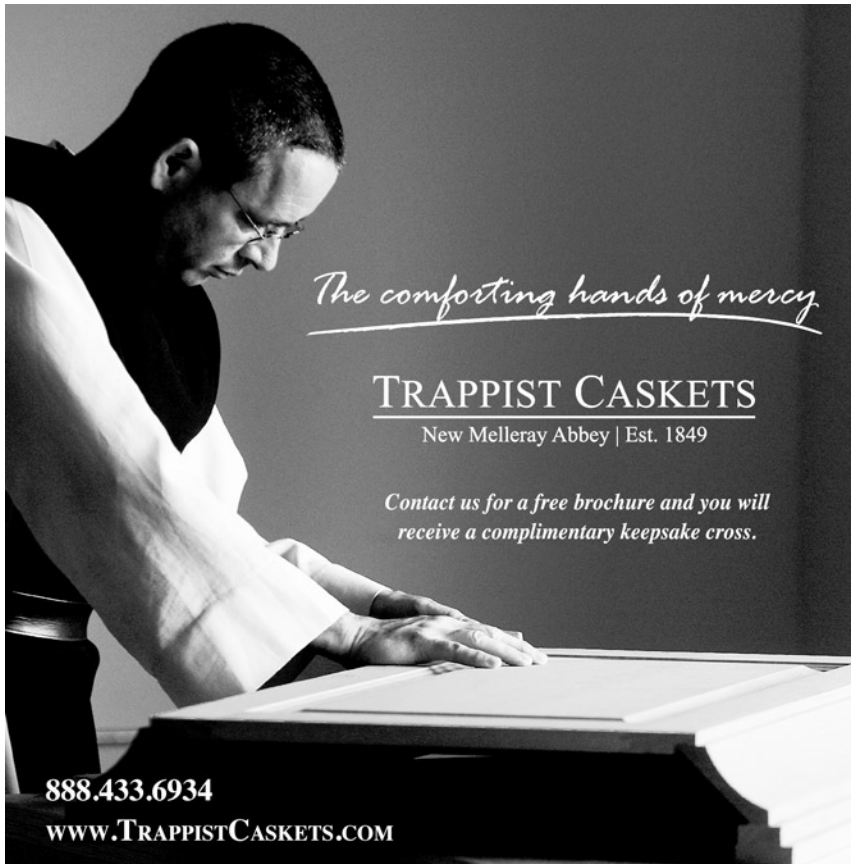
- How does your family maintain the health of your pet?
- Are there any earth-friendly

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?

A panel of Radish staffers will pick the finalists and then the winning Pet of the Year — who will be featured on a upcoming cover

of Radish — will be selected by popular applause from the audience. In order to shine the spotlight on as many healthy pets and caring owners as possible, we kindly request owners of previous Pet of the Year winners refrain from re-entering.



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Photos by Todd Welvaert / Radish

healthy living fair

# Move, be

Wisdom from a life in yoga

By Sharon Wren

**J**eani MacKenzie truly believes yoga is for everyone. She would know. Over the course of decades, the founder of the Davenport School of Yoga has worked with a diverse range of students, from the young and curious to students suffering from mobility issues, spinal injuries, cancer diagnoses and even amputation. Her own yoga journey began in the 1970s on the other side of the globe. MacKenzie, a native of Maquoketa, Iowa, was living in Australia at the time and decided to travel to India to receive yoga training from B.K.S. Iyengar, one of the foremost yoga teachers in the world.

Recently, Radish caught up with MacKenzie to ask about her experiences and what teaching yoga has taught her.

**Radish:** What was it like to study with Iyengar?

**Jeani MacKenzie:** At that time, Mr. Iyengar was (and still is) one of the most knowledgeable teachers. There were students from all over the world there to practice. The training was intense. INTENSE. There were no reminders like, “If this is too much, back off.” It was, “DO it. Figure it out. Did I tell you to come down?” You did not want to hear his footsteps coming your way. However, you learned the poses, and you learned discipline, and you honored him.

**R:** Tell us about your early experiences teaching.

**JM:** My teaching began in 1979. My husband, who was teaching, fell ill and I had to step in for him. Class was in a brand new, of course, (sheep) shearing shed. If you have not been in a shearing shed, there are 1-2 inch gaps between the boards of the floor. And it was before sticky mats were invented, imagine that. So finding your footing was a bit tricky. After that, my husband opened a third clinic, and I took over the teaching of four classes per week.

Later, I returned (to Iowa). ... I did not teach in the beginning, because I thought I would only be here 12 months. I started a class in Maquoketa. As time progressed, I began working in Davenport, teaching a few classes in fitness centers, and then I looked for space for a studio. I wanted an older space and found the building I am in now. That was in 1996.

**R:** Was there much interest at first?

**JM:** No. I had one student, Gisela. Often we would spend as much time chatting as “doing.” She





was always afraid I would not make it. But look what happened. I was one of two teachers in the area at that time. How things have changed. Gisela is still a regular student 17 years later.

**R:** Do you feel like you still have things to learn as a yogi?

**JM:** Oh, I am a beginner; I have much to learn both as student and teacher. I learn most from those I teach. I find out more things each time I practice. Hopefully the new things will never stop. As I get older, the things I learn are different than when I was 40, 50 or 60. As my body changes so does my practice. My student Maxine, who is 94, just did a forearm balance for the first time last week. Cool. She started coming to class at 80.

**R:** What can yoga offer people?

**JM:** We are designed to move. We get stiff and just decide that is what happens as we age. Move more. Have a good stretch at least once per day. Just stand up and raise your arms over your head until you yawn, the biggest breath of all. I had one older student who continued to attend private class after a hip and knee replacement, and she struggled to do some of the practice, but said, "If I fall, I have to be able to get off the floor." Life gets crazy, busy, frustrating; we lose patience and get into rages. Practicing yoga helps you take some deep breathes and figure out what "matters." Don't sweat the small stuff. Find priorities and step back a bit. There is laughter in this mix, also.

**R:** Is there something that still surprises you?

**JM:** Surprises? Yes, each time I practice with intent. Each time I see a student find a new understanding. We have our own language sometimes in class. It goes like this, "Oh! Ah ..." which means they "get" it. When we have been struggling so hard at something and stop the struggle, do something different, we are more likely to find the way.

**R:** Do you have any words of advice or encouragement for someone just starting out?

**JM:** Often people say, "Oh, I cannot do yoga, I can't touch my toes. I'm not flexible at all." They think this because they see on the cover of magazines or calendars those who are exceptional and look great. But you know, most of us are just trying to manage our lives, to maintain what we have and gain some more. To keep a smile instead of a frown. To find some peace from the busyness. So when you first begin, don't focus on what you cannot do, go for what you ARE doing. If you get your feet and/or hands in the right place and are breathing, you are doing yoga. Now, there may be someone in your class who can do a handstand in the middle of the room, and you know you are never going to get there. Admire what they have found and get on with what you are finding.

*Sharon Wren is a regular Radish contributor. Jeani MacKenzie will help kick off the Healthy Living Fair, June 15, as she does every year, by leading the annual Rise and Shine Yoga Class at 9 a.m. The class is free and open to all participants. For more information, turn to pages 42-48.*



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healthy living fair

# Come on, get happy

Anyone can have fun with a ukulele, say club members

By Chris Greene

If there is a common thread among ukulele players, it's the joy that playing the ukulele brings them. Quad City Ukulele Group co-founder Erin Mahr says she was drawn to the ukulele because it's such a happy instrument. "You can't help but smile and a ukulele can make any sad song sound happy," Mahr says.

