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HEALTHY LIVING

GROUND UP



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**MARCH 2010**

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## “A Doctor’s Confession”

(And Why I Still Do What I Do)

Dear Friend:

Perhaps a confession can help clear the air so there’s no misunderstanding. But let me say a few other things first.

**Ten years ago something happened that changed my life forever.**

At the time I was a financial analyst for Florsheim in Chicago. I was a former college volleyball player who still loved to play, but I had developed a very painful shoulder problem from all my volleyball playing. I couldn’t raise my arm above my shoulder and what was even worse for me at the time; I could no longer play my favorite sport. It eventually spread to my neck and caused headaches that stopped me from sleeping at night. For more than 2 years I had painkillers, muscle relaxers, and physical therapy that only made me feel better until the next day. I considered surgery, (my doctor in Chicago said that was my only option), but I decided against it. A friend of mine convinced me to give a chiropractor a try. The chiropractor did an exam, took some films, and then “adjusted” my spine. The adjustment didn’t hurt; it actually felt good. I got relief, and I could use my shoulder again. In fact, within only one month I was back playing volleyball again, at full speed, like I never had a problem. It worked so well that I went to chiropractic school myself.

Now people come to see me with their “rotator cuff” problems. Also, they come to me with their *headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries*, just to name a few.

Several times a day, patients thank me for helping them with their health problems. But I can’t really take the credit. **My confession is that I’ve never healed anyone of anything.** What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by *healing itself*. We get tremendous results. It’s as simple as that! I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office may cost what you could pay for **one visit** elsewhere.

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– **Dr. Rob Scranton, D.C.**

**P.S.** When accompanied by the first, I am also offering the second family member this same exam for only \$10.

**P.S.S.** Please hurry, we only have 7 slots available this month for this offer.

*\*Medicare exclusions apply*

# from the editor



Photo by John Greenwood / Radish

As I write this, snow blankets most of the Radish region — with two inches in the least snowy places and up to 30 inches in the colder ones. Of course, we've been griping about winter around here since it landed. It's a Midwest tradition.

Technically speaking, however, spring is due this month: March 20, the vernal equinox, the day with equal hours of sunlight and darkness. (The days have been getting longer since mid-December, you know.) Believe it or not, it's likely that spring — in climatological terms — will come a little early this year. (I'm finding this hard to believe, given that I just had my photo taken near a heap of snow that's taller than I am.)

Yet some say that "season creep" has the seasons sneaking up on us bit by bit, by a couple of days per decade. In fact, European scientists say that spring has jumped the gun by a total of a week or so in the last 30 years.

This sounds like great news. I'm sick of Thinsulate. I miss last year, when the thermometer on my garage sung the praises of 60 degrees on Feb. 6. Where's the love, Mother Nature?

Turns out, Mother Nature might be asking us the same question. Season creep, apparently, isn't her way of showering us with warm affection. Instead, it's another signal of climate change, and another reminder to redouble our efforts to slow down, pay attention and do what we can to reduce our burden on the planet.

It also gives us reason to give thanks for what's left of the snow, if there is anything left by press time. Spring will come soon enough.

— Brandy Welvaert  
[editor@radishmagazine.com](mailto:editor@radishmagazine.com)

**Radish**  
HEALTHY LIVING FROM THE GROUND UP

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



# contributors



**Donna Schill** is a freelance writer from Fairfield, Iowa. She graduated with a B.A. in communications and is working on her master's in journalism from the University of Iowa. She has an interest in sustainability as well as the Slow Food movement. Read Donna's stories about Taproot Nature Experience on page 10 and spring mushroom hunting on page 20.



**Rita R. Melissano, Ph.D.**, was a clinical psychologist in Italy before coming to the United States and receiving a Ph.D. in marriage and family therapy. She is a meditation teacher, reiki master-teacher, and executive director of Satva Center in Rock Island. Rita writes about her personal experience with iridology — the science of reading the irises for clues to health — on page 24.



**Janet Darmour-Paul** teaches yoga in the Quad-Cities at Robert Young Mental Health Center, CASI, and the Satva Center, having received certification through the Davenport School of Yoga. She is the mother of Grace (21) and Matthew (17) and holds a master's degree from Eden Theological Seminary. She enjoys teaching the adult Sunday school class at Faith United Church of Christ in Davenport, where her husband, Tim, serves as pastor. In her first appearance in Radish, Janet writes about her new approach to eating on page 40.



**Kenny Salwey** is a woodsman who has spent his life in the backwaters of the Mississippi River. He is the author of "The Last River Rat" and "Kenny Salwey's Tales of a River Rat" and the narrator of the award-winning documentary "Mississippi: Tales of the Last River Rat." He lives with his wife, Mary Kay, outside Alma, Wis. Read an excerpt from Kenny's newest book, "The Old-Time River Rats," on page 6.

Also contributing to this month's issue are **Donna Duvall** ("Stock up and cook!" page 8); **Lindsay Hocker** ("The watchman," page 26); **Elizabeth Janicek** ("Backyard Abundance," page 28); **Leslie Klipsch** ("Loving laziness," page 30); **Ann Scholl Rinehart** ("Hop, skip and jump," page 16); and **Anthony Watt** ("Lock onto creativity," page 39.)



WELCOME  
**Dr. Mindy Hochgesang**  
To  
BYRUM FAMILY DENTISTRY

Dr. Melinda Hochgesang is joining Byrum Family Dentistry.

