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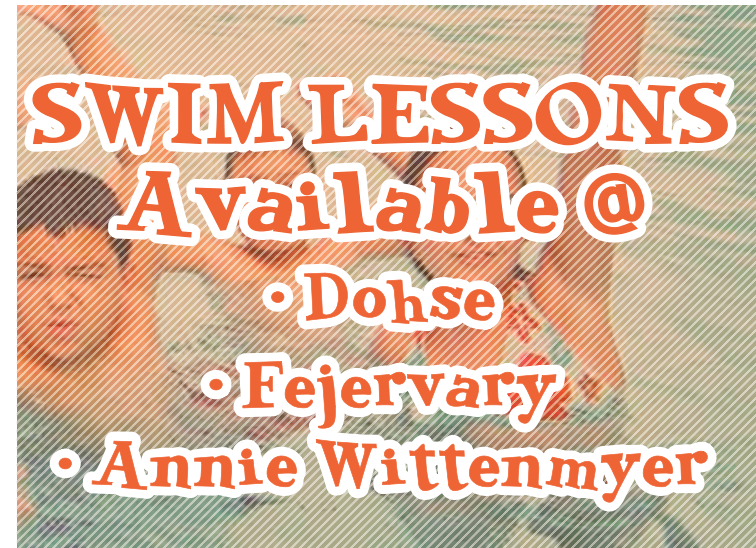


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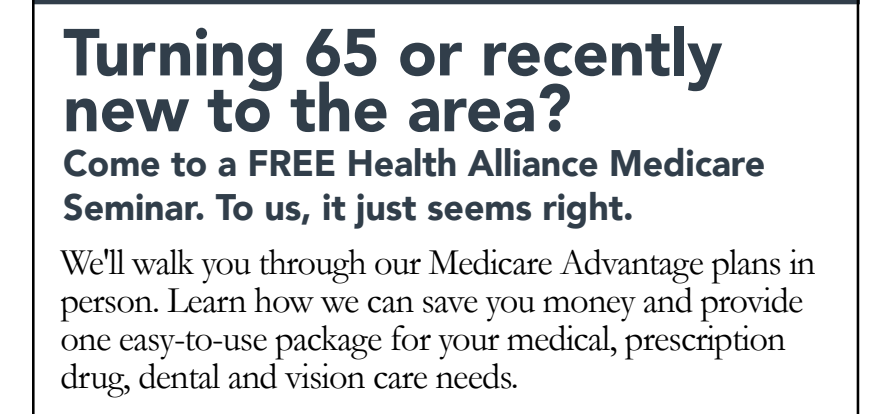
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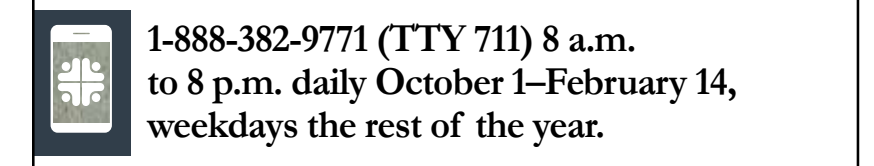
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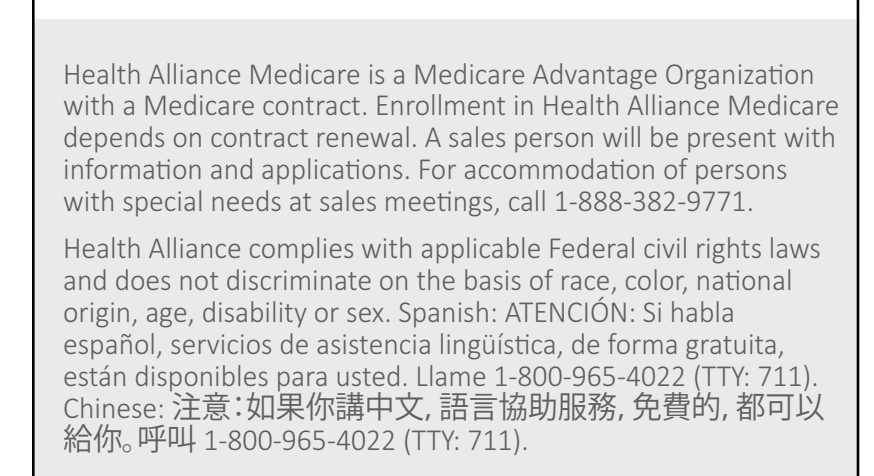
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Meg McLaughlin / Radish
Radish editor Laura Anderson Shaw recently realized sometimes, you have to stand ridiculously to get the perfect shot.

Mother Nature is a fickle gal. It seems as though every time I make plans for something outdoors, it pours down rain. Softball game? Thunderstorms. Camping trip? Damaging winds. Radish cover shoot? Scattered showers.

Now that it's June, I feel like I've paid my rain-out dues this spring, and I'm hoping that clear skies will roll in for our 11th annual Healthy Living Fair on June 17! We'll be in our usual spot next to the Freight House, at 421 W. River Drive, Davenport. Hopefully, we'll be as lucky as we were the day this month's cover was shot.

For the shoot, I had this elaborate plan to fill a basket with yummy fruits and veggies, trek over to Radish staff photographer Meg McLaughlin's house, and stage a beautiful photo of it in front of one of the gardens there. But Mother Nature had other plans. Forecast? Scattered showers, intermittent wind gusts, and clouds upon clouds with only the tiniest slivers of occasional sunlight.

It poured on and off that morning, and Meg's yard and garden area turned to sludge. I couldn't very well photograph a muddy mess, and deadline pressures meant we couldn't put the shoot off another day, so on to plan B.

But what was plan B? At that very moment, it wasn't raining — but we couldn't be sure that it wouldn't start up again by the time we journeyed to another location. So, we settled for a pretty spot in the alley next to the office. I arranged the basket with fruits and veggies, and passed it to Meg, who was a good sport and "modeled" for the shoot. She handed me her camera, and we got to work, coaching each other on how to hold the basket, where to stand and position ourselves and the like.

That window of time was rain-free and we got great shots — including a couple silly ones where I'm standing oddly, trying to find the right height. We can only hope for the same rain-free window this fair day! Through the years, we've seen it all — from sunny days and overcast skies to sprinkles during set up and torrential downpours, so I'm knocking on wood with my fingers crossed for a nice day!

We have plenty in store for you at this year's fair, including fitness demonstrations, more than 50 vendor booths, the annual Pet of the Year contest and more. Read all about it in the Healthy Living Fair guide on pages 19-23.

I can't wait to see you there!

— Laura Anderson Shaw, editor@radishmagazine.com

Radish

HEALTHY LIVING FROM THE GROUND UP

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the grapevine

From our readers

"I always find something that I didn't know about." — Wendy Park, Davenport

"Fun to read — informative articles." — Nancy Long, Milan

"Love the recipes." — Terry Schlabbach, Bettendorf

"All the issues (are) full of very important information about so many different things. Thanks!" — Pat Holt, Davenport

"Love articles of all the new ways of joining in community activities." — Deb Luckenbuhl, Rock Island

Radish Reads: A recent book on healthy living, as reviewed by a Radish reader

Mini review: "Soupelina's Soup Cleanse: Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life," by Elina Fuhrma. (2016, Da Capo Press)

"Soupelina's Soup Cleanse," by Elina Fuhrman, is the end result of a journey that started with a cancer diagnosis. Divided into two sections, this cookbook discusses the author's walk through wellness before jumping into recipes and cleanses in the second section.

Chapter three is this reader's favorite chapter as it goes into not only an in-depth discussion of the ingredients that should be used, but it also covers the best kitchen equipment to use as well.

Chapter four comes in at a close second favorite. It includes a broad list of questions and answers that have been asked of the author on various occasions.

For a full experience, I tried the three-day "Boost Cleanse" referenced on page 90. The author doesn't really indicate that the soups listed should be the ones to use, so I tried the I'll Be Bok, Choy! and Make 'Shroom for Me, and I alternated them throughout the three days. The soups were quite flavorful and filling. I was able to go from meal to meal without feeling ravenous, and at the end of the three days, there was a definite feeling of lightness.

There are a couple of spots where the author seems to be contradictory. For instance, she mentions that she doesn't eat leftovers, but then suggests that you make a pot of soup over the weekend and then eat it through the week. Overall, though, I give this book four radishes.

— Michele Clearman-Warner, Davenport



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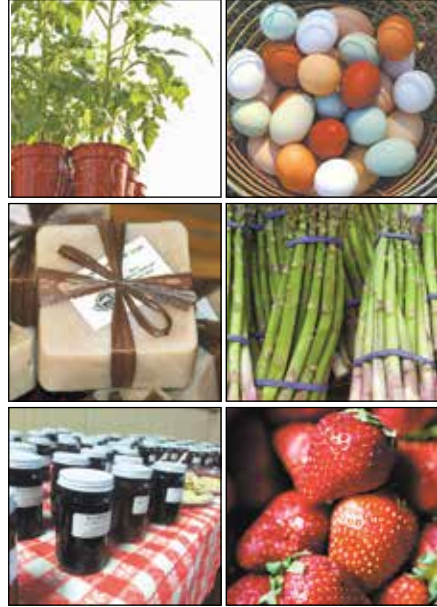
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Get ready for the 2017 Radish Healthy Living Fair. (Photo by Laura Anderson Shaw / Radish)

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Flowers lay out on a table ready to be sold during the 2016 Healthy Living Fair at Freight House Farmers Market in Davenport.

File / Brian Achenbach / Radish

body, mind & soul

The mind-body connection

Iowa City woman works to practice what she preaches, and vice versa



“The idea that I could work with both the body and the mind concurrently was really exciting for me. ... I felt like my body was meant to do this.”