It can make you so happy, in fact, that it can catch — and KEEP — the attention of middle school students. Yes, there is something on the planet that can hold the attention of a preteen, and it's the ukulele, as witnessed by group member Catie Osborn.

"I was asked to go to a school and teach about Shakespeare as an all-day workshop — to 67 middle schoolers. If you know anything about middle schoolers, 'all day Shakespeare workshop' is not something you necessarily assume will go well," Osborn recalls. "About halfway through the workshop, the kids are starting to get really antsy, so I bust out the ukulele, and I start messing around, playing random chords and letting the kids make up little songs and stuff. By the end of the day, 67 middle schoolers had Puck's 'If we shadows have offended' speech from *Midsummer Night's Dream* down cold because we learned it as an awesome ukulele rap."

Osborn was not always a ukulele enthusiast, however. For her, the spark came after seeing a theater performance in New York where she was struck by a song played on a ukulele during the show. "It made me really, really happy and it stuck in my head for the rest of the trip. When I got home, I asked my friend Erin Mahr to help me figure it out for a performance I was doing with my theater company, and the rest is kind of history," Osborn says.

That history includes becoming a part of the Quad City Ukulele Club, and it's a history she shares with numerous others. "Our group members are a wide variety," says Mahr. "From retirees and guitar players looking for a new challenge to people who have seen us perform live and want to join in the fun. Everyone has a positive attitude and a joy for making music."

Mahr has been a busy woman bringing the joy of the ukulele to the Quad-Cities music scene. "Erin really doesn't get enough credit," Osborn says. "The Quad-Cities has become a uke-playing town pretty much single-handedly through her. There are classrooms full of ukuleles now, and kids are learning them in music programs. Local events and festivals are becoming performance opportunities, and it's really been amazing to watch."

"I remember when Erin first got her uke, and we all thought 'oh, cool, awesome, not something I'd be into, but good for you' ... but after spending any sort of time around Erin, I think probably 80 percent of my friends have them, and we love them! It's been really, really cool to watch the uke club grow and become more recognized, and I'm really, really proud of Erin for what she has brought here to the QCA."



John Greenwood / Radish

The club currently has about 20 members. They hold practices on the first and third Saturday of the month at 1 p.m. at West Music, 4305 44th Ave., Moline. When they aren't practicing, they're performing.

"We play music for events — road races, River Music Experience, special meetings, Festival of Trees, etc.," Mahr says. "We held Uke-A-Palooza to celebrate the group's existence. It was an afternoon of ukulele music, workshops and trivia. My favorite thing we've done was the Valentine-themed concert at River Music Experience. Because nothing says 'I love you' more than romantic ukulele music!"

Mahr and Osborn both encourage newbies to try their hand at playing the ukulele and to check out the group. "DO IT. It's so worth it," Osborn says. "I LOVE the people in the uke club. One of the best things about creative organizations like the Q-C Uke Club is that it really is for everyone — so I get to meet people from all sorts of different jobs and backgrounds and ages and experiences."

"It's all about having fun and playing ukulele. Plain and simple. It's absolutely free to join. Just show up, have fun, and play ukulele!" says Mahr.

*Chris Greene is a writer on staff at Radish. The Quad City Ukulele Club will perform live at 1 p.m. on stage at the Radish Healthy Living Fair, June 15. For more information, turn to pages 42-48.*

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good business

# Wooden wonders

## Paddling fans cheer revival of Navarro canoes in Q-C

By Todd Welvaert

Ask Bruce or Sue Peterson what sets their Navarro canoes apart, and both will be quick to tell you, “Wood.”

“It’s the wood that sets us apart,” says Bruce. “We have six different designs, six models, and you get different performance out of them all, but there are a lot of high-tech canoes on the market. It’s when you climb into it and see it — that’s a totally different experience. That sells the canoe, somebody seeing it.”

The Petersons’ Rock Island business venture, Navarro Canoes, is just more than a year old, and they are pretty pleased with how things have been going. Bruce, an engineer by training and a hospital administrator, was looking for a new challenge when Sue found the canoe company for sale on the Internet. They had lived in the area in the past, and decided Rock Island was where they wanted to be.

The southeastern Wisconsin natives liked the idea of being in the canoe business. Bruce, 64, says he spent many a summer in a canoe on the lakes and rivers in Wisconsin, and Sue, 61, really liked the idea of helping families be active and involved in the outdoors. “We really liked the product; that really got us going,” Bruce says.

But it hasn’t been easy. Navarro Canoe company, which is more than 45 years old, got its start in Mendocino County, Calif., and is named after the nearby Navarro River. The company was sold and moved to Minnesota, but problems between the new owners meant it had been dormant for nearly six years before the Petersons bought it.

“We started looking around and found comments on canoeing and paddling (Internet) forums that said Navarro was out of business,” Sue says. “We had a lot of work to do to let people know Navarro was making canoes again.”

The canoes have a strong following among paddling fans. Bruce fields many calls from owners wanting to restore older boats that have fallen to disrepair. “They are heirlooms, people want to preserve them and pass them on,” he says.

Sue says there seems to be a resurgence in people seeking a handmade look, and people want to know who made the item they are using. “I don’t know if it’s a sign of the times, but there seems to be this need to turn the clock back on some of these things, to feel a connection,” she says.

The canoe company started with just three designs but now offers six. Bruce also can offer different woods, which structurally don’t make a big difference, but visually can be striking. “I like the cherry and oak,” he says. “They finish up beautifully, and I think they age very well. They take a little more maintenance than a plastic boat, but not nearly as much as an all-wood boat.”

Sue, a former teacher, handles the company’s social media, which has been an adventure in itself. The couple has three adult children, and one of them, Jonathan, is involved in public relations. “He’s taught me as he’s had the time,” Sue says. “Twitter, Facebook, our website — it’s all been a learning experience.”



Sue and Bruce Peterson, owners of Navarro Canoe in Rock Island, stand near some of their distinctive watercraft. (Photo by Todd Welvaert / Radish)

It’s been a learning experience for Bruce as well. While he is satisfied with the current design offerings, he believes he can improve upon the manufacturing process, which is time-intensive for the two-person shop. “I don’t want to do anything to really change the canoes, but I think I can make some improvements to how we put them together,” he says.

Navarro canoes come in fiberglass or Kevlar, which make them light and strong, and Bruce uses various kinds of wood on the interiors, from cherry to oak. The wood gives them a beauty and a strength you don’t see in many other canoes. “A typical reaction from people is how beautiful (the canoes) are, even from people who aren’t interested in canoes,” says Sue.

Sue even applied to have the canoe company be a vendor at an art show in Grand Detour. The organizers initially said they had to think about it. After they went to the Navarro website and looked at the canoes, they invited the Petersons to be vendors. They ended up winning an award.

“You can float cheaper than one of our canoes, but it’s hard to match if you enjoy the beauty of what you’re floating,” Bruce says.

*Contributor Todd Welvaert is a photographer, writer and canoeing enthusiast. For more information, visit [navarroc canoe.com](http://navarroc canoe.com).*



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outdoors

# Bites and stings

## How to prevent and treat common insect annoyances

By Laura Anderson Shaw

At long last, warm weather finally is here! Whether it's getting our hands dirty in our gardens or soaking in the sights on a hike, it's time to reconnect with nature. Unfortunately, that also means it's time to reconnect with bugs.