She graduated from University of Southern Illinois School of Dental Medicine near St. Louis. During her senior year, she was selected to receive an award for having exhibited the greatest interest, knowledge, and proficiency in the field of general dentistry.

Mindy, grew up in the Milan area and went to Rockridge High School in Edgington, Illinois. After high school, she competed at the collegiate level as a cross country and track athlete for Indiana University in Bloomington. In November 2003 Mindy earned All-American honors in cross country. She also has run the Bix several times and completed four marathons.

Both Mindy and her husband David, are excited about her joining Byrum Family Dentistry.

We are pleased to welcome Dr. Hochgesang to Byrum Family Dentistry and we are sure our patients will enjoy getting to know her as well. To celebrate, we are once again offering our \$1.00 dental exams to all new patients, which includes screening x-rays, cancer and ortho exams. With this program we set aside \$4.00 for each new patient to donate to a local charity. Come and meet Dr. Hochgesang and also help us help our community!

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# the grapevine

## On the Road with **Radish**

This month you can meet up with a representative from Radish as you enjoy eco-friendly films, get tips for growing your own groceries, and learn about sustainable landscaping. Here's what's happening around the region:

- "Regenerating Communities, Ecosystems and Landscapes by Design,"

a presentation by Dave Jacke, 6:30-8:30 p.m. March 12 at the University of Iowa Pomerantz Center, 21 E. Market Street, Iowa City. Cost is \$10. Doors open at 5:30 p.m. For more information about Backyard Abundance events in Iowa City March 12-14, turn to page 28 or visit [BackyardAbundance.org](http://BackyardAbundance.org).

- Kenny Salwey, the legendary "Last River Rat," will speak at 5 and 7:30 p.m. March 24 at the Capitol Theatre, 311 Ripley St., Davenport. The Emmy-winning film, "Mississippi: Tales of the Last River Rat," which documents Salwey's life, also will be shown. Tickets are \$5 at the Capitol Box Office. For details, visit [eicc.edu/riverrat](http://eicc.edu/riverrat) or read the story on page 6.

- Environmental Film Festival, 10 a.m.-7 p.m. March 27 at Olin Auditorium, 733 35th St., Rock Island, on the campus of Augustana College. Admission is free. For details, turn to page 12 or visit [augustana.edu/x12049.xml](http://augustana.edu/x12049.xml).

- Flower and Garden Show, 10 a.m.-8 p.m. March 27 at the QCCA Expo Center, 2621 4th Ave., Rock Island. For complete information, read the story on page 14.

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

## Enjoy making short films? Make a mini-documentary for Radish Reels!

Radish wants to see your short, environmental-minded videos. Call them mini-documentaries, if you want. But whatever you call them, you definitely should share them.

Radish is inviting readers to make a short environmental documentaries and submit them to Radish Reels, a new, online collection of videos. Your digital mini-documentary can be as simple or as complex as you like and as your level of technology allows.

Entries are due May 10, and selected mini-documentaries will be shown at the 2010 Healthy Living Fair, slated for June 19 in Davenport.

Your contribution to Radish Reels could feature something as simple as spring flowers in your garden; a favorite natural area, such as the Mississippi River; an Earth Day event or cleanup; or even your favorite farmers' market.

There are just two rules for submitting to Radish Reels: Your mini-documentary must be three minutes or less, and you must upload it to Radish using QC Capture. To submit, visit [radishmagazine.com](http://radishmagazine.com) and click the link at the top of the page. As soon as you upload your video, others will be able to watch it.



## From our readers

**I dolci for valentines (Feb. 2010):**

"What a mouth-watering peek into Italian culture right here in the Midwest! I've never thought biscotti looked very appealing before (they certainly do look like they've been around for centuries in the store!), but I'm excited to try for my own 'biscotti fatti in casa.' They sound delicious. Thanks for the inspiration Paul!"

— Hayley Zertuche, Silvis, Ill.

"I love the article, Paul. How awesome is that? I will expect a batch of biscotti at the next family picnic."

— Jeanne, Lombard, Ill.



## Get ready for the 2010 Healthy Living Fair

If you like what you read in Radish, you'll want to save the date for the 2010 Healthy Living Fair! The one-day fair will be held on Saturday, June 19, next to the Freight House Farmers' Market, 421 W. River Drive, Davenport.

The Healthy Living Fair will feature a marketplace where visitors can shop for and experience the healthy goods, resources and services featured in Radish. The annual event celebrates local and natural foods, health and fitness, nutrition and the environment.

To reserve a booth space or for more information, call Radish account executive Rachel Griffiths at (309) 721-3204 or e-mail her at [rgriffiths@qconline.com](mailto:rgriffiths@qconline.com).

## Know about a great Earth Day event? Tell Radish

Folks around the world will observe the 40th anniversary of Earth Day on April 22. What will you be doing? Radish wants to know!

If you know of a cleanup, a celebration, or another event being held to commemorate the 40th anniversary of Earth Day, tell Radish!

To tell us about your event, send an e-mail to [editor@radishmagazine.com](mailto:editor@radishmagazine.com).

Or, to submit complete information about your event for the online Radish calendar, visit [radishmagazine.com](http://radishmagazine.com) and click on "submit event" on the right side of the page.



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# healthy living from the ground up

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Artist and filmmaker Ange Glade prepares to shoot in LeClaire Park, Davenport. (Photo by Todd Mizener / Radish)

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healthy living

# Old-time river rats

Kenny Salwey's new book tells true backwater stories

By Kenny Salwey

The muskrat was their namesake. Like the muskrat, “people” river rats were wild critters. They were hard to domesticate and rarely seen in confined quarters. They had within them a fire and independent spirit that was unflappable, and they were as stubborn as a hog on ice.