— Betsy Rippentrop

Submitted / Dan Rolling Photography
Betsy Rippentrop is passionate about the mind-body connection. She teaches yoga and has a private psychology practice at her Iowa City studio, Heartland Yoga.

By Annie L. Scholl

As a psychology major in the late 1990s, Betsy Rippentrop learned firsthand about the mind-body connection.

It happened during her senior year at Gustavus Adolphus College in Saint Peter, Minn. Rippentrop spent a month in Miami, Fla., working in a cancer center as part of her college experience. Patients who came in for treatment also saw a mental health professional and were taught how to meditate.

“It was a pretty cutting-edge program at the time,” says Rippentrop, 42, who has a private psychology practice at Heartland Yoga, her Iowa City yoga studio.

In college, Rippentrop started as a pre-med major, but her love of psychology and the experience at the cancer center changed her career path.

“The idea that I could work with both the body and the mind concurrently was really exciting for me,” she says.

Rippentrop returned to college and started a meditation group. She also decided to go to graduate school. Once there, though, her desire to integrate the mind and body took a backseat to her studies. Extremely stressed, Rippentrop agreed to take a yoga class with a fellow student.

“It was an immediate fall-in-love experience,” she says. “I felt like my body was meant to do this.”

Rippentrop committed to taking a weekly yoga class for the rest of her time in graduate school, and even continued into her first job. But a year or two into

private practice, Rippentrop says she felt “disappointed.”

“I felt like I didn’t have enough tools — like I was just working with the mind.”

When her yoga instructor offered yoga teacher training, Rippentrop signed up.

“I thought, I’m going to take it because yoga’s been so powerful for me. I wanted to learn more and deepen my practice.”

Rippentrop also figured she would incorporate some of the philosophies and ideas into her psychology practice rather than teach yoga classes. But shortly after the training, she opened Heartland Yoga in downtown Iowa City.

That was almost nine years ago.

“It’s totally transformed how I work,” says Rippentrop, who teaches three to four yoga classes per week while also seeing clients for mind/body-based psychotherapy. Additionally, she offers training and workshops on yoga for the mind, anxiety and stress.

“I love it all. It’s amazing work,” she says.

Rippentrop, author of “The Complete Idiot’s Guide to the Chakras,” is working on another book and is gaining national attention as “Dr. Yoga Momma.”

She believes yoga is “hands-down one of the best scientific and philosophical methodologies for healing.”

Some of her psychotherapy clients become yoga students — and vice versa.

“We have to bring equal weight to both the body and the mind — and, essentially, they’re one in the same. They’re not two separate entities,” she says.

She’s frustrated by a culture and a medical system that continue to treat them separately and then offer up a diagnosis and treatment, often in pill form.

Rippentrop has been on the receiving end of that mentality. Three years ago, she began having recurring strep throat infections. Her gut microbiome took a hit from the antibiotics she was taking, and she began getting more and more fatigued.

“It was just a total downward spiral — and really scary,” she says.

Her doctor told her that her blood tests indicated she was on her way to having a major autoimmune disorder, such as Lupus or chronic fatigue syndrome.

“When she first gave me that diagnosis, I was relieved. I thought, ‘Oh, this is all my body. There has to be a treatment for this,’ instead of really stepping back and looking at all of the things that led up to me coming into this state.”

For years, Rippentrop had been overworking. The mother of three young children, she was trying to be “Superwoman.” Despite all that she knew about the mind-body connection, “I wasn’t really listening to myself.” She wasn’t taking the time for self-care. She says she was stuck in a pattern of perfectionism and trying to keep everyone around her happy at the expense of herself.

She calls her “universal smack-down” one of her greatest teachers. Healing took a full year. Rippentrop took care of her physical body by “overhauling” her diet to address food sensitivities she had ignored, taking supplements and working with a trainer. She addressed her mental and emotional life, too, recommitting to daily meditation and all-around self-care.

“The thing that came out of this the most for me was to start putting myself first and take care of myself in a really deep way. Because of that, I now have more energy to do my work and be a healer in the world.”

She’s more aware of when her body is giving her signals to slow down, pull back, or stop what she’s doing to do yoga or rest.

“Our culture is set up really well for us to numb out and not deal with our stuff,” she says. “I was numbing out through busyness. That was my drug of choice — let me pile on another thing, which will bring me another accolade, which will make me feel better about myself.”

From drugs to alcohol, overeating to helicopter parenting, “there are a thousand ways for us to not look at and deal with our stuff,” she says. “And yet I believe we won’t actually feel the freedom and the contentment we’re looking for until we’re willing to sit with ourselves and look at our stuff. If you’re willing to look at it, it will set you free. And it’s never as freaking scary as you think it’s going to be.”

Annie L. Scholl is a frequent Radish contributor.



Submitted / Dan Rolling Photography
Betsy Rippentrop teaches yoga and has a private psychology practice at her Iowa City studio, Heartland Yoga.

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healthy pets

For the dogs

Local club brings people and pups together

By Sharon Wren

Whether you're looking for help to train a new dog, or you and your four-legged baby want to make more friends, you don't have to search online or try to meet people at the canine equivalent of a single's bar: the dog park. The Quad Cities Dog Obedience Club offers training and social events in its spacious, heated and air conditioned clubhouse and training facility in Milan.

"Our mission is to help people train their dogs to be well-behaved family and community members," says club president Linda Brown. "We'd like people to know how important it is to socialize our puppies and dogs around other humans and canines. At our club, dogs receive socialization and positive training through the classes we offer. Any dog is welcome at our club — pure-bred dogs, mixed breeds, big or small. We try to help all."

It's not all business at the club, Brown says. "We have quite a few activities that we do throughout the year, including a Halloween party for our dogs, a holiday party, cookouts, parades, library visits and the Radish (Healthy Living) Fair, where a few of our members and their dogs have been Pet of the Year. We attend the Mutt Strut that benefits our neighbor, the Quad City Animal Welfare Center, where we promote the AKC's (American Kennel Club's) Responsible Dog Ownership Month."

Brown says the club will celebrate its 50th anniversary this year, so it is planning a fall open house at the club, 803 W. 2nd Ave., Milan. "People will be able to come in, meet us and see the things we do."

Joining the club takes a small investment of time, but it's worth it, Brown says. To become a member, dog owners must pay for and attend six weeks of a puppy or beginner class, and then submit a membership application at one of the monthly meetings so the club may "meet you and vote you in for membership," Brown says.

An annual membership costs \$35, plus training fees. "Dogs that have been



Submitted
Quad Cities Dog Obedience Club member Tracy Rice poses with her 3-year-old golden retriever, Cooper, and AKC judge Ms. L. Lazzara. Ms. Rice and Cooper finished their American Kennel Club Rally Novice title.

adopted from any area shelter or rescue within the year of their class (with proof) can receive a 50-percent refund on their class fee" if you attend at least four of the six classes, which are taught by experienced and educated member volunteers, Brown says.

Membership entitles owners to attend any appropriate level of classes with their dogs at any time, as well as occasional seminars on dog training and care.

The club, which is affiliated with the American Kennel Club (AKC), offers obedience classes at the puppy, beginner and family-dog levels; AKC obedience, or rally obedience classes for those who want to compete with their dogs; conformation classes, and a drafting class, where dogs can be taught to pull a cart or wagon.

Instructors beyond the puppy level have earned at least one competitive title with a dog. "Some of

our members compete in AKC events such as conformation, obedience, agility and rally; hunt tests," and more, Brown says.

A few of the members also work with the AKC. "Some of us are AKC testers for the Canine Good Citizen program and STAR puppy. We run the CGC test every few months, and it is open to any dog that can pass the 10 items. We encourage all of our class participants to try this."

At its Healthy Living Fair booth, Brown says the club will offer information and class schedules, and answer any questions attendees may have.

"We usually have a friendly, well-behaved, obedient dog or two at our table," too, Brown says.

If you happen to have your pup with you at the fair, too, on June 17, stop by the Radish booth just before 11 a.m. to enter into the Radish Pet of the Year contest.

Sharon Wren is an occasional Radish contributor. For more information about the Quad Cities Dog Obedience Club, call 309-787-4700 or visit qcdoc.com. Meetings are held at 7 p.m. on the third Thursday of each month.

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Quick & healthy

Grab-and-go options that are good for you

By Brandy Welvaert

The season for picnics, ball games and barbecues finally has arrived. Thanks to an ever-expanding variety of grab-and-go, good-for-you foods, summertime revelers can recharge with healthy snacks and meals that don’t take much time or effort to prepare.

During the busy summer season, it can be “easy to give in to the convenience of fast food, but repeatedly eating overly processed foods will eventually wreak havoc on one’s health,” says Ellie DeMay, assistant manager at Heritage Natural Foods in Moline and Davenport.

To keep hunger at bay when time is short, “having some pre-packaged, minimally processed snack foods at the ready can be helpful,” DeMay says. Look for foods that are low in refined sugars and salt, and are as “whole and unrefined as possible, she advises.

Quick bites

For the ultimate in ease and portability, bars can be a good choice. While some granola and pastry bars pack more sugar than candy, better-for-you options abound.

More than 100 varieties of health-food bars were on display on a recent day at Greatest Grains in Davenport. Choices included gluten-free, vegan and protein-based varieties in flavors from salty to sweet, and spicy to savory.

Heritage carries a variety of bars as well, including antibiotic-, gluten- and hormone-free, grass-fed, organic meat snacks — a good option for hungry Paleo adherents.

Another delicious and super-simple snack available from both Heritage and Greatest Grains is known simply as “chunks of energy.” These small bites made with dried fruits such as dates, apricots and figs, along with seeds, nuts and “superfood” powders are about as “whole food” as a snack can get, DeMay says. (Her personal warm-weather favorite flavor is lemon pomegranate.)

If you’d rather skip the packaging and prepare a quick whole-foods snack, organic produce makes an excellent choice. Wash it, slice it and pack it in a reusable container along with a homemade or purchased dip. (Greatest Grains sells BPA-free containers and other picnic wares.)