Before we head out into the great outdoors, Quad-Cities area health professionals suggest we first use a great bug spray. This should be applied both to the skin and clothes, but not the face, according to webmd.com. Just as important are the scents you don't wear: The website suggests avoiding perfumes and scented soaps, the smell of which actually can attract insects.

If you do end up getting bit or stung, don't fret. If you were bit, wash the area with soap and water. If you were stung, put down the tweezers. Instead, scrape away the stinger with "a side-to-side motion" using a straight-edged object, like a credit card, suggests everydayhealth.com, and then wash the area with soap and water.

To relieve swelling and inflammation, grab an ice pack. Then, take an oral antihistamine, such as Allegra, Zyrtec or Benadryl, says Dr. James Lindley, a physician at UnityPoint Clinic — Express Care at Bettendorf. If the bite or sting is an "open wound," apply an antibiotic ointment to prevent a bacterial infection, he says.

For an alternative method of treatment, check out QC Collective, 1700 2nd Ave., Rock Island. There, you will find bug-bite balms including Bug Bite Relief, by Willow's Wisdom, made with witch hazel and peppermint essential oils.

"It just seems to get rid of all that itching and the swelling," says Kristin Peterson of Cordova, Ill., who owns Willow's Wisdom and makes the mixture. It sells for \$4 and \$6.

Most bug bites are not serious and will heal on their own. Indicators of a more serious problem such as an infection include increased redness at the site, colored drainage from the wound, or severe pain or

swelling, says Trina Blair, physician's assistant with UnityPoint Clinic — Express Care at Bettendorf. If these symptoms are present, see your doctor. Call 911 for any difficulty in breathing or swallowing.

### What was that?

Not sure if you've got a bite or a sting? So long as you keep the area clean, knowing which insect caused it is less important than knowing the signs of infection or allergic reaction. Here's a list of possible culprits compiled from everydayhealth.com, as well as red flags that let you know it's time to call a doctor.

- **Mosquito:** Mosquito bites are round, itchy, red or pink bumps. Watch for symptoms of West Nile virus, which could include head and body aches, fever, swollen glands and a skin rash. More severe infections may include symptoms including neck stiffness, a severe headache, disorientation, high fever and convulsions.

- **Bee or wasp sting:** Bee and wasp stings can cause a red bump surrounded by white. Signs of a severe allergy requiring immediate medical attention include difficulty breathing; swelling of the face, throat or mouth tissues; wheezing or difficulty swallowing; a red, itchy rash that spreads to areas beyond the sting; a rapid pulse; restlessness and anxiety; and dizziness or a sharp drop in blood pressure.

- **Ant bites and stings:** Fire ants bite, and then sting, which produce white, fluid-filled blisters a day or two after that can last from about three to eight days. There also may be itchiness, redness and swelling. Carpenter ants bite, too, and while they are not venomous, their bites can cause a burning feeling.

- **Spider bites:** Spider bites are generally a single lesion, and puncture or bite marks may be visible, says Lindley. According to everydayhealth.com, symptoms of spider bites are much like those of bee stings, including red skin, swelling and pain at the bite site. Some people may develop an allergic reaction with symptoms such as chest tightness, breathing problems or difficulty in swallowing.

- **Tick bites:** If you find a tick attached to your skin, remove it immediately with tweezers by grasping its head as close to the skin as possible, says Trina Blair. Then, pull with "gentle, steady, upward pressure." According to webmd.com, you should drop the tick into a plastic bag and seal it before throwing it away. Watch for evidence of retained tick parts, an expanding "bull's-eye-type" rash, fever, headache or chills, as these symptoms could signify Lyme disease.



*Laura Anderson Shaw is a writer on staff with Radish magazine.*

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eating well

# Homegrown vittles

## Monmouth garden center offers a taste of local foods

By Jane Carlson

These days, more and more people want to know where their food is coming from. That includes Linda Putnam, owner of Flowers for Less, a gardening center tucked away on the far south end of Main Street in Monmouth, Ill.

Serving the local community for 18 years, the family business offers a variety of annuals, perennials, seeds and vegetables, as well as bulk mulch and landscaping services. Although a garden center might not be the first place to come to mind when looking to get a bite to eat, for the Putnams adding a café to the grounds was a natural extension of their business.

The family's produce, grown in a high tunnel and three greenhouses that allow them to extend the season, is sold directly to customers as well as sold wholesale to area restaurants and grocery stores, including Hy-Vee. When plans to produce their own line of salsas using their bee-pollinated hothouse tomatoes required the installation of a commercial kitchen last fall, the Putnams decided to make the leap to running a small restaurant of their own.

Inside the small, red barn that houses The Kitchen Café and Bakery at Flowers for Less, there's a black-and-white tile floor, sunshine-yellow window trim, and colorful diner-style tables that seat about 20 people. The menu includes daily breakfast and lunch specials, a homemade soup of the day, and a variety of baked goods, from muffins to doughnuts to pies — all of it made by hand by Putnam. "People are really becoming more careful about where their food comes from," she says. "I make everything homemade."

A self-proclaimed former "fast-food junkie," Putnam was awakened to a better way of eating by focusing on locally-grown foods as much as possible, a lifestyle change that has improved her health and also inspired her to pass along such habits to her customers. Whenever possible, she's using produce grown at Flowers for Less and at other area farms.

The café and bakery opened late in the season this past year, but Putnam was still able to incorporate a number of locally-grown items from Good Hope Gardens in Good Hope, Ill., and Spurgeon Veggies CSA of East Galesburg, Ill. Pumpkins from Slagel Farms in Keithsburg, Ill., were used for the holiday season's pumpkin-flavored treats.

Using locally-grown produce is about eating better, Putnam explains, but it's also about supporting neighbors who are growing things instead of depending on trucks to deliver produce from thousands of miles away. "There's a lot of people out here who are growing things," she says. "We need to learn to buy local and use local in our food."

The homemade soups, baked goods, biscuits and gravy, and chicken salad have been among some of the more popular items in the café and bakery since they opened in October, according to Putnam. Putnam's daughter Melissa also bakes and decorates custom cakes as part of the operation.



A tuna melt at The Kitchen Café and Bakery served with slices of the bee-pollinated hydroponic tomatoes grown on site. (Photo by Jane Carlson / Radish)

Even when their stores of other local produce wore thin during their first few months in business, they still had their own hothouse tomatoes to pile on sandwiches. "Our tomatoes make it possible to have fresh BLTs all year," Putnam says.

This summer, Flowers for Less will be using even more in-season produce in the café and bakery, and also preserving as much as possible, so that locally-grown foods can be served in abundance all year. "We'll be able to increase the amount of fresh produce this year and can freeze a lot for the off-season," Putnam says.

To accommodate for larger crowds during the growing season, Putnam plans to add outdoor café seating on the grounds. Word of mouth about the quality of the food and the mission of the operation to eat healthier and more locally has already helped the café and bakery's first year be successful.

"This is a great way to eat," Putnam says.