The old-timers were as tough as baling wire. Bend them one way and they'd spring back the other way. There was simply no way to keep them “bent” in any one position. Perhaps this was because their activities were always changing with the seasons of the year and the moods of the Big River.

In the spring after the ice went out, most river rats put out set lines. This required a commercial set line license, bought from the state Department of Natural Resources. Each person was allowed to set out four heavy cord lines with one hundred hooks attached to each line, baited with beef blood, clam meat, cut-up dogfish, or other assorted delicacies. The goal was to catch “rough” fish, such as bullheads, channel catfish, and mudcats (a common name for flathead catfish). The fish were sold by the pound to local fish markets. A higher price was paid for cleaned fish; a lower price was paid for uncleaned fish, or fish “in the round.”

The fish market would ice down the fish and ship semi-trucks full from the backwaters of the Mississippi River to cities like Chicago and New York City. In those days, most sizeable river towns had their own fish market. Today, they have gone the way of the river rat.

\* \* \*

With the coming of autumn, fishing ceased and hunting began, duck hunting in particular. Every rat family had some sort of water dog sleeping



'River rat' Kenny Salwey will present his new book March 24 at The Capitol Theatre, Davenport. (Submitted)

under a shade tree or lounging under the front porch all summer long, just hanging out until fall. The dog might be a springer spaniel, a black or yellow Labrador retriever, an Irish water spaniel, a Chesapeake Bay retriever, a combination of the above — or just a mutt off the street who happened to enjoy swimming, riding in a boat, the sound of gunshots, the smell of ducks, and the spotlight shining upon them as they brought back a duck to their friend waiting in a blind or the homemade wooden strip boat beached on a backwater island. Ducks

were roasted, fried, made into stews and soups, and smoked with hickory wood, plus put up in glass jars.

Winter brought trapping time. Muskrats were the bread and butter of the trap line. They were fairly easy to catch and not too difficult to skin, flesh, and stretch. They usually commanded an acceptable price for fur.

Beaver, mink, and raccoon were also caught and sold. Come spring, the average river rat family was none too happy because the larder was empty and their pocketbook was flat as a pancake layin' on a busy highway. The whole cycle began again, and everything depended on the weather.

River rats had a certain look about them. Most dressed in “everyday clothes” every day of the week — including Sunday. They sported a permanent tan,

**I believe it is of paramount importance to record the life and times of these extraordinary people.**



summer and winter. Time spent outdoors in all seasons will do that, you know. Their hands were as calloused and rough as sandpaper. At times, when I shook hands with a river rat, I winced. They were unaware of their own strength. Most were shy and polite in public, especially around girls and women, even though women were as much a part of river rat life as men. River rats had scars — scars everywhere from using knives and axes and ice chisels and traps in their daily work.

At times, a river rat was forced to defend his territory against invaders in an out-and-out, knockdown, drag-out fistfight. This usually occurred in a saloon or dance hall after the combatants had tasted a little fermented fruit of the vine. However, some of these confrontations took place right where the infringement occurred: on a windswept icepack, a remote backwater, or a steep wooded hillside. There were those rats who were known for their quick fists, hard chins, and hot tempers. Isn't that the way of all wild things? They all compete for territory. It's nature's way.

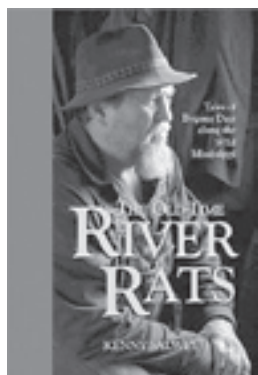
The old-timers, hill folk, and river rats alike ate the kind of things that would give today's dietitians and medical doctors recurring nightmares. Diets, calories, saturated fats, and cholesterol meant absolutely nothing to them.

Today, the true old-time river rat lifestyle has pretty much disappeared. Oh, yes, one can still find a few rats scattered along the upper Mississippi. However, they are all 50 years of age and up. Young ones won't generally be found. The river rat lifestyle is just too unpredictable, is too much hard work, and cannot generate enough income to support a modern-day family's expectations. Some youngsters dabble a bit in the old ways for extra money. However, the true dyed-in-the-wool, completely-dependent-upon-the-river-and-hills rat is gone.

I believe it is of paramount importance to record the life and times of these extraordinary people. I was a young, budding river rat when the old-timers were still around. I had the distinct honor and privilege of living and working among them. As you read these stories, please try to remember that their wit and intelligence were second to none. Their colloquial talk — and mine — simply reflects the genuine fact that the edges of our vocabulary had never been smoothly shaped by the grinding wheel of higher education.

So, my friends, I share these river rat stories with you in the only way I know how: from up close and personal experience.

*Excerpted from "The Old-Time River Rats: Tales of Bygone Days along the Wild Mississippi," by Kenny Salwey. First published in 2009 by Voyageur Press, an imprint of MBI Publishing Company, a member of the Quayside Publishing Group. Copyright 2009 by Kenny Salwey.*



### Meet the River Rat

**What:** "River rat" Kenny Salwey will present the Emmy-winning BBC and Discovery Channel documentary, "The Last River Rat." He will tell stories, answer questions and sign copies of his new book, "The Old-Time River Rats," released in fall 2009.