DeMay enjoys apple slices with organic, gluten-free, salt-free nut butter, or chopped carrots and celery with sprouted curry turmeric hummus.

“It’s a great after-lunch pick-me-up that doesn’t leave me feeling sluggish,” she says.

For kids, pack a small cooler with organic cheese sticks and yogurt cups, she



Submitted

Heritage Natural Foods assistant manager Ellie DeMay poses with some grab-and-go items that are available at the stores.

suggests. (Try Organic Valley mozzarella string cheese and Brown Cow maple yogurt, a favorite of the co-owner’s 10-year-old son.)

Picnics and other portable meals

Looking for more than a quick bite? Packing a healthy picnic or otherwise portable meal doesn’t have to mean a kitchen sentence.

In the cold case at Greatest Grains, you’ll find a wide array of heat-and-eat entrees, including a variety of lasagnas, spaghetti, barbecued chicken and pulled pork.

No heat? No problem. Pairing a healthy, prepared salad such as tuna, egg or

chicken from the cold case with a freshly baked loaf of bread creates a picnic-friendly meal in a snap. Greatest Grains bakes breads with organically grown flours, raw honey and sea salt — and skips the preservatives.

Bakers at Heritage’s Moline location craft gluten-free options that can be paired with DeMay’s favorite 10-minutes-to-make vegan “chicken” salad. (Find the recipe below.) She recommends pairing the salad with Jackson’s Honest Purple Heirloom Potato chips and GT’s Lemonade Kombucha for “healthy picnic heaven.”

Picnickers will have no problem rounding out their baskets with salads featuring delicious flavor combinations from the cold case at Greatest Grains. The mixed berry salad includes strawberries, kiwi, blackberries, oranges and walnuts while the nicoise salad offers a savory blend of egg, tomato, potatoes, black olives, green beans and red peppers.

How ‘bout breakfast?

Heritage in Moline — and soon the location in Davenport, as well — invite you to start your day off right with fresh smoothies. And while smoothies aren’t just for breakfast, they certainly work well in the car between your morning yoga class and clock-in time at the office.

“We will predominantly be using our own produce in the smoothies, revamping and jazzing up some of our recipes, and will have an entirely organic smoothie option. Customers will also have a choice between almond milk, coconut milk and juice as their smoothie base, so as to accommodate many different food sensitivities,” says DeMay.

A new addition for breakfast — or anytime — are acai bowls. With granola made from scratch and in-season fruits, honey, nut butters, goji berries and seeds, these “superfood” bowls pack a nutritional punch.

If stopping off for something fresh just doesn’t fit with your morning routine, another healthy option is to keep a variety of lower-sugar dried fruits and nuts in small containers in your purse or work bag.

Brandy Welvaert is a former editor of Radish. She lives in Rock Island.

Vegan ‘Chicken’ Salad

1 pound extra firm tofu, drained and pressed
1 cup finely chopped celery
1/2 cup finely chopped red onion
1/4 cup slivered blanched almonds, chopped
1/4 cup raisins
6 tablespoons vegan mayonnaise

2 tablespoons apple cider vinegar
2 tablespoons maple syrup
2 teaspoons olive oil
1/2 teaspoon ground pepper
1/2 teaspoons sea salt
1/4 teaspoon dill
Pinch turmeric
2 tablespoons fresh parsley, chopped

Crumble tofu into small pieces in a medium bowl. Mix celery, onions, almonds and raisins with tofu.

In another bowl, whisk together the dressing ingredients: mayonnaise, apple cider vinegar, maple syrup, olive oil, pepper, salt, dill and turmeric. Toss fresh parsley on top and give the mixture another stir to combine everything.

Add dressing to the tofu mixture and stir well to combine. Enjoy immediately. Leftovers last 4-5 days in the fridge.

Recipe provided by Ellie DeMay, assistant manager at Heritage Natural Foods, Moline and Davenport. DeMay credits the food blog “Eating Bird Food,” by Brittany Mullins, for this recipe.



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healthy living

Exercise your mind

Summer reading programs work on mind — and body

By Lindsay Hocker

Not all healthy challenges involve barbells or running shoes — exercising your mental muscles can be as easy as cracking open a book.

“There’s ample evidence that, like a muscle, the mind gets stronger the more we use it,” says Lisa Lockheart, Rock Island Public Library publicity and outreach liaison.

“Reading builds pathways and connections in the brain, not just at the very important brain-building years from birth to 5, but for life,” she says.

The benefits are great. Reading can improve memory, focus, empathy; reduce cognitive decline and stress; boost positive thinking and help with building friendships.

Reading also helps combat learning losses that can happen when kids are out of school for the summer, which also is known as the summer slide. Public libraries allow literature lovers to tap into an almost limitless supply of mind fuel, and the summer is a fun time to increase reading as they roll out programming to keep kids and adults turning pages.

The Rock Island Public Library will kick off its Reading by Design-themed summer programming on Saturday, June 10 in the Rock Island Main Library parking lot, 401 19th St.

The free event will include games, food, a bounce house, face painting, spinner and string art, science activities and summer reading registration.

The Reading by Design Summer Reading Club will begin that day and run through July 15. In it, kids will use a reading log with activities, and teens and adults will get punch cards.

“Everyone reads what they want,” Lockheart says. “The important thing is just to read.”

As participants meet certain reading goals, kids will receive prizes varying from temporary tattoos to craft kits. Teens will be entered into drawings for prizes, and adults will receive foam stress hammers with an entry into a drawing for a grab bag. There also is a family challenge.

Many of the Reading by Design summer program activities focus on making, creating and STEM (science, technology, engineering and math) learning, which sometimes is referred to as STEAM with art added into the mix.

Activities will include science experiments for kids, a building challenge for teens and a wreath craft for adults using recycled book pages.

Last year’s theme was On Your Mark, Get Set, READ, which focused on reading and activity. Adults got moving on Motion Mondays with yoga, tai chi and belly dancing, as well as a Bookin’ It Walking Book Club, where participants walked together while talking about books.

“We have found the community is interested and attuned to building healthy



File / Meg McLaughlin / Radish

In this 2016 file photo, Emanuel Cornelius, 6, of Moline, takes a jab at his sparring partner Finn Milner, 3, of Rock Island, during a sword-fighting lesson for kids at the Rock Island Library.

bodies and healthy minds,” Lockheart says.

Lockheart notes that libraries are offering more to help people create and connect, and the library promotes its materials to help enhance any programs they provide. With yoga, for example, DVDs, books and streaming yoga programs through the library’s Hoopla digital content service are all accessible to patrons.

Nicole Terronez, of Rock Island, is an in-home child care provider who visits the library at least once each week with the children in her care, and has been an avid reader herself since she was a child.

“It takes you into a different world for a minute. It is soothing,” she says, adding it helps with stress relief.

“I think it does trigger something in your brain because it relaxes you.”

Stephanie Thornton, of Rock Island, also is an active library patron. She moved to the area a decade ago, and one of the first things she did was get a library card.

“There’s nothing like finding that sweet spot where a book is concerned,” Thornton says. “The sweet spot is where everything else drops away and you’re engrossed in the story.”

Thornton says the library’s reading challenges are satisfying — you could discover a new-to-you genre you enjoy, and participating is a great reason to make more time for reading.

Mary Masters, of Milan, is a past summer reading program challenge winner who reads about 10 books a week year-round, and usually visits the library twice per week to get her fix.

A car accident left her with activity limitations, and she is very grateful she has always loved reading.

“It helps my mind, helps my body relax,” she says. “That’s what I need. It has helped me immensely.”

Lindsay Hocker is an occasional Radish contributor. For more information about the Rock Island Public Library’s summer reading program, visit rockislandlibrary.org or call 309-732-7323.

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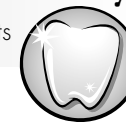