*Jane Carlson is a frequent Radish contributor. The Kitchen Café and Bakery, 1341 S. Main St., Monmouth, is open from 7:30 a.m. to 4:30 p.m. Monday through Saturday, with breakfast served until 9:30 a.m. and lunch served from 11 a.m. to 2 p.m.*

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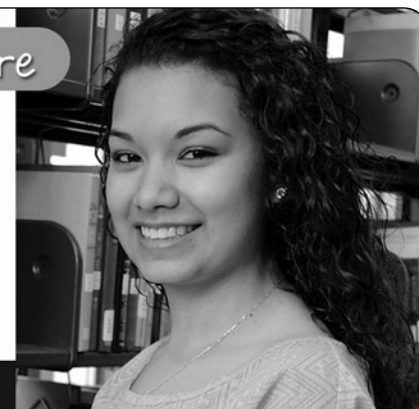
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# Coming full circle

## Local foods hold a wealth of history and family lore

By Linnea Crowther

For me, it was my Grandma Betty. For you, maybe it was a great-grandmother or an aunt, or maybe it was your own mother: a woman who kept a hungry family fed using the old ways. They didn't spend much money on boxes and bags of food. Instead, these strong women from past generations grew food and they found it, they bartered for it and they nurtured it, they cooked and preserved it themselves — and along the way created a food heritage that would feed the generations to come.

This year, Slow Food Quad Cities is embracing our food heritage, sharing our own food stories and learning about the food traditions in the Quad-Cities and beyond. It's part of the larger mission of Slow Food USA to celebrate food heritage with programs like the Ark of Taste, which seeks to promote and preserve regional and traditional foods.

My own food heritage extends back to a farm near New Windsor, Ill., where my Grandma Betty lived. Born in 1920, she grew up during the Great Depression and was always thrifty — but her family never lacked for food.

She grew food; bushels and bushels of it every year. Her kitchen garden, planted with Grandpa's help, supported row upon row of tomato plants, peppers, lettuces, peas, green beans, onions, cucumbers, melons and sweet corn. The hill that sloped down from the farmhouse kitchen window was a tangle of raspberries — black, purple and white. She planted fruit trees — apples and pears, peaches and apricots. Nut trees, too — Grandma Betty was particularly partial to black walnuts.

She found food, foraging along the fencerows for a few precious stalks of wild asparagus and walking out back of the Ophiem cemetery to find the plumppest and juiciest berries she had ever eaten. And she bartered, offering a neighbor milk from her cow or a bucket of apples in exchange for cherries from their tree.

Grandma's ancestors on the farm ate wild rabbits, squirrels and bullheads from the creek on their land. They found and used honey rather than sugar. Grandma and Grandpa fed their family domestic meat — they raised cattle, hogs and chickens.

With a huge garden, a knowledge of what the nearby land and forests could yield, a few well-treated animals in the barn, and a healthy relationship with neighbors, there wasn't much a family needed to buy. A few staples came from the store, but most of what previous generations ate was as local as it gets.

This is my food heritage. It's the history of food in my family, a vital part of my ancestral memory that still resonates in the foods that comfort me today. My soul food is fresh berries on homemade ice cream, home-canned pickles that snap with flavor, sweet corn dripping with butter churned earlier that day, strawberry shortcake that would make Paula Deen weep (and reach for another piece).

I'm lucky enough to have a food heritage that springs from the Quad-Cities



Todd Welvaert / Radish

area, so I can easily find and grow the foods that nurtured my ancestors six generations back. Your food heritage is probably a little different, even if your family is from around here. Maybe your great-grandmother foraged for hickory nuts and pawpaws instead of raspberries and asparagus. Maybe you remember helping Grandma make tamales or fried chicken or cherry pie.

Whatever foods speak to your soul, you can honor your food heritage by keeping them going. Grow what your ancestors grew. Even if you're in town, you can maintain a small but bountiful urban garden in your yard or find a plot at a local community garden. Learn how to use wildlands for sustenance — hunting for mushrooms and foraging for fruit. Cook the foods that remind you of the old days. Share these foods with your friends and family. Your great-grandma would be proud.

*Linnea Crowther is a lifelong Midwesterner and founder of Slow Food Quad Cities. For the recipe for her Grandma Betty's shortcake, see [radishmagazine.com](http://radishmagazine.com). To learn about upcoming events and share your own food heritage story, visit [facebook.com/slowfoodqc](https://facebook.com/slowfoodqc), join the group's mailing list by emailing [slowfoodqc@gmail.com](mailto:slowfoodqc@gmail.com), or stop by the Slow Food Quad Cities booth at the Radish Healthy Living Fair, June 15.*

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# All decked out

## Know your options when it come to 'green' decks

By Deborah Huso, from  
Natural Home & Garden

Seven years ago I began building my dream house, intent on making it both low-maintenance and energy-efficient. I loved the idea of a large deck. However, having had wood decks on a previous house, I knew I didn't want to spend half my summer weekends staining and water-proofing. I settled on composite decking made of recycled wood fiber and plastic, which I believed would cut down on maintenance and reduce my home's impact on Mother Nature, as composite materials are said to last 20 years or more.

Little more than five years later, however, I found my composite deck disintegrating where it was exposed to sun and rain. I felt like I had been taken for a ride. My experience isn't unique, unfortunately. Selecting sustainable decking materials that are durable and reliable can be difficult. So how do you know which sustainable decking materials to choose? It can be a tricky process, so doing your homework is paramount.

### Wood decking

Wood is strong, easy to work with, and can be painted or stained any color. But it can be difficult to discern which wood is sustainable. The Forest Stewardship Council (FSC) certifies lumber that was sustainably harvested, but FSC-certified wood may not be the greenest option if it's shipped from afar. If you must choose between FSC-certified lumber from South America or Asia and noncertified local wood, choose local. Transportation emissions are a major contributor to greenhouse gases, and if you use a local harvester, it's easier to track where the lumber came from and how it was harvested.

While there is no centralized resource for finding locally harvested lumber, a search for lumber companies and your city name should get you started. Look for companies that directly sell the



products they harvest. You can search for local retailers of FSC-certified lumber at FSC's website. When discussing options with companies, make sure to ask about durability and weather-resistance.

### Aluminum decking

Aluminum decks are an excellent option for durability and sustainability. Generally made with recycled content, aluminum is also fully recyclable, so any scrap from construction can be reused. Should you replace your aluminum deck one day, the deck boards, which often have the look of wood, can

also be recycled instead of going to the landfill. Aluminum is likely the toughest decking product you can buy. It's entirely water-resistant and stays cooler than many other deck materials in summer, meaning you can comfortably walk across it barefoot. LockDry and AridDek offer aluminum decking products.

### Composite decking

Composite deck boards are usually made with a combination of recycled plastic and waste wood fiber ground into sawdust. In the last couple of decades, composite decking has increased in popularity because it tends to be low-maintenance (if you purchase a reliable and proven product) and offers design flexibility. The materials allow you to mix colors and create curved features easily.

However, composite decking has seen its share of troubles. Although composites use recycled products such as milk jugs and wood fiber in their manufacture, finished composite products are not recyclable. If you choose a composite deck, keep in mind that synthetic decks still require a treated lumber frame. Composite decking products buckle if not installed properly, and manufacturers don't honor warranties if installation guidelines aren't followed to the letter.

The sustainable decking materials you choose are largely a matter of taste, cost and your willingness to perform maintenance. The most important element of sustainability is to thoroughly research a product from its materials sourcing to its delivery and durability.