**When:** 5 and 7:30 p.m. March 24.

**Where:** The Capitol Theatre, 311 Ripley St., Davenport; (563) 326-8820 or thecapdavenport.com.

**Cost:** \$5 per person. All profits will benefit Nahant Marsh, Davenport.

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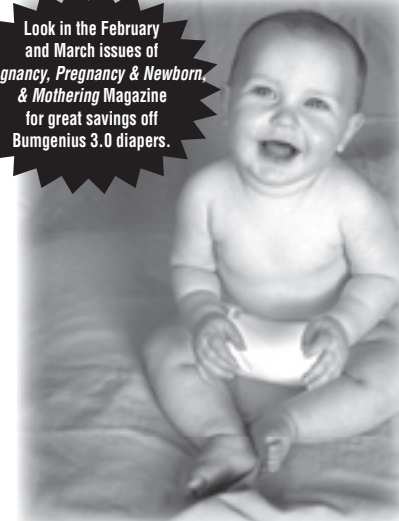
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**Wednesdays March 10-April 21**  
Computers & Technology or Cake Decorating

**Youth Super Saturdays, 9 am-12 pm**  
**March 20:** Fashion or Eggs for Springtime  
**April 3:** Creative Flip Flops

healthy living

# Stock up and cook!

## Chef shares secrets for curing the culinary doldrums

By Chef Donna Duvall

The days are getting longer. But even though the calendar says spring is just around the corner, it will be months before gardens and farmers' markets are in full operation. If the culinary doldrums of late winter and a hectic schedule find you picking up food to eat in the car on your way from one event to another, check out these tips to bring your family back to the table.

### Make a plan

Planning is the key to wresting control of mealtime from the purveyors of fast food. Start by keeping a calendar of family activities, and then plan meals and prep times around them. What nights can you reasonably expect to cook? What do you

and your family like to eat? Make a menu for a week, or longer. Keep a running list of needed items and shop once a week. Get the kids and your spouse involved. Cooking is a great way to bring the family together.

Get a leg up on evening meals by doing part of the prep in the morning. Use ingredients prepared for one meal as part of another, and don't forget your slow cooker. There's nothing like coming home at the end of a long day and knowing that dinner is waiting.

Plan to cook once and eat twice. Double batches to freeze in meal-size or individual portions. Be sure to label and date dishes to be frozen. Then rotate the oldest to the front of the freezer to be used first. Use the weekend for batch cooking, and during the week choose menus that go together in 30 minutes or less.

### Roast Chicken with Winter Vegetables

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 1 roasting chicken, 5 to 6 pounds | 1 large yellow onion, thickly sliced |
| Kosher salt                       | 6 cups of raw vegetables, such as    |
| Freshly ground black pepper       | carrots, parsnips, sweet potatoes,   |
| 2 teaspoons fresh thyme           | winter squash, or fennel cut into    |
| 1 lemon, halved                   | 2-inch chunks                        |
| 2 tablespoons crushed garlic      | Olive oil                            |
| 2 tablespoons butter, melted      |                                      |

Preheat the oven to 425 degrees F.

Remove the chicken giblets. Rinse the chicken inside and out. Remove any excess fat; pat dry. Liberally salt and pepper the inside of the chicken.

Stuff the cavity with the bunch of thyme, both halves of lemon, and all the garlic. Brush the outside of the chicken with the butter and sprinkle with salt and pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.

Place the onions and other vegetables in a roasting pan. Toss with salt, pepper, thyme, and olive oil. Spread around the bottom of the roasting pan and place the chicken on top.

Roast the chicken for 1½ hours, or until the juices run clear when you cut between a leg and thigh. Remove the chicken and vegetables to a platter and cover with aluminum foil for about 20 minutes. Slice the chicken onto a platter and serve it with the vegetables.

**Cook's note:** You can roast a second chicken to use later for Chicken Fried Rice (at right) or other quick meal. Prepare a double batch of rice, half to be served with the roast chicken, and half for the fried rice. Serves 6.



Brandy Welvaert / Radish



## Inspiration is where you find it

If you are new to cooking or fresh out of fast and simple ideas, check out these resources. Martha Stewart's "Everyday Food" features fast recipes using a minimal number of ingredients. "Bon Appétit" and "Fine Cooking" both have sections featuring quickly prepared recipes using fresh ingredients, while Rachel Ray has parleyed 30-minute meals into a career. Check out her books or magazine. For easy access to your recipes and menus, organize them in a notebook or on a computer program such as MasterCook.

## Good meals start with good ingredients

Your food will taste better and provide more nutrition if you use good ingredients. Plan your meals around the local winter markets, your own home-preserved bounty and the perimeter of your local supermarket. Be flexible in your planning and shopping; incorporate "finds" into your menu.

## Jump start meal prep with a well-stocked pantry

Stock your pantry with ingredients that suit your cooking style. A well-stocked pantry is the difference between a delicious home-cooked meal and take-out. Along with good planning, customizing these basic lists to suit your family's taste will enable you to make a variety of tasty meals even in the bleak days of late winter.

**The basic pantry:** Olive oil, salt, pepper, flour, sugar, eggs, honey, vinegar (cider, white wine, balsamic), onions, garlic, pasta, rice, lemons, Dijon mustard, white and red wine, dry or canned beans, broth or stock (chicken and beef), canned tomatoes, tomato sauce, and Worcestershire sauce.

**Italian pantry:** Olive oil, garlic, onions, tomatoes, Parmesan cheese, dried pasta, dried bread crumbs, dry white wine, dried thyme, oregano, marjoram, rosemary, red pepper flakes, capers, tomato paste, canned tomatoes, white wine vinegar, balsamic vinegar, rice (Arborio), and polenta.