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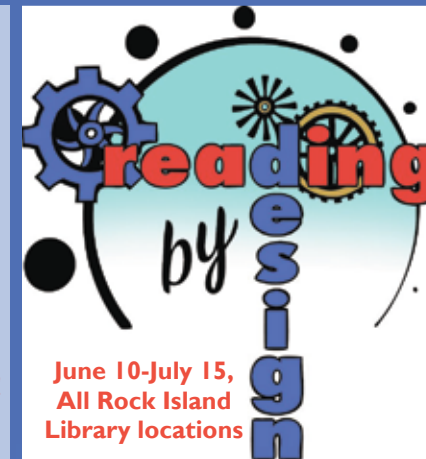
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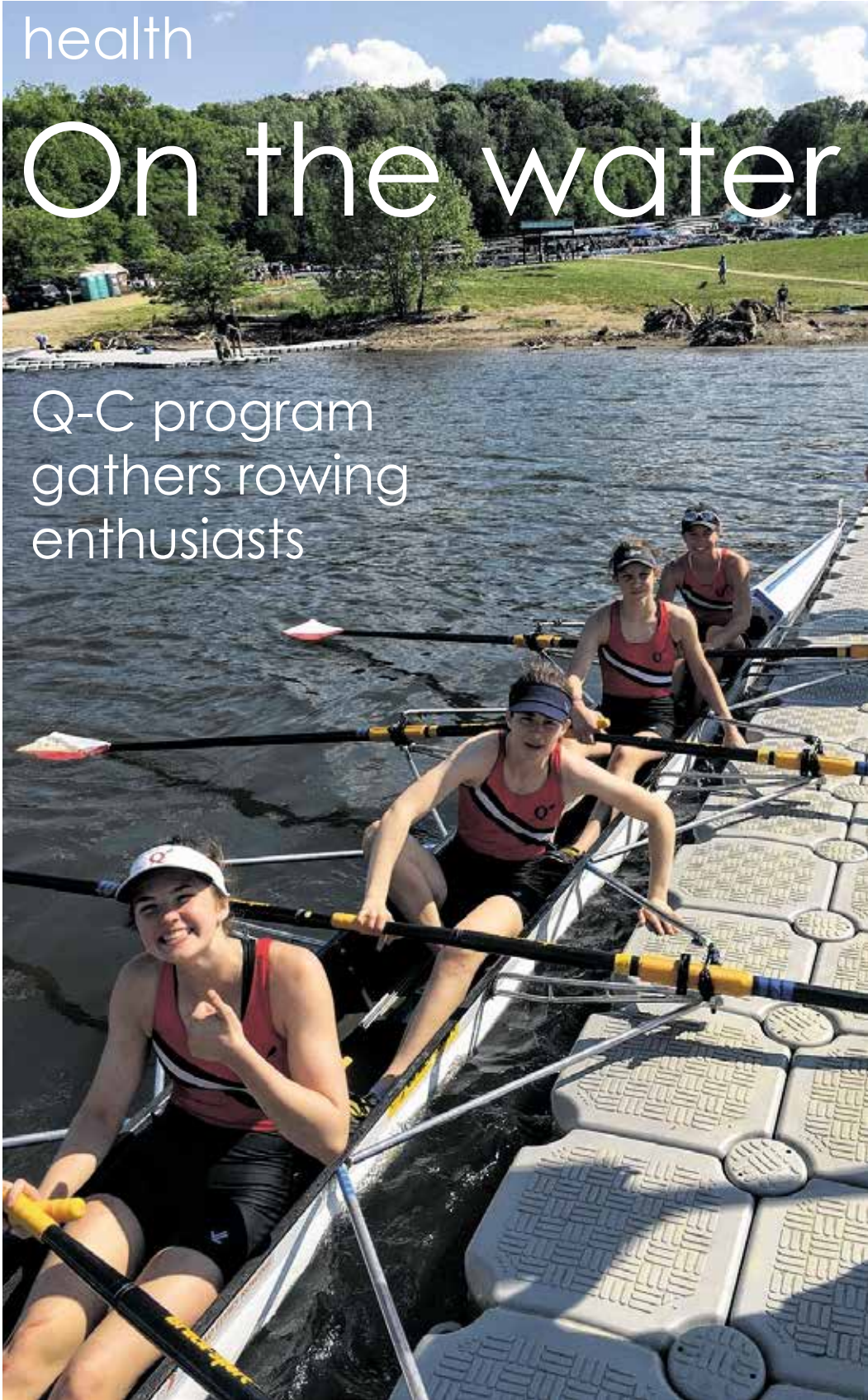
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health

On the water

Q-C program gathers rowing enthusiasts

Submitted
Caroline Sharis, Annie Phillips, Taylor English and Sophi Muckenfuss are ready to row on the Mississippi River in Moline.

By Chris Cashion

In the wee hours of the morning, while many of us are still sleeping, a whole culture springs to life between the banks of the Mississippi River.

If you’ve happened upon the members of the Y Quad Cities Rowing program, you know what I’m talking about. These folks slip out into the water in those quiet hours, gracefully gliding their crafts across the surface of the river.

Sure, you’ll see them out there during other times of the day, but Amy Johnson, Two Rivers YMCA senior program director of sports and outreach, says there is something about catching the rowers out before the pre-dawn hours that is especially peaceful.

Often, you can hear them rowing, their oars slicing into water, before you’re actually able to see them.

The Y operates the rowing program out of the Sylvan Boathouse along 1st Avenue in Moline. Formerly a private club, the Y took over operations about seven years ago. It offers lessons, rowing memberships, group challenges and competitive teams, and the Y has plans to expand the facility in the future.

Inside the boathouse, you’ll find, as the name implies, boats — and lots of them. From the outside, the building appears to be large, but I was surprised by just how many crafts are housed inside. There also are indoor rowing machines, or ergometers (ergs, for short); and a plethora of windows with stunning views of the Mississippi River.

The walls are lined with plaques from the rowing club’s competitive teams’ wins. Johnson says that when the Q-C team shows up for a competition, other teams get worried. And with good reason — the locals here take their rowing seriously. Johnson says even the teenagers are enthusiastic about their early morning workouts.

“The teams are here at 5:20 in the morning so they can get on the water, and they’re excited about it. It’s great to see,” she says.

It’s no wonder. Johnson says many of the team members go on to win scholarships and head off to educations funded largely by their rowing accomplishments. They also get the chance to travel, competing stateside and internationally.

“Our competitive group went to the Netherlands last year,” Johnson says.

The team is learning from one of the masters in their field. Their coach, Dr. Peter Sharis, is a local cardiologist and former member of the 1992 Olympic rowing team who made the finals in the summer games in Barcelona, Spain. He now volunteers for the club as a coach.

That’s not to say that you have to be at an Olympic level to row here. The Y offers classes for beginners so you can learn the basics of rowing, and instructors will make sure you have them down before you get out on the water. It also offers intermediate and private lessons, too, and prior to getting into a boat, participants will take a swim test. Those who are unable to pass will be required to wear a life jacket.

Johnson says people will learn the various techniques of



Submitted
The Sylvan Boathouse in Moline is home of the Y Quad Cities Rowing program. Among its features are a host of indoor rowing machines, or ergometers.

rowing in the classes, including the basics of sweeping (using one oar) and sculling (using an oar in each hand). A boat shell on the club’s deck will help you get a feel for what it’s like on the water before you’re actually in a boat on the river.

Johnson says you’ll also discover that rowing is a total body workout.

“A lot of people think it’s just about arms, but it’s cardio and it’s legs. You’re driving with your legs, and you have to use your brain.

“When you think about the Y’s mission — which is spirit, mind and body — rowing really encompasses that. You’re out in nature, which can do so much for the spirit. You’re using your mind, focusing on technique and working with other people. You have to understand all of the pieces and put it all together. And there are the obvious physical benefits,” Johnson says.

The folks at the Y want to make sure these benefits are available to as many people as possible. To this end, it also offers an adaptive rowing program using the same equipment, but adapted for those with physical or cognitive disabilities.

For those who participate, the experience is invaluable.

Juli Larkins, of Moline, became paralyzed 23 years ago in a motorcycle accident, and now uses a wheelchair. A friend asked if she would like to try adaptive rowing in a pilot program. Now, she’s in her sixth year with the program, and is one of five adaptive rowers.

“I love the water, nature and competing,” she says. “It is a great way for us to ditch the wheelchairs and look like all the other rowers out on the water. Being in our sculls rowing on the Mississippi is an amazing experience. This program gets me out to exercise, improves my self-esteem, gives me freedom from the chair and gives me a chance to hang out with other disabled members, and we could not do it without our coaches, volunteers and the Two Rivers YMCA.”

Being out on the water, enjoying nature and potentially competing are all options for those who would like to try rowing. Johnson says rowers are a friendly group, and they always welcome new members.

“One of the things that impresses me is how much fun they all have together. They can be very serious about what they do, but they also have a really good time,” Johnson says.

The club plans to celebrate National Learn to Row Day, show off the facility and provide more information about rowing with an open house on June 3 from 9 to 11 a.m. at the boathouse, 1701 1st Ave., Moline.

Chris Cashion is a writer on staff with Radish. For more information about the Y Quad Cities Rowing program, contact Amy Johnson at 309-762-6030 or visit tworiversymca.org.

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healthy living fair

Want to learn more about all things health- and wellness-related — and have fun while you're at it? Check out the 11th annual Healthy Living Fair!

The only one of its kind in the Quad-Cities, the fair is a celebration of local and natural foods, health and fitness, community organizations and environmental stewardship. Find it Saturday, June 17, next to the Freight House, 421 W. River Drive, Davenport.

Presented by Radish magazine, the fair will be open from 8 a.m. to 2 p.m. The nearby Freight House Farmers' Market will be open from 8 a.m. to 1 p.m. Admission to both is free.

On the stage

• **9 a.m. — Rise and shine:** Begin your fair experience with a quick community yoga class with Jeani Mackenzie from the Davenport School of Yoga.

• **10 a.m. — Kick it up a notch:** Check out a sampling of the Les Mills classes that the Two Rivers YMCA has to offer. Instructors will lead snippets of BodyAttack, a sports-inspired cardio workout, and BodyCombat, a martial arts-inspired cardio workout.

• **11 a.m. — Pet of the Year Contest:** Bringing your furry friend to the fair? Stop by the Radish booth just before 11 a.m., and be ready to tell us how you and your pet keep each other happy and healthy. The winner will be featured on the cover of the August Radish!

• **Noon-2 p.m. — Music:** Come to the stage area to enjoy some music, or listen while you browse the fair. There will be food and drinks available throughout, including inside the Freight House at Front Street Brewery, the Fresh Deli by Nostalgia Farms, the Quad Cities Food Hub and more. Kids also can use the playground at the west end of the Freight House.

All-day happenings

• **Fun and education for the whole family:** Kids love the Healthy Living Fair! There's a lot for little ones to do, including a nature craft activity, bean-bag toss and more with the City of



Sara Rissi, of Kalona, serves a customer at the Kalona Super Natural booth at the 2016 Healthy Living Fair in Davenport.

Photos / File/ Radish

Your guide to the 2017 Healthy Living Fair



Percy, a therapy dog, gives a kiss to one of his owners, Jonathan Michel, as they participate in the 2016 Radish Pet of the Year contest.

Davenport Parks and Recreation. Stop by WQPT Quad-Cities PBS' booth to pick up an Exploring with WQPT kit while supplies last, which includes a farmers market scavenger hunt.

Parents can stop by the Parent Wellness Cafe booth for a variety of healthy living options for families,

and visit Childbearing Year Resources to learn more about mother and baby resources. Learn about healthy and organic products with Greatest Grains and Heritage Natural Foods, and pick up a schedule of family programs from the Two Rivers YMCA and a Channel Cat schedule from MetroLINK.