*Excerpted from Natural Home & Garden, a national magazine that provides practical ideas, inspiring examples and expert opinions. To read more articles from Natural Home & Garden, please visit [natural-homemagazine.com](http://natural-homemagazine.com) or call (800) 340-5846 to subscribe. Copyright 2011 by Ogden Publications Inc.*

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# farmers' markets

*Visit [radishmagazine.com](http://radishmagazine.com) for updates to the list throughout the summer, plus a complete map of all the market locations.*

## ILLINOIS

### BUREAU COUNTY

Bureau County Farmers' Market, 935 N. Main St., Princeton; 3-6 p.m. Tuesdays and 8:30 a.m.-2 p.m. Saturdays, May 25-Oct. 26. 815-875-6468

### CARROLL COUNTY

Mt. Carroll Farmers' Market, north side of courthouse on Market Street; 8 a.m.-noon Saturdays, May 4-Oct. 26. 800-244-9594

### HENRY COUNTY

Alpha Village Farmers' Market, Alpha village gazebo, corner of D Street and 1st Street; 4-7 p.m. Fridays, May 3-Nov. 22. 309-529-2251

Geneseo Farmers' Market, City Park on Pearl Street; 8 a.m.-noon Saturdays, June 1-Oct. 26. 309-507-0002 or [geneseofm@geneseo.net](mailto:geneseofm@geneseo.net)

Kewanee Farmers' Market, 200 W. 3rd St.; 7:30-11 a.m. and 4-7 p.m. Wednesdays, 7:30-11 a.m. Saturdays, May 15-Sept. 28. 309-852-2175

### JO DAVIESS COUNTY

Elizabeth Farmers' Market, St. Paul's Lutheran Church parking lot, 411 W. Catlin; 3-6 p.m. Fridays, May 3-Oct. 25. 815-598-3138

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, May 11-Oct. 12. 815-777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 7:30 a.m.-12:30 p.m. May 26; June 9, 23; July 7, 21; Aug. 4, 18; Sept. 1, 15, 29; and Oct. 13. 815-777-2000

Hanover Farmers' Market, corner of Route 84 and Jackson Street; 9-11 a.m. Saturdays, May 4-Oct. 5. 773-430-4871

### KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 4-Oct. 12. 309-368-1750

Oneida Farmers' Market, across from DT Sales and Service parking lot, 221 W. U.S. 34; 3-6 p.m. Thursdays, July 1-Sept. 30. 309-483-8412

### LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, Highland and 3rd Street; 7 a.m.-noon Wednesdays and Saturdays, May 4-Oct. 26. 815-284-3306

### MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 16-Oct. 19. 309-837-4855

### MERCER COUNTY

Main Street Farmers' Market, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 13-Oct. 10. 309-582-2751 or [aledomainstreet.com](http://aledomainstreet.com)

### OGLE COUNTY

Polo Farmers' Market and community dinner, Senior Center on Mason Street; 3-6 p.m. Thursdays, July 11-Oct. 10. 815-946-3131

### PEORIA COUNTY

RiverFront Market, on the corner of Water and Liberty Street, Peoria; 8 a.m.-noon Saturdays, June 1-Sept. 28. 309-671-5555

### ROCK ISLAND COUNTY

Broadway Church Farmers' Market, 710 23rd St., Rock Island; 3-6 p.m. Wednesdays, June 5-Aug. 28. 309-786-2631

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, May 1-Oct. 30. 309-235-6425

Franklin Field Farmers' Market, 12th Avenue and 9th Street, Rock Island; 10 a.m.-1 p.m. Saturdays, June 1-Aug. 31. 309-644-9084

Trinity Moline Market, 500 John Deere Road, Moline; 8 a.m.-noon Saturdays, May 4-Oct. 26. 309-936-7792 or 309-235-6425

### 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 7-Oct. 25. 309-734-3181

### WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round. 815-626-8610 or [twincityfarmersmarket.com](http://twincityfarmersmarket.com)

Morrison Farmers' Market, 202 E. Lincolnway (Route 30) behind the Heritage Museum, Morrison; 8-11 a.m. Saturdays, May 18-Oct. 5. 815-772-3757 or [morrisonfarmersmarket.com](http://morrisonfarmersmarket.com)

## IOWA

### CEDAR COUNTY

Cedar County Farmers' Market, south of the courthouse, Tipton; 7:30-11 a.m. Saturdays, May 11-Oct. 12. 563-946-3551

### CLINTON COUNTY

DeWitt Farmers' Market, Lincoln Park on 5th Avenue and 10th Street; 4-7 p.m. Thursdays, May 16-Oct. 17. 563-357-9485

Lyons Farmers' Market, Lyons Four Square Park, Clinton; 4-7 p.m. Wednesdays and 8-11 a.m. Saturdays, May 22-Nov. 2. 563-577-2216

Preston Farmers' Market, Iowa 64 at Twogood Park; 4-6 p.m. Thursdays, June 27-Sept. 19. (563) 577-2216

### DES MOINES COUNTY

Riverfront Farmers' Market, 400 N. Front St., Burlington; 5-7:30 p.m. Thursdays, May 2-Oct. 31. 319-208-0056

### DUBUQUE COUNTY

Dubuque Farmers' Market, near City Hall on Iowa, 12th-13th streets; 7 a.m.-noon Saturdays, May 4-Oct. 26. 563-588-4400

Dyersville Area Farmers' Market, Commercial Club Park, 225 11th St. SE; 2:30-6 p.m. Thursdays, May 16-Oct. 10. 563-875-2311

### 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, May 18-Oct. 12. 319-385-1846 or [mpfarmmarket.org](http://mpfarmmarket.org)

### IOWA COUNTY

Amana Colonies Farmers' Market, Henry's Village Market, V Street, Homestead; 4-7 p.m. Fridays, May 31-Aug. 30. 319-622-3931 or [henrysvillagemarket@gmail.com](mailto:henrysvillagemarket@gmail.com)

### JACKSON COUNTY

Maquoketa Farmers' Market, parking lot of Ohnward Fine Arts Center, 1215 E. Platt St.; 4-7 p.m. Tuesdays, May 21-Oct. 22. 563-249-8456 or [maquoketafarmersmarket@gmail.com](mailto:maquoketafarmersmarket@gmail.com)

### 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, May 4-Oct. 26. 641-919-3212

Fairfield Senior Citizen Site Farmers' Market, 209 S. Court St.; 9 a.m.-2 p.m. Saturdays, through Nov. 2. 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, May 6-Oct. 3. 319-248-1750 or [coralville.org](http://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, May 1-Oct. 30. 319-356-5210

Mercer Park Farmers' Market, 2701 Bradford Drive, Iowa City; 3-6 p.m. Tuesdays, May 7-Oct. 29. 319-356-5230

### JONES COUNTY

Anamosa Farmers' Market, 600 E. Main St.; 3-6 p.m. Wednesdays and 8 a.m.-noon Saturdays, June 12-Oct. 19. 319-462-2971

Monticello Farmers' Market, middle school parking lot at 274 S. Main St.; 3-5:30 p.m. Wednesdays and 8-11 a.m. Saturdays, May 11-Oct. 30. 319-465-7023 or [monticelloiowafarmersmarket.com](http://monticelloiowafarmersmarket.com)

### LEE COUNTY

Fort Madison Farmers' Market, Central Park on 9th and Avenue E; 4:30-6:30 p.m. Thursdays, May 30-Sept. 26. 319-372-7700 ext. 216 or [fortmadison.com](http://fortmadison.com)