*For a list of ingredients you need to stock an Asian or Southwest pantry, turn to Resources page 38.*

## Chicken Fried Rice

2 tablespoons olive oil	2 large eggs
½ cup chopped onion	2 tablespoons soy sauce
½ cup diced red pepper	½ cup low-sodium chicken stock
1 teaspoon minced garlic	1 cup frozen peas
1 teaspoon peeled and grated fresh ginger	2 scallions trimmed and thinly sliced (optional)
2 cups cooked chicken, diced	¼ cup chopped parsley (optional)
3 cups cooked white or brown rice	

Heat 1 tablespoon of oil in a non-stick skillet. Add the onion and cook over medium heat, stirring occasionally, until translucent; add the red pepper, garlic and ginger and continuing cooking and stirring a minute longer.

Reduce the heat to medium-low and add the chicken and stir, then add the rice and stir to combine. Scrape the chicken rice mixture to one side of the pan. Add the remaining tablespoon of oil; crack eggs into the pan. Just as the whites begin to set, stir to scramble.

Add the soy sauce, chicken broth, and peas, mix and cook until heated through. Top with scallions and chopped parsley. Serves 4.

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- 1/4 tsp Hy-Vee chili powder
- ¾ cup uncooked whole wheat couscous

### Preparation

- Heat tomatoes with green chilies, chicken broth, peas and chili powder in a medium saucepan over medium-high heat. Bring to a boil.
- Stir in couscous and remove from heat. Cover and let stand 5 minutes. Fluff with a fork before serving.

Serves 6

Source: Hy-Vee HealthMarket

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education

# After-school special

## Taproot Nature Experience takes kids outside

By Donna Schill

In a sky-blue elf hat, Nova handed pine needles down to me from her perch on a snow-covered limb. Zac, the leader and founder of Taproot Nature Experience, told a Blackfoot Native American story to children huddled around the fire downhill. A plume of smoke rose into the bitter cold air. Children husked wild bergamot for the prairie tea brewing over the fire, and Nova and I added pine. As the sun dropped so did the temperature, but children continued to launch into the darkness down the hill on their plastic sleds.

It was the coldest day yet of winter in Iowa, but the people of Taproot Nature Experience didn't seem to notice as I questioned a van full of children participating in its after-school program. We circled Iowa City's elementary schools in the Lorax, a biodiesel-fueled van named after Dr. Seuss's defender of the environment.

"Is today too cold to play outside?" I asked the kids.

"Noooo!" they chorused.

"Well, how cold is too cold?"

Silence.

"Below zero!" offered a third grade girl named Naomi sporting black coveralls. I realized then that I was in for a long afternoon.

For all of our desire to connect with nature and become a more eco-friendly society, few survive the test of an Iowa winter. I found two who have in Paula Boback, a blue-eyed woman wearing North Face-brand clothes who still likes to sled, and Zac Wedemeyer, a man with red scruff and a firm handshake who once dreamed of being a park ranger.

Zac is a former teacher at Willowwind Elementary School. After six years of teaching, he left his job to start Taproot. "Some of the things I didn't like as a student, I didn't like as a teacher either, such as the bureaucracy and always being indoors," Zac explained. "I've always loved being outside; also working with kids and teaching."

Zac and his wife, Elesa, created Taproot based on the idea of cultivating environmental stewardship in the community, especially the youth. The name Taproot comes from the first root that deciduous trees send out, which supports the growth of the rest of the tree. Even if a prairie fire kills a sapling, the taproot survives and another tree will grow in its place.

The same year that Zac and Elesa were married, in 2005, they bought a piece of land for a farm a few miles from North English, Iowa. By August of 2007 they had begun Taproot, choosing their crops and livestock primarily around children-friendly activities.

The Wedemeyers' have activities available for adults as well, where they learn composting, bread and bagel making, or canoeing on the Iowa River. They also have a yearly summer camp for the children, and often have overnight excursions to the Wedemeyers' farm. Their latest endeavor is to create a CSA — a community



Taproot Nature Experience participants found deer bones and edible oyster mushrooms during a fall 2009 adventure at Taproot Farm, North English, Iowa. (Submitted)

supported agriculture farm — where families can get fresh produce.

Taproot doesn't admit drop-ins. Instead families sign up their children for 8-10 week sessions, which fosters closer relationships within the program.

These programs help fulfill kids' needs for outside time in a society that no longer prioritizes outdoor play.

The New York Times, Washington Post and Time Magazine, have published pieces showing concern about the marked decline in recess time given to children. After the passing of the No Child Left Behind Act of 2001, schools that didn't pass the state test were penalized, thus giving teachers more reason to spend more time on academics and less time outdoors. Yet a recent study by the Journal of American Pediatrics linked improved classroom behavior with giving students a recess at least once a day.

Taproot's work is showing a possible change of the tide.

"Parents feel guilty and sad because of the lifestyle they often have to live, working so hard to give kids all they need to get by," said Zac. "The community really responded to our nature program. It shows that there's a need for kids to be connected with the earth."

*For more information about Taproot Nature Experience, visit [taprootnatureexperience.org](http://taprootnatureexperience.org).*





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#### **March 9: MARKET MONEY REGISTRATION and DRAWING**

One more chance to enter the Gift Certificate Give Away! Come in anytime between 3:00 pm and 6:00 pm to enter for a chance to win part of our \$100 in Market Gift Certificates that are redeemable at ANY vendor ANY time of the year!