• **Bring your bikes:** We will once again have bicycle parking available for those who want to use a little pedal power to get to the fair. While you're there, be sure to chat with folks from the QC Women's Outdoors club to learn about local outdoor adventure destinations, and practice loading a bike on the bus rack with MetroLINK.

• **We love to meet our readers!** Have a great idea for something to include at the next Radish fair? Stop by the Radish booth and let us know your thoughts. While you're there, complete a survey about the magazine. The first 75 readers to do so will receive a special healthy living

Continued on page 20

healthy living fair,
continued from page 19

gift. Are you a fan of yoga, or interested in learning more? Get all the information about the second Radish Magazine Yoga Fest we'll be sponsoring in September. At the Radish booth, you also can snag back issues of the magazine, as well as reusable Radish bags!

• **Farmers market:** Don't forget to visit the Freight House Farmers' Market! From 8 a.m. to 1 p.m., the market will offer fresh produce (both local and brokered), baked goods, meats and poultry, eggs, locally produced wines, handcrafted soaps, cheese, garden plants, dog treats, hand-made jewelry and more. Can't wait until you get home for a nibble? Food and beverage vendors on site will sell pizza, pastries, grilled meats, 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. For ideas, visit downtowndavenport.com.



Sponsors

Support for the Healthy Living Fair is provided by The Friends of Radish: MetroLINK, KWQC-TV News 6 and WQPT Quad-Cities PBS. Sponsors include Health Alliance Medicare, Davenport Levee Improvement Commission, the Freight House Farmers' Market, the City of Davenport Parks and Recreation, WOC 1420 Radio and the Dispatch•Argus•QConline.

HLF healthy living fair

Exhibitors

Enjoy all the fun, informative booths

Throughout the Healthy Living Fair, you'll find more than 50 exhibitors representing area businesses, organizations and more, offering information, demonstrations and free samples, as well as a wide range of health- and wellness-related products and services.

The fair truly celebrates the best the area has to offer in local and natural foods, health and fitness, community groups and environmental engagement, and offers attendees the chance to explore alternative, holistic and integrative health care and medicine; organic and natural products for families, households and pets; local and whole foods and recipes; the latest in renewable energy for homes and businesses; opportunities to get active, indoors or outside; food for mind and soul; fair trade shopping; organic gardening and more. Here's a peek at the exhibitors who will be on hand:



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Becke Dawson, owner of SIS (Sisters in Spirit) International Shop in Davenport, tends to a customer at the 2016 Healthy Living Fair in Davenport.

your needs for peaceful, happy and stress-free living. thehealingheartcenter.org

Health Alliance Medicare: Learn more about Medicare, Medicare Advantage, tips for healthy living and more. medicare.healthalliance.org

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in the Quad-Cities and around the nation are saying no to circumcision. intactnetwork.org

Iowa State University Extension, Scott County: Chat with master gardeners about your garden, landscape and pest management. Watch how to divide hostas and take one home, while supplies last. extension.iastate.edu/scott

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Organic Air: Organic Air brings indoor air quality back into balance so your body can heal. betterairus.com

Parent Wellness Cafe: Learn more about healthy living solutions for families and homes. 641-919-3722

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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

River Bend Foodbank: Learn more about the scope of hunger in the community, and how you can get involved. riverbendfoodbank.org

The Root Cellar: Purchase educational solar toys for kids and get information on energy solutions, including residential solar installation. therootcellar.us

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SIS International Fair Trade Shop: Learn more about this shop, which specializes in fair trade items that were handmade by artisans all over the world. sisshops.com

Sovereign Grace Orthodox Presbyterian Church: Healthy living, mind, body and soul. Stop by and hear the gospel, and receive a free Bible. sovgraceopc.org

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Yoni Candela, 5, of Moline, laughs as a goat eats out of his hands at Matt McClanahan's Escape Goat Soaps booth at the 2016 Healthy Living Fair in Davenport. This was Candela's first time attending the Healthy Living Fair.

Two Rivers YMCA: From group exercise classes to paddleboard rentals, find out how the Y supports your healthy lifestyle. tworiversymca.org

WQPT Quad Cities PBS: Pick up an Exploring with WQPT Kit (while supplies last) that includes a farmers market scavenger hunt. wqpt.org



Ursula Peters, of Davenport, learns more about the Infinite Living booth from Rochel Rittgers, of Bettendorf, during the 2016 Healthy Living Fair at Freight House Farmers Market in Davenport.



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Happy hostas

Master gardener talks plants and gardening help

By Cindy Hadish

Hosta plants are perfectly suited for Midwestern shade gardens, but they need to be divided every few years — an endeavor that may seem like a Herculean task.

Luckily, master gardeners from Iowa State University Scott County Extension are here to help.

A team of master gardeners will be on hand at the Healthy Living Fair on June 17 to demonstrate a variety of techniques to divide hostas, as well as answer questions about gardening, lawn care and more.

Sharp spades and serrated chef knives are among the tools used to separate the roots of the hardy plants, says master gardener Peggy Dykes, who will be among those at the ISU Scott County Extension booth at the Healthy Living Fair.

“I try to dig up as much (of the root systems) as I can,” Dykes says, of hostas. “Then you can saw right through those roots.”

Hostas tend to need dividing when they become crowded or if the center

begins to die back; generally every three to four years, depending on the variety. While spring is a prime time to divide hostas, “I’ve divided in the spring and in the fall, and it works either way,” Dykes says.

The demonstrations at the fair will come with a bonus — the hostas that are divided will be potted up and given away to attendees. Master gardeners also will offer tips on the best location and care for hostas.

Scott County Extension director Becky Bray says the county has 115 active master gardeners who have completed training and an internship in the program and volunteer throughout the community.

Among their tasks, master gardeners teach horticultural classes, offer an annual plant sale in May, help plan community gardens and staff the “Hort Clinic” at the ISU Scott County Extension office to provide research-based answers for Scott County residents’ questions.

Dykes says common questions tend to be seasonal; for example, folks ask

Continued on page 34

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Want a healthy side dish?

Cauliflower, onion & chickpeas unite

By Melissa d'Arabian
The Associated Press

The produce aisle (or soon, your favorite farmers market!) is the best place to start a grocery list shopping trip.

By loading up your cart with nutrient-filled produce, you'll visually make the cart smaller, and you'll be less likely to load up on impulse buys from the more processed, less healthy middle aisles.

Plus, if you focus on in-season produce, you'll be getting some of the lowest cost nutrients available.

Buy a combination of softer, more perishable veggies, such as leafy greens, to eat right away, as well as hardier veggies, such as carrots, broccoli and cauliflower that can last longer in the crisper drawer.

On a weekday or a low-key weekend night, you can open up that mini "veggie pantry" and roast up a tasty and healthy side dish in a snap. One of my favorite combinations is cauliflower and onion. I add in a drained, rinsed can of chickpeas to boost the protein and fiber (and filling factor).

The basic ingredients are easy, cheap and can be swapped out easily according to what you have in the fridge. For instance, try broccoli if you are out of cauliflower.

To jazz up the flavor, I use a bit of red pepper flake, lemon and tiny touch of za'atar, which is a terrific herb and spice blend that is worth having in your pantry. (But if you don't, just use a mixture of dried oregano, dried thyme, lemon zest, sesame seed and harder-to-find spice sumac — if you have it — instead.)

The mild spiciness of red pepper-infused olive oil complements the sweetness of the roasted onions, and za'atar and lemon contribute to the overall freshness and tang of the dish.

The prep can be done in minutes, making this a great option for weeknights or jam-packed weekends. I like to serve it as a side with white fish and summer veggies, but it's flavorful enough to be served alongside a cut of toothsome meat. Or, serve over quinoa or brown rice for a meatless main dish.

Bonus: the leftovers make a great salad topping.

Roasted Cauliflower with Chickpeas and Onion

Start to finish: 25 minutes
Servings: 4

1 tablespoon olive oil
1/8 teaspoon red pepper flakes (or more for more heat)
3/4 teaspoon (or more) za'atar herb blend
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1 small cauliflower, cut into bite-sized florets, about 2½ cups
1 small yellow onion, chopped, about 3/4 cup
1 1/4 cup cooked chickpeas (garbanzo beans), about one 15-ounce can, drained, rinsed, and patted dry
2 tablespoons lemon juice

Preheat the oven to 400 degrees. In a large bowl, mix together the olive oil, red pepper flakes, za'atar, salt and pepper. Place the vegetables and chickpeas in the bowl, and toss to coat.

Cover a baking sheet with parchment paper and spread out the vegetables on the paper. Roast until cauliflower is tender and golden, about 20 minutes, stirring once halfway through.

Squeeze lemon juice onto the mixture, stir, and serve.

Cook's note: If you can't find za'atar, substitute: 1/4 teaspoon dried oregano or thyme, 1 teaspoon sesame seeds and 1/4 teaspoon sumac (if available).

Nutrition information per serving: 204 calories; 58 calories from fat; 7 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 522 mg sodium; 30 g carbohydrate; 9 g fiber; 6 g sugar; 9 g protein.



Cauliflower, chickpea and onion side dish.
Melissa d'Arabian via The Associated Press

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Rolling with the times

Midland Davis celebrates 125 years

By Natalie Dal Pra

From 1892, when his great-grandfather collected scrap with a horse-drawn wagon, to the successful corporation of today, Midland Davis president Marty Davis says the company's priority always has been customer service.

"We are a business that depends on other businesses in the area," Marty says. "Providing the best possible service at a fair market price is the goal — and that's the way of doing business that's been handed down to us."

Marty says that his great-grandfather, Louis Livingston, started the company by collecting whatever scrap metal he could find in his wagon. Times were tough, so Livingston's priority often was to feed his horse rather than himself because the horse had to work harder than he did, Marty says.