Keokuk Farmers' Market, River City Mall parking lot, 300 Main St.; 7-11 a.m. Saturdays, May 18-Oct. 12. 217-242-4061

### LINN COUNTY

Downtown Farmers' Market, Green Square Park, 3rd and 4th Avenues SE, Cedar Rapids; 7:30 a.m.-noon Saturdays; June 1, 15; July 6, 20; Aug. 3, 17; and Sept. 3, 21. 319-398-5317 or [cedar Rapids.org](http://cedar Rapids.org)

Mount Vernon Farmers' Market, Memorial Park, 221 1st St. E.; 4-6 p.m. Thursdays, May 2-Oct. 10. 319-310-4145

NewBo Farmers' Market, 1100 3rd St. SE, Cedar Rapids; outdoor market 4-7 p.m. Thursdays, 8 a.m.-2 p.m. Saturdays, 10 a.m.-2 p.m. Sundays, May 2-31; indoor market 4-8 p.m. Thursdays, 8 a.m.-8 p.m. Saturdays, 10 a.m.-6 p.m. Sundays, year-round. 319-200-4050

Noelridge Farmers' Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 1-Oct. 18. 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, May 10-Oct. 11. 319-728-7971 or [columbusjunctioniowa.org](http://columbusjunctioniowa.org)

### MUSCATINE COUNTY

Downtown Muscatine Farmers' Market, corner of 3rd and Cedar streets; 7:30-11:30 a.m. Saturdays, May 4-Oct. 26. 563-260-0950

Muscatine Farmers' Market, 1420 Park Ave.; 2:30-5:30 p.m. Tuesdays, May 2-Oct. 31. 563-260-0950

### SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2-6 p.m. Thursdays, May 2-Oct. 31. 563-332-5529

Davenport Farmers' Market, parking lot of NorthPark Mall, Davenport; 8 a.m.-noon Wednesdays and Saturdays, May 1-Oct. 30. 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 May 4-Oct. 29. 563-322-6009

Trinity Farmers' Market, Trinity Bettendorf, 4500 Utica Ridge Road, Bettendorf; 3-6 p.m. Mondays, May 6-Oct. 28. 563-332-5529

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# Your guide to the 2013 Healthy Living Fair

The seventh annual Healthy Living Fair — a celebration of local and natural foods, health and fitness, nutrition and the environment — will take place Saturday, June 15, 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 Rise and Shine Yoga Class led by Jeani Mackenzie at 9 a.m. Fitness enthusiasts can follow up with a free Zumba demonstration at 10 a.m. led by Bettinna Bolger.

New to the fair this year will be a drum circle at 11 a.m. led by Terry Hanson. Visitors to the fair

can bring their own percussion instruments, borrow one from Hanson, or make their own from recycled goods at the booth of Reusable Usables of LeClaire, Iowa. Members of the Quad City Ukulele Club will keep the musical merriment going with a live ukulele performance onstage at 1 p.m.

In between musical acts will be the annual Radish Pet of the Year contest on stage at noon. Pet owners will have a chance to share how they raise their pets in healthy and earth-friendly ways. A panel of Radish staff members will narrow the entries down to a group of finalists, and the winner, chosen by popular applause from the audience, will be featured on the cover of a future issue of Radish.

The one-day fair also 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; 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, KWQC-TV News 6 and WQPT Quad-Cities PBS. Sponsors include Davenport Levee Improvement Commission, the Freight House Farmers' Market and the City of Davenport Parks and Recreation.



## Scheduled activities

### • 9 a.m., Rise and Shine Yoga

**Class:** 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.

• **10 a.m., Zumba:** Get into the rhythm with Bettinna Bolger as you burn calories in a high-intensity, fun-for-all fitness routine.

• **11 a.m., Drum Circle:** Join Terry Hanson on stage for a rollicking rhythmic experience. There's no music to read, no part to practice, and no skill or experience required — just jump right in!

• **Noon, Pet of the Year Contest:** Whether a dog, cat, chinchilla or lizard, 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., Quad Cities Ukulele Club:** Tap your feet and be ready to smile as Q-C ukulele enthusiasts entertain with happy strains of music.

## Happening all day

• **Lots of fun for the little ones:** Bring your youngsters to the Healthy Living Fair and watch their eyes light up as they meet the gentle critters of Little Creek Alpacas, then take them to meet Daniel Tiger from the popular PBS television show at the WQPT booth. At the University of Illinois Extension booth, kids can plant a seed to take home, race a vegetable car and

get fun facts about healthy eating. Or check out the mobile garden — a growing plot on wheels — from the City of Davenport Parks and Recreation department. Feeling festive? Head over to the Mississippi Mud Art Studio booth for some all-natural face painting.

• **Reduce, reuse and make some noise:** Stop by the always-popular Reusable Usables Creative Arts Center booth throughout the day to create your own noisemaker using recycled materials. Then, jump on stage at 11 a.m. to join in the fun with the drum circle, or take your creation home and drum up a neighborhood circle there. Making music with percussion instruments you made yourself? What better way to think outside the landfill!


• **Share your ideas for Radish articles:** What's your favorite thing to read about in Radish? Have a great idea for a story? Stop by the Radish booth and let us know your thoughts! While you are there, register to win dinner for four at the Crane & Pelican Cafe in LeClaire with Radish editor Sarah J. Gardner.

• **Keep the celebration going:** Right next to the Healthy Living Fair, in Davenport's riverfront LeClaire Park, a two-day Juneteenth celebration will be taking place. This annual event celebrates an important moment in American history: June 19, 1865, the day Union General Gordon Granger rode into Galveston, Texas, to inform inhabitants of the Civil War's end and free the last people held in slavery on U.S. soil. This year the Juneteenth festivities kick off at 6:30 p.m. Friday night with a performance by the famed Preservation Hall Jazz Band and continues from 10 a.m.-9 p.m. Saturday with stage performances, food vendors, and plenty of activities for kids and adults. Stroll over to this free event adjacent to the Healthy Living Fair and join in the festivities.

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## Attractions

**Body, mind & soul:** You've read about relaxation techniques and health practices in the pages of Radish, now try them out for yourself and see what you think! Stop by booths for The Crystal Butterfly Massage Therapy Studio or The Institute of Therapeutic Massage for a chair massage or some reflexology. Get a free spinal screening from Lundgren Family Chiropractic or a computerized nerve pressure check from Inner Health Chiropractic. Find the yoga class that's right for you from Indigo Wellness, the Davenport School of Yoga, or tapas yoga shala. Discover opportunities for spiritual growth from Lamrim Kadampa Buddhist Center and Sovereign Grace Orthodox Presbyterian Church.

**Eating well:** Stop in the adjacent freight house to visit the QC Food Hub, a regional resource building connections between local farmers and consumers, and see live cooking demonstrations in their community kitchen. Pick up tips on making the most of locally-grown and foraged foods at the Slow Food Quad Cities booth and share stories of your own food heritage by answering the question, "What would Grandma do?" Discover how the Midwestern CSA model is being used to support sustainable fishing in Alaska through Sitka Salmon Shares. And sample tasty, healthful treats at booths throughout the Health Living Fair, from organic Kalona SuperNaturals dairy products to PIMAG Living Water from the Quad Cities Wellness Association and natural products from Yoli Better Body Company.