Winners will be chosen at 6:00 pm, need not be present to win!

#### **March 13: SAINT PATRICK'S CELEBRATION**

Come on down to the Freight House Market for a day of good old green fun! Vendors will be preparing LOCAL Corned Beef supplied by Grossman's Meats and Cabbage along with all the traditional fixings! A suggested donation to market of \$5.00 to cover expenses would be hugely appreciated! While at market, enjoy visiting with **Jill Esbaum**, LOCAL children's author, who will have her newest book available along with some of her tried and true favorites! **Tony Hoepfner**, LOCAL musician, will also be performing live at market from 10:00 am until Noon for your listening pleasure!

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healthy living

# Capturing nature

## Artist aims to inspire young filmmakers to tell eco-stories

By Brandy Welvaert

In a photo of a flower, art and ecology come together seamlessly. The image is the message. Photos are “easily understood,” says Ange Glade, an artist who sells her work at the Freight House Farmers’ Market in Davenport and at the A.K. Glade Collection Gallery in the Village of East Davenport.

While they view her photos, “So many people have said, ‘Wow, I didn’t realize how beautiful our area is,’ ” Glade says.

The photographer, filmmaker, graphic artist and illustrator captures the natural world in her work with the goal of highlighting the beauty of the region and telling its stories. The Mississippi River has captured her imagination since she can remember.

“My family spent a lot of time on the river. It’s always been a place of comfort for me,” the artist says.

At a young age, she began turning to nature, camera in hand, as a way to survive tough times: the early losses of her best friend and her first love in a crash with a drunk driver; the sudden death of a disabled friend; the death of her step-mother in a motorcycle accident; as well as her own debilitating health issues. A doctor finally diagnosed Glade with a thyroid problem, and she’s getting better; but before that, she was told that she had lupus, and that the auto-immune disease would cut her life short.

“I think as artists, we all have our own journey. I want to go toward the light now,” she says. “I want to make a difference while I’m here.”

To make that happen, she’s working with the Quad City Area Natural



Filmmaker and artist Ange Glade looks out at the Mississippi River through the lens of her video camera in Davenport’s LeClaire Park. (Photo by Todd Mizener / Radish)



Guardians on a project at Black Hawk State Historic Site, and with the Quad City Eagle View Group of the Sierra Club on its upcoming film festival.

Raised in the Quad-Cities, Glade has lived on the East Coast and in Austin, Texas, where she worked on documentary films and TV. Ultimately, however, she found her way back home and plans to stay.

The growers and friends she has met at the farmers' market are a part of that decision. "I have been inspired by their desire to get back to the basics," she says. In turn, she hopes to inspire others.

Glade will teach the basics of filmmaking during a workshop from 2 to 4 p.m. March 27 during the Sierra Club's Environmental Film Festival. The festival will be held from 10 a.m. to 7 p.m. in Olin Auditorium at Augustana College, 733 35th St., Rock Island. Films this year will be "Fresh" (10:30 a.m.), "No Impact Man" (noon), "Dirt" (2 p.m.), "Sea Change" (4 p.m.), and "Coal Country" (6 p.m.). For details about each film, and for maps and parking directions, visit [augustana.edu/x12049.xml](http://augustana.edu/x12049.xml).

Admission to the festival, the films and the workshop is free, and healthy snacks and drinks will be provided.

### Make a mini-documentary for Radish Reels!

Are you an aspiring environmental filmmaker? Then Radish wants you to show your stuff!

Whether you're armed with an easy-to-use digital Flip camera or much more professional equipment, Radish invites you to make a short environmental documentary and submit it to Radish Reels, a new, online collection of videos. Your digital mini-documentary can be as simple or as complex as you like and as your level of technology allows.

There are just two rules for submitting to Radish Reels: Your mini-documentary must be three minutes or less, and you must upload it to Radish using QC Capture.

To upload your documentary, visit [radishmagazine.com](http://radishmagazine.com) and click the link at the top of the page. As soon as you upload your video, other readers will be able to watch it.

Need ideas? Your contribution to Radish Reels could feature a natural place, such as the Mississippi or Wapsipinicon River; your favorite farmers' market; an Earth Day event or cleanup; or even spring flowers in your yard or garden.

Entries are due May 10. Selected mini-documentaries will be shown at the 2010 Healthy Living Fair, slated for June 19 in Davenport.

### Five tips for crafting your own eco-documentary

Filmmaker Ange Glade of Davenport shares five tips for getting started.

1. **Learn the rules.** Before you start filming people, Glade recommends finding a book with a contract to secure written permission from your subjects.
2. **Don't let lack of funds stop you.** You may be able to rent equipment for far less than it costs to buy. Check out the "rental service" pages of the phone book.
3. **Check the library.** Even if your local library doesn't have a great section of how-to books for filmmaking, it's likely that they can order something.
4. **Tap into community TV.** Glade says that community television stations are a good place to gain experience.
5. **Find a subject with your heart.** "I go toward things that inspire me," Glade says.



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**12:00 No Impact Man:** NY liberal decides to drastically reduce his family's carbon footprint for one year. [www.noimpactdoc.com/index\\_m.php](http://www.noimpactdoc.com/index_m.php)

**2:00 Dirt:** Shares stories from experts on the environmental, social, economic and political power that soil has in our world. [www.dirtthemovie.org](http://www.dirtthemovie.org)

**4:00 A Sea Change:** Rising acidity of the oceans due to increased carbon dioxide dissolving in earth's waters and its effect on the ocean's smallest creatures to humans is explored from the US west coast to Norway by retired history teacher Sven Huseby.