In 1908, Livingston bought the company's first property in East Moline. The business moved to Moline in 1946, and now resides at the corner of 34th Street and 4th Avenue.

When Marty's father, Hank, took over the business in the '60s, the company served as a scrap yard. At the time, Quad-Cities manufacturing businesses were booming, enabling the company to process and recycle much of the scrap in the area.

"We had a record month for tons processed in 1979. Things started to change in 1981," Marty says. "International Harvester had a strike that they never recovered from. Facilities started closing; John Deere closed one of their plants. ... Things were bleak."

In order to keep up with the changing times, Midland Davis had to expand its services. Seeing a need for it, paper recycling became the next endeavor in 1986. The company finally was able to rebound by the '90s.

After years of inquiries about pallet recycling, the company purchased a tub grinder and now processes pallets and other wood into mulch.

"Wood recycling is a big part of what we do now, and it sets us apart from other companies in the area," Marty says. "As far as I know, we're the only ones in the area that do all of it — paper, plastic, iron, steel, wood."

In 2008, Midland Davis began its curbside recycling program. The company now provides services for Rock Island, Moline and East Moline.

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Todd Mizener / Radish
Midland Davis is the epitome of a family business. The Moline business features five members of the Davis family (left to right) Eric Davis, customer service manager; Michael Davis, logistics manager; Mitch Davis, vice president; Marty Davis, president; and Laura Davis, controller. The fifth-generation business provides industrial, commercial, residential and drop-off recycling services from its headquarters on 15 acres at 3301 4th Ave.

The company currently is operated by Marty and his brother, Mitch, who officially took over after their father's death in 1991. The brothers first had started working for their dad shortly after graduating college.

"I worked out in the yard because I liked to be hands-on," says Mitch, who serves as vice president of Midland Davis. "Marty came back when our dad was having open-heart surgery."

"I knew I was always going to come back here and work, I just didn't know when," Marty says.

In 2005, Midland Davis started a paper brokerage division, which has offices in St. Louis and Milwaukee. That year, Marty's oldest son, Eric, returned to the Quad-Cities after graduating from college and began working for the company. He now serves as the customer service manager.

Marty's youngest son, Michael, joined the team as the Logistics Manager in 2010, and his daughter, Laura, became their controller in 2014.

Marty says he never pressured his kids to work for the company, but instead reassured them that they always would have a job to fall back on at Midland Davis, if they wanted it.

"We said to them, 'you've got the luxury that I didn't have. I'm healthy; your uncle Mitch is healthy. I don't know if you want Midland as a career, but we're always here.'"

"The business had grown and developed so much at that point that we had a need for what they're doing," Mitch adds.

Through all of the changes that have occurred during the company's 125 year history, Mitch says Midland Davis has remained successful because of its ability to adapt to the changing times.

"We've diversified over the years. We broker from coast to coast, now. We've transformed ourselves into a paper-selling company that handles metal without losing sight of our roots," Marty says.

To commemorate the company's anniversary, Midland Davis is planning an open house celebration, tentatively scheduled for this fall.

Natalie Dal Pra is a regular Radish contributor. For more information about Midland Davis, visit midlanddavis.com.



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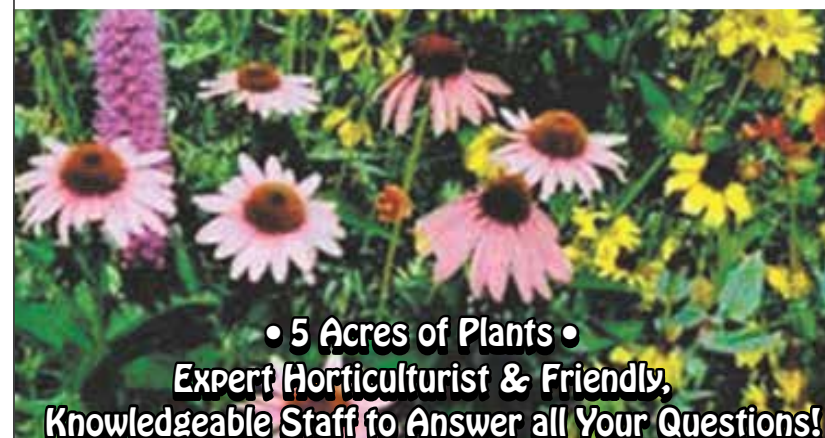


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healthy living

NutritionWorks Holistic Health

Healing clients through Nutrition Response Testing

By Ann Ring

Dealing with health problems is not easy. They're not easy to endure, nor sometimes, even diagnose.

Lori Sullivan — a registered nurse, board-certified holistic health practitioner and master clinician of Nutrition Response Testing — has combated digestive and other health problems her entire life. But today, that's no longer the case.

Through her business, NutritionWorks Holistic Health, in Bettendorf, she's helping people who, like her, want to not only feel better, but experience optimal health, too.

Sullivan, whose original career interest was nursing, struggled with several health issues and experienced debilitating muscle and joint pain. She decided, ironically, not to take the conventional medical route, but instead chose to research alternative and holistic ways of healing her body.

In March 2011, she was introduced to Nutrition Response Testing at the Ulan Nutritional Systems, Inc. in Clearwater, Fla., and learned NRT could be the most effective way of helping the body to naturally get healthy. Freddie Ulan, doctor of chiropractic and certified nephrology nurse, is the founder and chairman of Ulan Nutritional Systems and Natural Health Improvement Center in Clearwater. An illness of his own lead him to develop NRT, a non-invasive system of using muscle testing to analyze the body in order to determine its underlying cause or causes of ailing health.

According to Ulan Nutritional Systems, Inc.'s website, unsinc.info, health problems can be corrected through safe, natural, nutritional means. The overall belief is that health deficiencies may be because of our personal eating habits and routines, "but it is for sure due, in some large extent, to the lack of quality in the foods commercially available in grocery stores or restaurants today," the site states.

"Nothing I was doing really got to the root of my health problems," Sullivan says. "I found out you can eat good nutrition but still have symptoms."

After traveling to the institute in Florida,



Submitted / Mandle Design
Debbie Mannhardt, Lori Sullivan, Jenna Crookshanks and Jessica Harris of NutritionWorks Holistic Health, in Bettendorf, pose for a photo at the center. NutritionWorks uses Nutrition Response Testing and supplements to help clients feel better and reach optimal health.

Sullivan finally experienced healing through NRT. "Your body is designed to heal itself," she says, "and NRT is a way to identify what a body needs."

Once Sullivan saw the benefits of the program, she studied the methodology and graduated from the Advanced Clinical Training program for Nutrition Response Testing, and in 2012, opened NutritionWorks Holistic Health, at 2255 Kimberly Road, Bettendorf.

"I find my clients become part of my family, and together we start the journey to total health restoration and well-being. Our practice has grown in the last few years, and I love to see my dream being lived out."

Sullivan continued her education by attending the International College of BioEnergetic Medicine in Colorado, and became a board-certified holistic health practitioner by the American Association of Drugless Practitioners through the International

College of BioEnergetic Medicine.

"We do not diagnose problems," Sullivan says. "We analyze your body's health status, and then we develop a personalized health improvement program using designed clinical nutrition," which is based on clinical results and practice, as well as nutritious, real food.

"It's a system of cooperation and collaboration," Sullivan says. "This is not at the exclusion of conventional medicine." Instead, she says, the practice works with many area physicians and medical partners.

In most cases, clients receive "concentrated, whole food in a tablet, capsule or powder, prepared using a unique manufacturing process that preserves all of the active enzymes and vital components that make it work as nature intended. These real-food

Continued on page 36



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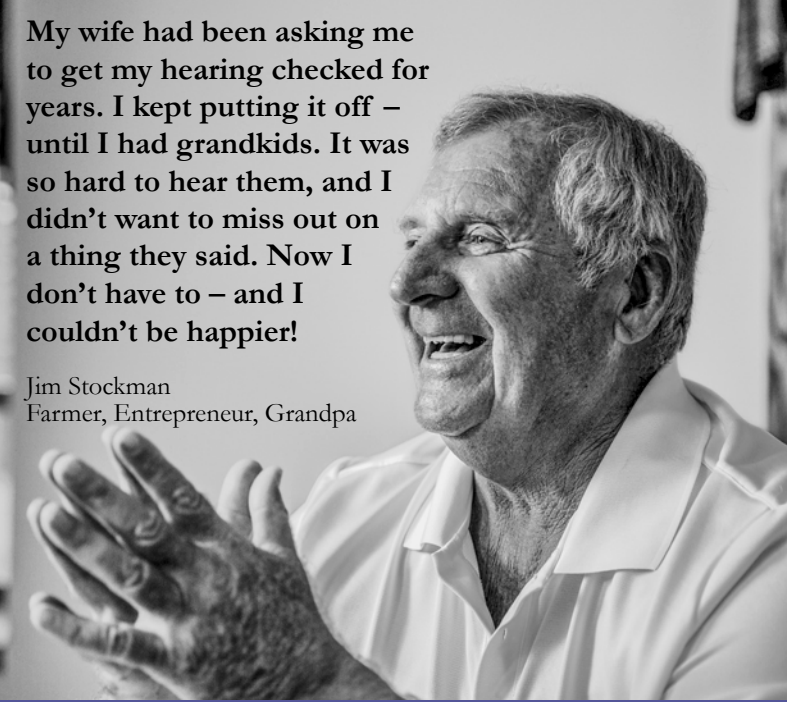
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 <p>Nina Struss, RDN, LDN 201 W. 10th Ave., Milan 309.787.0273</p>	 <p>Heather Kearney, RDN, LD Locust St./Rockingham Rd., Dav. 563.324.9948</p>	 <p>Kim Denman, RD, LD 2900 Devils Glen Rd., Bett. 563.332.8496</p>
 <p>Chrissy Watters, MS, RDN, LDN 2930 18th Ave., Rock Island 309.793.0684</p>	 <p>Krystle Hergert, RD, LDN 2001 5th St., Silvis 309.792.1507</p>	 <p>Lauren Furguele, RD, LD 4064 E. 53rd St., Dav. 563.355.5540</p>

Cultivating the future

Port Byron native blossoms with horticultural honor

By Jonathan Turner

Kate Mapes has her dream job, working with plants and gardens year-round, and she is being honored for it by a leading publication for her industry.