**Handmade:** Discover a wealth of handmade goods, from items crafted locally by more than 40 artisans at the QC Collective booth to fair trade goods from around the globe at the



booth of SIS International Shop. Be amazed by the craftsmanship that goes into wooden caskets and urns built by Trappist Caskets and learn how this work supports a contemplative community of monks living in Iowa. Learn about the hand-hewn mantles made from locally-sourced white oak by Trillium Dell Timberworks. See how ordinary mud from the Mississippi River is transformed into beautiful paintings by artist Frank Ross. And learn how the wool of alpacas is transformed into everything from hand-knit socks to dryer balls and cat toys.

**Food for thought:** Radishland is full of engaged citizens who are working toward a sustainable future. Come meet members of the local Sierra Club, Earth Keepers, and Sisters of Humility, and speak with them about the work they do to raise awareness of climate change and actions we can take on the local level. Share what you

love about the Mississippi River for a promotional video being developed by the 1 Mississippi Campaign. Learn more about alternative energy ideas for our communities from the Illinois Renewable Energy Association and the Iowa Renewable Energy Association. See rain barrels and compost tumblers being made locally by Quad City Rain Barrels from recycled, food-grade containers. Want to take your eco-minded lifestyle to the next level? Stop by the Black Hawk College booth and learn about their degree programs in green technology.

**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, cheese, garden plants, dog treats, arts and crafts, handmade

jewelry and more. Can't wait until you get home for a nibble? Food and beverage vendors on site sell hot sandwiches, unique pastries, grilled meats, refreshing drinks, gourmet coffees 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](http://figgeart.org)), where, in addition to world class art, you also can find more ideas for sustainable living at the I-Renew Energy Expo (read more about it on page 48). Nearby is the River Music Experience ([rivermusicexperience.org](http://rivermusicexperience.org)), which features a cafe and music museum. Or check out the German American Heritage Center ([gahc.org](http://gahc.org)) and learn about local history. For more ideas of places to see and things to do, visit [downtowndavenport.com](http://downtowndavenport.com).



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## Exhibitors

**1 Mississippi Campaign:** Show your love for the Mississippi River by signing up to be a River Citizen and share what you love about the Mississippi River for a promotional video. [1mississippi.org](http://1mississippi.org)

**Beattie Family Dental:** Learn about this state-of-the-art dental practice and enter to win a free take-home whitening kit. [beattiefamilydental.com](http://beattiefamilydental.com)

**Dr. Paul Black:** Discuss Invisalign, the clear alternative to metal braces for teens and adults with Dr. Black.

**Black Hawk College:** Learn about degree programs, get handy household tips and pick up some free late-season sweet corn seeds for planting. [bhc.edu](http://bhc.edu)

**Bronze Baby Spray Tan:** Looking for a way to tan without the sun exposure? Learn about 100 percent UV-free spray tanning. [bronzebabyspraytan.com](http://bronzebabyspraytan.com)

**Care of the Earth — Sisters Of Humility:** Check out the schedule for Our Lady of the Prairie Retreat. [chmiowa.org](http://chmiowa.org)

**The Crystal Butterfly Massage Therapy Studio:** Enjoy a free chair massage and learn about organic massage products.

**Davenport School of Yoga:** Come by for quick, fun stretch and learn about yoga. [davenportschoolofyoga.com](http://davenportschoolofyoga.com)

**Eagle View Group of the Sierra Club:** Get outdoors! The Sierra Club is all about exploring, enjoying and protecting the planet. [illinois.sierraclub.org/eagleview](http://illinois.sierraclub.org/eagleview)

**Earth Keepers:** Connect with like-minded people committed to faithfully “recycle, reuse, renew” the earth’s

resources. [earthkeepers.wix.com/earthkeepers](http://earthkeepers.wix.com/earthkeepers)

**Executive Women’s Golf Association — Quad Cities Chapter:** Try out your putting stroke and learn about the health benefits of golf. [ewgaqc.com](http://ewgaqc.com)

**Generations Area Agency on Aging:** Learn about state/federal aging programs and community resources that can help you, a friend or relative now or in the future. [genage.org](http://genage.org)

**Hagen Chiropractic Clinic / Rothgeb Chiropractic:** Get information about chiropractic care, functional blood nutrition, acupuncture, and organic, wild-crafted skin care. [hagenclinic.net](http://hagenclinic.net)

**Healthy Lifestyles Saladmaster:** Featuring healthy cookware. Stop by and learn about the safety of the pots you are cooking in.

**Holmes Shoes:** Learn more about footwear that tones your muscles and footwear that burns extra calories. [holmesshoes.net](http://holmesshoes.net)

**Illinois Renewable Energy Association:** Discover opportunities for energy efficiency and renewable energy in your life and community. [illinoisrenew.org](http://illinoisrenew.org)

**Indigo Wellness:** Discuss a range of professional bodywork services — therapeutic massage, thai yoga therapy and more — as well as many styles of drop-in yoga classes. [indigowellness.info](http://indigowellness.info)

**Inner Health Chiropractic:** Receive a computerized nerve pressure check to see how it relates to your health. [myinnerhealthchiro.com](http://myinnerhealthchiro.com)

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



Visit with our students and staff about natural therapies. [learntomassage.com](http://learntomassage.com)

**The Iowa Renewable Energy Association:** Learn about sustainable energy from a membership-based, nonprofit organization dedicated to education about renewable energy. [irenuew.org](http://irenuew.org)

**Kalona SuperNatural:** Sample organic cream-top milk (white and chocolate), cottage cheese, yogurt, and more! [kalonasupernatural.com](http://kalonasupernatural.com)

**Lamrim Kadampa Buddhist Center:** Learn how adults and children can develop harmony, confidence, and methods to calm the mind. [meditateiniowa.org](http://meditateiniowa.org)

**Leafgirl Studio + Organics:** Discover the benefits of using natural hair and skin care products. [leaforganicsalon.com](http://leaforganicsalon.com)

**Let’s Ride Inc. Bicycle Shop:** Whether you are an experienced cyclist or a

beginner, get the answers to your cycling questions. [letsrideinc.com](http://letsrideinc.com)

**Little Creek Alpacas:** Nuzzle with an alpaca, watch fiber carding and needle felt throughout the day.

**Lundgren Family Chiropractic:** Discover how your spinal cord reads with electromyography technology. Get a free spinal screening. [lundgrenchiropractic.com](http://lundgrenchiropractic.com)

**Mississippi Mud Art Studio With Frank Ross:** See amazing paintings made entirely from Mississippi mud and treat your kids to some all-natural face painting.

**NutritionWorks Wellness Center of the Quad Cities:** Receive a free nutritional health screening and take home information on clinical nutrition programs. [nutritionworkswellness.com](http://nutritionworkswellness.com)

**Palmer Center for Chiropractic Research:** Learn about the innovative studies conducted at the largest

chiropractic research center — located in the QCA! palmer.edu

**Q.C. Real Deal — Youngevity Essential Life Sciences:** Sample some Beyond Tangy Tangerine and learn about Dr. Joel Wallach and the 90 essential nutrients.