**6:00 Coal Country:** Miners work with activists battling coal companies in Appalachia where mountain top removal is tearing communities apart. [www.coalcountrythemovie.com](http://www.coalcountrythemovie.com)

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For more about Eagle View Group, Sierra Club go to: <http://illinois.sierraclub.org/eagleview>  
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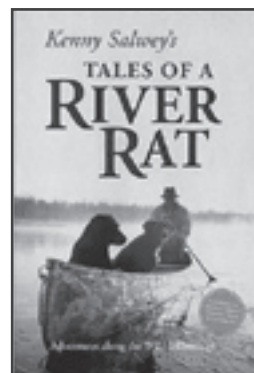
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gardens

# Cheap, easy and fast

## Grow your own groceries and save big at the store

By Brandy Welvaert

A garden's beauty need not be just skin-deep. Plantings of vegetables, fruits and herbs are easy on the eyes and the pocketbook, filling the family pantry with healthy, yummy foods.

That's part of the message that Veronica Lorson Fowler will bring to the Flower and Garden Show, being held March 26-28 at the QCCA Expo Center, 2621 4th Ave., Rock Island.

"Veggies are a great way to start (gardening), and it's a great thing to do with kids," says Fowler, a garden writer-editor in Ames. Fowler is the author of several books, including "Gardening in Iowa," and she has a gardening Web site, The Iowa Gardener (theiowagardener.com).

For beginners, Fowler suggests starting with a plot about 10-by-20 feet. That's enough space to grow a variety of plants without the upkeep becoming overwhelming, she says.

What may be surprising, however, is the amount of food that such a garden will generate come harvest time.

"Believe me," she says. "If you are a first-time gardener and you create a plot that is 10-by-20 feet, in September the vegetables will be coming out your ears!"

Fowler herself planted such a garden last spring and says that she still is eating preserved produce from it.

"My back porch last summer looked like a farm-stand," she says.

The National Gardening Association reports that interest in vegetable gardening is growing, and in 2009 a majority of gardeners planned to spend more than the previous year despite the economic downturn.

Recent books like "The \$64 Tomato" by William Alexander propose — albeit with humor — that gardening is expensive, time-consuming and difficult. Yet Fowler says it doesn't have to be so.

All you really need to get started is a patch



Veronica Lorson Fowler of Ames will speak at the 2010 Flower and Garden Show at the QCCA Expo Center, Rock Island. Here, Fowler shows off the bounty of her 2009 veggie garden. (Submitted)

of soil in the sun — "Sun is the most important thing" — and a few old-school tools: a hoe, a spade and a trowel. Although, for the record, she has a soft spot for a little thing called an Asian or Korean plow — a sort of sharp-tipped trowel with a bend in its neck.

To keep watering costs down, mulch your garden with grass clippings, newspapers, or straw. Don't buy expensive mulch, Fowler says.

As for the plants, beginners certainly can start early with seeds indoors — lettuces are among the easiest to grow this way — but most will find it worth the money to buy plants.

To save the most money, Fowler suggests growing those foods that cost most in stores and at the farmers' markets: tomatoes, herbs and fancy lettuces.

"I hate spending two, three or four dollars on herbs at the supermarket. I spend less than that on a

### Five tips for grocery gardens

**1** Grow high-yield, low-maintenance varieties. Asparagus, fruit trees, lettuces, peppers, squash and tomatoes are good choices.

**2** Go organic. Just leave the fancy chemicals alone and you'll save money.

**3** Think ahead. Some plants — fruit trees, strawberries and asparagus — take a while to come into their own, but they'll be worth it later.

**4** Learn to process your veggies. Whether you can or freeze, your harvest can last you well into winter — and maybe into the following spring.

**5** Consider space. Veggies like corn and pumpkins take up too much precious space. Only grow them if you love them.

*Source: Veronica Lorson Fowler*

single plant!" Fowler says.

Veggies to forget? Don't grow those that require lots of space or that can be purchased in bulk at low prices, such as potatoes, onions and carrots, she says.

Think you have no time to garden? You might be surprised.

"If you mulch, you are going to spend maybe 5-10 minutes every day and a half-hour on the weekends," she says.

### If you go ...

The Flower and Garden Show will be held March 26-28 at the QCCA Expo Center, 2621 4th Ave., Rock Island. Hours are 10 a.m. to 8 p.m. Friday and Saturday, March 26-27, and 10 a.m. to 4 p.m. Sunday, March 28. Admission is \$6 for adults, \$1 for ages 6-16, and free for ages 5 and under.



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health & fitness

# Hop, skip and jump

## Nia combines several disciplines for a unique workout

By Ann Scholl Rinehart

After a long, sedentary winter, I knew it was time to get back to exercising, but I was having a tough time talking myself onto the treadmill. Bullying myself into a fitness program holds little appeal to me as I close in on my 47th birthday. That's why I liked the sound of Nia.

Nianow.com says that Nia is more than a fitness or weight-loss program. It's "a way to condition, heal and transform your body, mind, emotions and spirit."

Nia, the Web site explains, "blends Eastern and Western movements, concepts and philosophy derived from three main movement forms: martial arts (mindful precision), dance arts (personal expression) and healing arts (self-healing)."

And the big seller for me: "The philosophy of Nia is based on the pleasure principle: If it feels good, keep doing it; if it hurts, stop and adapt what you do to feel better."