On staff at the Quad City Botanical Center, Mapes has been picked as one of Greenhouse Product News magazine's Top 40 Horticulturalists Under 40.

"I could not be more humbled to be selected for this great honor," she says. "I was very surprised to hear the news, and I am so excited to be included with my industry peers who share this with me."

"I didn't imagine that I'd ever be chosen," she says. "It was really exciting."

GPN editorial director Tim Hodson says the goal of the program, in its sixth year, is "to celebrate the achievements of 40 young professionals (who) excel in their professional careers and personal lives."

"These young men and women are making a difference in our industry's future," says Hodson, a Moline native. "In fact, they are creating our industry's future."

The 40 winners represent the entire horticulture industry — growers, breeders, garden center operators, landscapers, researchers, horticulturists, academics, marketers/communicators and scientists, Hodson says.

"They are passionate about what they do and where horticulture is headed ... and they are determined to set the pace for the industry for many years to come," he says. Winners are nominated by their peers, and this year's winners were featured in the May issue of GPN, online at gpnmag.com and on Hort TV, its online video channel.

The first 40 Under 40 class in 2012 included Kate Terrell at Wallace's Garden Center in Bettendorf.

Mapes, who grew up on a dairy farm in rural Port Byron, was nominated by Ryan Wille, marketing and special events manager for the Botanical Center. She started working part time at the center in 2007 and has been full-time "team support" since 2014, overseeing the Children's Garden, which opened that year, and supporting education and administrative staff.

"Many days, her title could not ring more true," Wille says. "Kate has a hand in nearly everything that guests can experience while at the center."

Hodson says GPN started the 40 Under 40 to recognize the next generation.



Kate Mapes, assistant gardener and office project coordinator at the Quad City Botanical Center, stands in the Sun Garden. Ms. Mapes is one of Greenhouse Product News magazine's 40 Horticulturalists Under 40.

"Unfortunately, the industry is mainly made up by a bunch of old guys," he says. The program has been incredibly successful. The kids, they're really proud to make the list. It is a mark, you're nominated by your peers. ... Making the cut is unbelievable."

Hodson says that "at the Botanical Center, the things (Kate is) doing there are pretty great."

The Botanical Garden opened in 1998 when Mapes was a high school freshman.

"Growing up in the country, doing agriculture every day, made me want to do this," she says. The center "gives people a place for people to go to see things they can't see in their backyards," Mapes says. "You can come in the winter and see plants bigger than you'd be able to grow in your sun room. ... In the middle of January, when there is nothing green — except a couple of house plants you have — you can come here and still get that green space."

Mapes earned her bachelor's degree in ornamental horticulture from the University of Wisconsin-Platteville. Upon

graduation, she had a six-month internship at the "Living With the Land" pavilion at Walt Disney World's Epcot Center.

Mapes managed the garden center at a Farm & Fleet store for six years before joining the Botanical Center full time, leading school tours and other programs for the public.

She says she really likes the chocolate tour for adults, offered on request, and her favorite kids' event is a Sun Garden tour of its 100-plus varieties of plants — where she talks about coffee, chocolate and bananas.

"It's cool interacting with the kids in here," she says. "The nice part about my job is, I'm always moving. I'm never at my desk."

She and her husband, Steve, live in Davenport with their two dogs. She says she is seeing more people wanting to learn how they can grow plants.

"There's a lot of excitement about planting your own gardens, growing your own food at home, growing flowers in your yard — making your house into an oasis."

Contributor Jonathan Turner is a writer on staff with the Dispatch•Argus•QConline.

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about grubs or Japanese beetles during the weeks when the invasive pests are active.

Other common questions master gardeners often hear include how to identify and control insects, and what to do about moles in yards and gardens.

“Traps are a good thing,” Dykes says of coping with moles. “As soon as you see a tunnel or a mound, you need to be vigilant. You just have to stay with it and keep up with the method you’re using.”

People also are concerned about the Emerald Ash Borer, which has decimated ash trees in numerous states and has made its way to Iowa in recent years. Dykes says treatment options are available, “but sometimes you have to take down the trees.”

Issues with plants that don’t thrive — another common question — often are related to buying plants not suited to Scott County’s plant hardiness zone, she says.

“We’re in Zone 5, so anything higher, we can’t grow,” Dykes says. “They won’t live through the winter.”

While Dykes and her fellow master gardeners definitely could be considered gardening enthusiasts, she says beginning gardeners should not feel overwhelmed. She advises starting small, such as growing tomatoes in a large planter



Metro Creative Graphics

or wine barrel, or helping children plant carrot seeds in a pot.

Seed packets offer important information on where and when to plant, Dykes says, as well as how deep the seeds should be planted. Early vegetables, such as radishes and certain varieties of lettuce, should be planted in early spring, while tender plants, including tomatoes and zucchini, need warmer temperatures so gardeners have to wait until after the last frost to add them to their gardens.

Beginning gardeners should look for the best location for their garden plots, which should be in full sun for


highest production, she says.

Also, keep in mind the spacing of plants and how much of each crop the gardener’s family will eat.

Dykes says master gardeners are an excellent resource for those questions and more. At the Healthy Living Fair, master gardeners will be on hand to answer questions regarding gardening, plants, insects and wildlife.

“If we can’t handle it at the fair,” she says, “we can get back to them with the information.”

Cindy Hadish covers gardening, farmers markets and local foods at homegrown-Iowan.com. For information about the Iowa State University Scott County Extension, visit extension.iastate.edu/scott.

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nutritionworks,
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Submitted / Mandle Design

Energetix supplements are among those suggested to clients at NutritionWorks Holistic Health in Bettendorf.

supplements have been designed to match the needs of the body, as determined by the positive response shown when tested against the active Nutrition Response Testing organs/areas that were found on your individual Nutrition Response Testing analysis."

Sullivan and her team begin with an intake process, where clients may discuss what ails them. Then, the team will explain NRT and how they can help.

"We'll work with you to improve your diet on a gradual scale," says

Sullivan. "For example, are you drinking enough water?"

For many people, seeing is believing. One of Sullivan's associates, Jenna Crookshanks, is a true believer. She had started researching natural health during her teenage years so she could lose weight, she says.

"Although weight was my focus, I was dealing with several other issues as well: fatigue, acne, severe digestive issues, headaches and irregular menstrual cycles. I was diagnosed with Polycystic Ovarian Syndrome at age 21, and it was at that point that I finally made the decision to get healthy naturally," she says.

"I knew of Lori through a family friend, and became her client in June of 2014. Within a very short amount of time, my cycles became regular, I lost weight and my digestive issues decreased. I learned how to have a balanced lifestyle regarding health as well."

Because the program had changed her life, and because she wanted to help people, Crookshanks joined the NutritionWorks team in August 2015.

"Teaching others about natural health, empowering them to take the steps to get well and seeing them succeed is truly a blessing. I love each of my clients, and look forward to knowing whoever walks through the door of our office. My purpose is to help others live a fuller life by restoring their physical and emotional health, and I am grateful to carry it out every day," Crookshanks says.

"We clear the waters, so to speak, as to what the underlying root or cause of what's bothering you can be," Sullivan says.

The two say their practice is not meant to be a lifetime of repeated appointments. "We do not want to keep people on a lot of supplements," Sullivan says. "We want the body to heal so that people are not coming back. What we can provide is a source for healing and restoration."

Ann Ring is a frequent Radish contributor. For more information about NutritionWorks Holistic Health, visit nutritionworkswellness.com.

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farmers markets

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BUREAU COUNTY

Princeton Farmer's Market, 439 S. Main St.; 8:30 a.m.-1 p.m. Saturdays, May 27-September. 815-875-2616 or facebook.com/PrincetonFarmersMarket

CARROLL COUNTY

Lanark Farmers Market, City Park Pavilion, 200 block of W. Claremont Street; 3-6 p.m. Tuesdays, May-October. facebook.com/lanarkfarmersmarket

HENRY COUNTY

Geneseo Farmers' Market, City Park on Pearl Street; 8 a.m.-noon Saturdays, June 3-October. 309-507-0002, geneseofm@gmail.com or facebook.com/GeneseoFarmerMarket

Kewanee Farmers' Market, Kewanee Amtrak Station, 200 W. 3rd St.; 7:30-11 a.m. Wednesdays and Saturdays, May 20-Oct. 28. 309-852-2175

JO DAVIESS COUNTY

Elizabeth Farmer's Market, Terrapin Park, Highway 20 West; 3-6 p.m. Fridays, May 5-Oct. 27. 815-218-6942, elizabethfarmersmarket.weebly.com or facebook.com/elizabethfarmersmarket

Galena Farmers' Market, Old Market House Square, 123 N. Commerce St.; 7 a.m.-noon Saturdays, May 17-Oct. 28. 815-777-1838

Galena Territory Association Farmers' Market, 2000 Territory Drive; 8 a.m.-noon May 14, 28; June 4, 18; and Sundays July 2-Oct. 8. 815-777-2000

KNOX COUNTY

Galesburg Farmers' Market, parking lot on Simmons Street between Seminary and Kellogg streets; 8 a.m.-noon Saturdays, May 6-Oct. 21. 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 6-Sept. 28. 309-483-8412 or facebook.com/oneidafarmersmarket

LEE COUNTY

Dixon Farmers' Market, Hay Market Square Park, 223 Highland Ave.; 7 a.m.-noon Wednesdays and Saturdays, June 3-Oct. 14. 815-284-3306