**QC Collective:** Browse the handmade goods of more than 40 local crafters. qccollective.com

**QC-VEG:** Take the “Create your Plate Challenge” and learn about how eating a vegetarian diet is healthy for your body and the planet. qcveg.com

**Quad Cities Dog Obedience Club:** Learn about a wide variety of non-profit classes and other canine-related activities. qcdoc.com

**The Quad Cities Wellness Association:** Experience the best magnetic and infrared products to help your body stay well. nikken.com/karenlowery

**Quad Cities YMCA:** Discover the Y's innovative ideas for youth development, healthy living and social responsibility. qcymca.org

**Quad City Rain Barrels:** Learn how recycled, food-grade barrels can aid in water conservation or turn yard waste and kitchen scraps into compost. quadcityrainbarrels.com

**Reusable Usables Creative Arts Center:** Engage in creative play using open-ended reusable materials diverted from a landfill. reusableusables.org

**RJ Construction:** Learn about photovoltaic electrical systems and thermal water heating for your home. rjconstructionmarion.net

**SIS International Fair Trade Shop:** Discover the world of fair trade

products made by artisans and farmers in developing nations. sisshops.com

**Sitka Salmon Shares:** Learn about the highest-quality, most sustainably-produced seafood available to Midwest consumers. sitkasalmonshares.com

**Slow Food Quad Cities:** Rediscover your food heritage. slowfoodqc.wordpress.com

**Sovereign Grace Orthodox Presbyterian Church:** Learn how caring for your soul is part of healthy living.

**tapas yoga shala:** See beginner and advanced yoga demonstrations throughout the day. tapasyogashala.com

**Trappist Caskets:** Learn all about traditional, well-designed wooden caskets and urns made by the monks of New Melleray Abbey. trappistcaskets.com

**Trillium Dell Timberworks:** Plan your dream home, a backyard pergola, or a new, hand-hewn mantle, all from locally sourced white oak timbers. trilliumdell.com

**University of Illinois Extension:** Pick up recipes and instructions on how to cook a variety of fresh vegetables. extension.uiuc.edu

**Willows Wisdom:** Discover locally-made products using natural essential oils. qccollective.com

**WQPT:** Learn more about WQPT's children program, Daniel Tiger's Neighborhood, about little tiger learning all about how to grow up. wqpt.org.

**Yoli Better Body Company:** Taste natural products that contain live, active ingredients with no sugar, no sweetened with stevia.

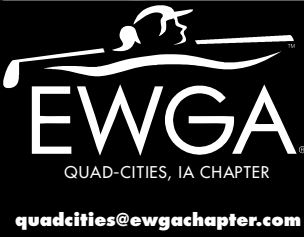
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## Mantra Workshop

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OM MANI PÄDME HUM

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# Discover more ways to go green

When it comes to alternative energy, there are a lot of misconceptions out there. One of the biggest is the idea that there simply isn't space in a city to make alternative energy feasible. Not so, says John Bergoli of the Iowa Renewable Energy Association. We just have to look up, literally.

"There are a lot of rooftops in a city," says Bergoli, explaining that such spaces are great locations to install solar panels. Doing so puts the panels above eye-level, so they don't alter the appearance of a city to people on the street — but they can have a big impact on the overall energy profile of the community.

This is just one of many ideas that will be explored at the 21st annual I-Renew Energy Expo to take place June 14-15 at the Figge Art Museum, 225 W. 2nd St., Davenport. Just a short walk from the Healthy Living Fair, the expo will feature expert

presenters and exhibitors, all with great ideas related to the expo theme, "Renewable Energy in the City."

The expo will run from 5 to 9 p.m. Friday and 8 a.m. to 5 p.m. Saturday. The line-up of events include a keynote address at 6:30 p.m. Friday by artists Anthony Castronovo and Nacho Zamora, and a second keynote address at 1 p.m. Saturday by Barry Shear, president of Eagle Point Solar in Dubuque, Iowa, and Howard Learner, president and executive director of the Environmental Law and Policy Center.

Other highlights of the expo include TED-style talks on "Game Changers for Green Cities" by Senator Rob Hogg, Martha Norbeck and Tim Dwight, and a "Race to the Top" talk by members of the University of Iowa Solar Car Team. There will also be information available to take a self-guided tour of sustainable sites around Davenport.

Previous I-Renew Energy Expos have taken place in Iowa City and Cedar Rapids. "In selecting Davenport, we were looking for a progressive city with recent developments in energy efficiency and renewable energy and sustainable sites as a backdrop to our vision for renewable energy in Iowa's cities," says Kimberly Dickey, who chairs the board for I-Renew.

The entire event is free and open to the public with the exception of two hands-on workshops. The first, led by artist Anthony Castronovo, will involve building solar-powered flower sculptures. Cost to participate is \$30 and registration through [irenew.org](http://irenew.org) is required.

In the second workshop, led by instructor John Root, participants will learn about cooking in solar ovens and then build their own ovens to take home using recycled cardboard and dry-cleaner bags. Cost to participate is \$10 and also requires registration.

A complete schedule of workshops and events can be found at [irenew.org](http://irenew.org).



## Radish HLF vendors

- 1 Mississippi Campaign
- Bronze Baby Spray Tan
- Beattie Family Dental
- Dr. Paul Black
- Black Hawk College
- Bronze Baby Spray Tan
- Care of the Earth — Sisters of Humility
- The Crystal Butterfly Massage Therapy Studio
- Davenport School of Yoga
- Eagle View Group of the Sierra Club
- Earth Keepers
- Executive Women's Golf Association — Quad Cities Chapter
- Generations Area Agency on Aging

- The Green Thumbs
- Hagen Chiropractic Clinic / Rothgeb Chiropractic
- The Healing Heart Center
- Healthy Lifestyles — SaladMaster
- Heritage Natural Foods Store
- Holmes Shoes
- Illinois Renewable Energy Association
- Indigo Wellness
- Inner Health Chiropractic
- Institute of Therapeutic Massage
- Iowa Renewable Energy Association
- Kalona SuperNatural
- Lamrim Kadampa Buddhist Center
- Leafgirl Studio + Organics
- Let's Ride Inc. Bicycle Shop
- Little Creek Alpacos

- Lundgren Family Chiropractic
- MI Construction
- Mississippi Mud Art Studio with Frank Ross
- NutritionWorks Wellness Center of the Quad Cities
- Our Lady of the Prairie Woods Retreat Center
- Palmer Center for Chiropractic Research
- Progressive Action for the Common Good
- Q.C. Real Deal — Youngevity Essential Life Sciences
- QC Collective
- QC-VEG — Quad Cities Vegetarian Group
- Quad Cities Dog Obedience Club
- The Quad Cities Wellness Association

- Quad Cities YMCA
- Quad City Rain Barrels
- Reusable Usables Creative Arts Center
- RJ Construction
- SIS International Fair Trade Shop
- Sitka Salmon Shares
- Slow Foods Quad Cities
- Sovereign Grace Orthodox Presbyterian Church
- Sun Ovens
- tapas yoga shala
- Trappist Caskets
- Trillium Dell Timberworks
- University of Illinois Extension
- Willows Wisdom
- WQPT
- Yoli Better Body Company

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# Lake Geode Challenge TRIATHLON



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2013

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Team	\$123	\$141

- Register at [www.getmeregistered.com](http://www.getmeregistered.com) (see link under registration on [www.lakegeodechallenge.org](http://www.lakegeodechallenge.org)).
- Registration cutoff is Wednesday July 10.

### Cash awards

- We award prize money (\$300, \$200, \$125, \$75 and \$50) to the top five male and female finishers.

Questions may be sent to [racedirector@lakegeodechallenge.com](mailto:racedirector@lakegeodechallenge.com), or visit [www.lakegeodechallenge.org](http://www.lakegeodechallenge.org) for more information.