MCDONOUGH COUNTY

Macomb Farmers' Market, Courthouse Square; 7 a.m.-1 p.m. Thursdays and Saturdays, May 18-Oct. 14. 309-575-3015 or facebook.com/macombfarmersmarket

MERCER COUNTY

Aledo Main Street Farmers' Market and Bake Sale, Central Park, Highway 17 and College Avenue, Aledo; 4-6 p.m. Thursdays, June 8-Oct. 12. 309-582-2751 or aledomainstreet.com

OGLE COUNTY

Polo Farmers' Market, 200 block of S. Division Avenue; 3-6 p.m. Thursdays, July 6-Oct. 12. 815-946-3131

PEORIA COUNTY

RiverFront Market, 212 S.W. Water St. (parking lot between Liberty and Main Streets), Peoria; 8

a.m.-noon Saturdays, May 20-Sept. 30. 309-671-5555 or visitdowntownpeoria.com

ROCK ISLAND COUNTY

East Moline Farmers' Market, Skate City parking lot, 1112 42nd Ave.; 8 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 28. 309-235-6425 or growersmarkets.com

Trinity Moline Market, UnityPoint Health-Trinity Moline, 500 John Deere Road; 8 a.m.-noon Saturdays, May 6-Oct. 28. 309-235-6425 or growersmarkets.com

WARREN COUNTY

Monmouth Farmers' Market, First State Bank of Western Illinois parking lot, North Main and West Boston streets; 7 a.m.-noon Fridays, June 2-October. 309-734-3181

WHITESIDE COUNTY

Twin City Market, 106 Ave. A, Sterling; 8 a.m.-noon Saturdays, year-round. 815-626-8610, twincityfarmersmarket.com or facebook.com/twincityfarmersmarket

Twin City Farmers' and Artisans' Mid Week Market, Grandon Civic Center, Central Memorial Park, downtown Sterling; 4-7 p.m. Tuesdays, June 6-Aug. 15. 815-626-8610, twincityfarmersmarket.com or facebook.com/twincityfarmersmarket

Morrison Farmers' Market, behind Whiteside County Court Services, 200 E. Knox St., Morrison — watch for signs; 8-11 a.m. Saturdays, May 20-Oct. 21. morrisonfarmersmarket.com or facebook.com/morrisonfarmersmarket

Rock Falls Farmer's Market, 400 W. 2nd St.; 8-11 a.m. Wednesdays and Saturdays, June-October. 815-625-4500, rockfallschamber.com/farmers-market

IOWA

CEDAR COUNTY

Tipton Farmers' Market, next to gazebo on courthouse square; 4-6 p.m. Thursdays, May 4-Oct. 26; 3-5 p.m. Thursdays, Nov. 2-April 26. 563-940-7824

West Branch Farmers' Market, Gazebo at Main and Downey streets; 4-6 p.m. Tuesdays, May 16-Oct. 3; West Branch Town Hall, 9-11 a.m. the first Saturday of the month, Nov.-May 2018. 319-643-2044

CLINTON COUNTY

Comanche Farmers' Market, A&B Storage lot, the corner of Highway 67 and 21st Street; 4-6 p.m. Tuesdays, June 6-Sept. 26. 563-212-7492

DES MOINES COUNTY

Jefferson Street Farmers Market, 300-500th blocks of Jefferson Street, downtown Burlington; 4:30-7:30 p.m. Thursdays, May 4-Sept. 28; and 700-800th blocks of downtown Jefferson Street; 4:30-7:30 p.m. June 15. 319-752-6365

DUBUQUE COUNTY

Dubuque Farmers' Market, on Iowa Street between 10th Street and Loras Boulevard; 7 a.m.-noon Saturdays, May 6-Oct. 28. 563-588-4400 or facebook.com/dbqfarmersmarket

Dyersville Area Farmers' Market, Commercial Club Park, 225 11th St. SE; 2-5:30 p.m. Thursdays, May 25-Oct. 5. 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 13-Oct. 7. 319-931-7842 or facebook.com/mtpfarmersmarket

IOWA COUNTY

Williamsburg Farmers' Market, Northeast corner of Williamsburg Square; 4-6 p.m. Fridays, May-October. 319-646-2075

JACKSON COUNTY

Maquoketa Farmers' Market, Ohnward Fine Arts Center, 1215 E. Platt St.; 4-6:30 p.m. Tuesdays, May 16-Oct. 17. 563-652-6978 or maquoketa-farmersmarket@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 6-Oct. 28; and Fairfield Senior Center, 209 S. Court St.; 9 a.m.-2 p.m. Saturdays, November through April. 641-919-3212

JOHNSON COUNTY

Coralville Farmers' Market, parking lot of the Coralville Community Aquatic Center, 1513 7th St.; 5-7 p.m. Mondays, May 8-Oct. 2. 319-248-1750 or facebook.com/coralvillefarmersmarket

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 3-Oct. 28. 319-356-5210 or facebook.com/ficfm

JONES COUNTY

Anamosa Farmers' Market, 600 East Main St.; 3-6 p.m. Wednesdays and 8 a.m.-noon Saturdays, June 7-mid-October. 319-462-2971

Monticello Farmers' Market, Willow Shelter, E. Oak Street, next to Pizza Ranch; 3-5:30 p.m. Wednesdays and 8-11 a.m. Saturdays, May 13-Oct. 25. 319-480-6739 or facebook.com/MontiFarmersMarket

LEE COUNTY

Fort Madison Depot Farmers Market, QB & C Depot, 814 10th St., 4-6 p.m. Mondays, May 1-Sept. 25. 319-372-5471 or facebook.com/groups/787204248077166

Keokuk Farmers' Market, River City Mall parking lot, 300 Main St.; 7-11 a.m. Saturdays, May 20-Oct. 14. 217-242-4061

LINN COUNTY

Center Point Farmers' Market, south of Center Point Mercy Care off Lewis Access Road; 4-6 p.m. Wednesdays, June-August. 319-849-1508

Central City Farmers' Market, Courtyard Park pavilion, S. 5th Street; 4:30-6:30 p.m. Thursdays, June 1-Oct. 5. 319-438-1761

Downtown Cedar Rapids Farmers' Market, at 3rd Avenue SE from 2nd Street to 5th Street SE; 7:30 a.m.-noon on first and third Saturdays from June-September, plus The Market After Dark, at 2nd and 3rd Avenue SE from 2nd to 5th Streets;

6:30-11 p.m. Aug. 26. 319-398-5317 or cedar-rapids.org/events/farmers-market

Ely Farmers' Market, Community Center, 1495 North Drive; 4-6:30 p.m. Tuesdays, and 9 a.m.-noon Saturdays, May 6-Oct. 14. 319-848-3074

Hiawatha Farmers Market, parking lot of Guthridge Park, 704 Emmons St.; 11 a.m.-2 p.m. Sundays, April 30-Oct. 29. 319-393-1515

Marion Farmers' Market, Taube Park, 2200 31st St.; 8-11:30 a.m. Saturdays, May 6-Sept. 30. 319-447-3590, or cityofmarion.org

Mount Vernon Farmers' Market, First Street Community Center lawn, 221 1st St. E.; 4-6 p.m. Thursdays, May 4-Sept. 28. 319-310-4145

NewBo Farmers' Market, 1100 3rd St. SE, Cedar Rapids; 8 a.m.-1 p.m. (outdoor) Saturdays, 10 a.m.-6 p.m. (indoor) Saturdays, May-September, and 4-8 p.m. (indoor and outdoor) Thursdays May-October. 319-200-4050, newbocitymarket.org or facebook.com/newbocitymarket

Noelridge Farmers Market, Collins Road and Council Street, Cedar Rapids; 4-6 p.m. Mondays, Wednesdays and Fridays, May 1-Oct. 13 (closed Memorial Day and Labor Day). 319-286-5763 or facebook.com/noelridgefarmersmarket

LOUISA COUNTY

Louisa County Farmers' Market, Community Bank & Trust parking lot, 241 Main St., Columbus Junction; 5-7 p.m. Mondays, May 8-Oct. 9. 319-728-7971, columbusjunctioniowa.org or facebook.com/columbusfarmers-market

MUSCATINE COUNTY

Muscatine Area Farmers Market, in the Muscatine Mall parking lot, 1903 Park Ave.; 2:30-5:30 p.m. Tuesdays; and in the city lot on the corner of 3rd and Cedar Street, 7:30-11:30 a.m. Saturdays, May through October. 563-571-4092 or facebook.com/MuscatineAreaFarmersMarket

West Liberty Downtown Farmers Market, 100 block of Spencer Street; 4-7 p.m. Wednesdays, May through October. 563-571-4092 or facebook.com/westlibertydowntownfm

SCOTT COUNTY

Bettendorf Farmers' Market, parking lot at 2117 State St.; 2:30-5:30 p.m. Mondays and Thursdays, May 1-Oct. 30. 563-332-5529

Davenport Farmers' Market, parking lot of NorthPark Mall, east-side, Davenport; 8 a.m.-noon Wednesdays and Saturdays, May 3-Oct. 28. 563-332-5529

Freight House Farmers' Market, 421 W. River Drive, Davenport; 8 a.m.-1 p.m. Wednesdays (outdoor only), 8 a.m.-1 p.m. Saturdays, 10 a.m.-2 p.m. Sundays (indoor and outdoor), May-October; 8 a.m.-1 p.m. Saturdays (indoor and outdoor), Nov.-April. 563-320-8220, freighthousefarmersmarket@gmail.com, or freighthousefarmersmarket.com

WASHINGTON COUNTY

Washington Farmers' Market, downtown Central Park, Washington Street and Iowa Avenue; 5-7:30 p.m. Thursdays, May 18-Oct. 26. 319-458-9396

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