I was sold. I took my first Nia class, led by a cheery Deb Jump, with about a half-dozen other women at Mercy Fitness Center in Cedar Rapids. I stood with my classmates, barefoot, listening to Jump's enthusiastic directions and the spirited music that filled the room. As we began to move our bodies, following Jump's lead, she asked us, "What is your mind telling you?"

To be honest, my mind was saying, "I'm not up for this." It wasn't that the movements were difficult. They were just foreign to me. I felt self-conscious and inhibited. And I wasn't crazy about this lumpish person staring back at me in the mirrored wall at the front of the room.

In the past such negative thoughts would have convinced me to not return to class. I was grateful that instead of buying into the story I was telling myself, I was able to observe it instead. I was also grateful to hear Jump say, "Seek joy. Whatever you do in this class should be toward the direction of joy."

"I can do that," I told myself. And slowly, I began to let go of judgment, of the notion that I wasn't "doing it right." I started to think of myself as a young girl, dancing and playing and just having fun. I followed Jump's advice to "surrender."

Dorothy Bertch, who turns 62 in April, began taking Nia with Jump about a year and a half ago after her doctor told her she needed to get more exercise. She likes that she can go at her own pace. She now has more energy. "I can keep up better with my grandkids," she says.

Mary Rubocki, 54, of Cedar Rapids, signed up for Nia after learning it might give her some relief from rheumatoid arthritis. She invited her daughter-in-law, Sara Rubocki, 29, to join her. A month into the class, Mary is seeing some benefits. Her days, she says, feel easier. Sara says she feels stronger and "more in (tune) with my body."

"If it (her body) says walk instead of jump, that's what I do," she says.

That kind of feedback makes instructor Jump happy. "My hope is that people have fun learning to move their bodies in different ways," she says.



Nia founder Debbie Rosas teaches a class that combines dance with martial and healing arts. Nia classes are held in Cedar Rapids and Iowa City. (Submitted)

Beth Pelton, who teaches at City Ballet of Iowa in Iowa City and at her church, First Christian Church in Coralville, says Nia helped her through the grieving process after her husband died unexpectedly in March 2006. Nia, she says, "has become a significant part of my lifestyle."

"I learned that behind a joyful and complete workout, there is a body of knowledge, a science and an art and craft to Nia," she says.

Pelton points out that Nia is for all body types, all levels of fitness and all ages. (She has students from nine to 71). Students, she adds, experience all components of functional fitness: flexibility, agility, mobility, stability and strength.

"Nia is a nonthreatening, non-intimidating way to exercise," she says. "It is joyful. Nia is very friendly to the joints, bones and muscles. Nia's focus on body, mind, emotion and spirit allow self-discovery for students and a balance of the dimensions of wellness."

Beyond keeping her in good physical shape, Nia also helps Pelton to "be mindful of the moment, to be able to mentally focus, to express and accept emotions, and to discover and embrace more of the spiritual realm of my being."

*To learn more about Nia, visit [nianow.com](http://nianow.com). For classes, turn to Resources page 38.*





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food

# Gettin' the gluten out

## New foods make it easier to eat with celiac disease

By Brandy Welvaert

A gluten-free diet is no picnic, but it's become easier to find wheat-free foods as awareness about celiac disease has grown. So says Becky Wentworth of Davenport, who was diagnosed with celiac disease in 1995. "Back then, I had to go to specialty stores — health-food stores — and there was a limited amount of what was gluten-free. I didn't think it tasted good."

"As the years have gone by, now it tastes good," Wentworth says.

After a year of struggling with the disease unknowingly — her family doctor thought a stomach bug was causing her symptoms — she was diagnosed correctly by a gastroenterologist.

"Once I started the gluten-free diet, I could tell a difference," she says. "I started getting energy back, and my stomach stopped hurting."

About 1 in 133 people in the U.S. has celiac disease, says Chrissy Mitzel, registered dietitian at Hy-Vee in Rock Island.

"I don't know that celiac disease has become more common, but it's being diagnosed more," says Mitzel, who often fields questions in the store from the newly diagnosed.

Celiac disease is an autoimmune disorder of the small intestine, according to 2003 data published in the Archives of Internal Medicine. The only treatment is a lifelong dietary challenge: avoiding gluten, the protein found in common grains such as wheat, barley, spelt and rye.

But the demand for gluten-free products is rising, a movement also fueled by health-conscious consumers, parents of autistic children, and breast-feeding moms. In 2008, more than 1,000 new gluten-free foods and beverages were introduced; sales have grown by an annual average of 28 percent in the last five years, according to the market research group Packaged Facts.



Chrissy Mitzel, a Hy-Vee dietitian, shows off a selection of the gluten-free products stocked in the health-food section of the Rock Island grocery store. (Photo by Todd Mizener / Radish)

It's enough to make you wonder: Should I leap onto the gluten-free bandwagon?

"I would say do it if your doctor has diagnosed you with celiac disease," Mitzel says. "If other people do it to help with weight loss or autism or ADD (attention deficit disorder), it's not going to harm them, but there is no scientific evidence at this time to back it up."

Cutting a little gluten out of your diet probably won't hurt, especially because it often means eating fewer processed foods. But you'll likely see benefits only if you have a wheat allergy, gluten sensitivity or celiac disease, says Dr. Alessio Fasano, medical director of the University of Maryland's Center for Celiac Research.

Otherwise, "the diet only has a 'placebo effect' at best," because gluten is naturally difficult for humans to

digest, Fasano says. Any fullness or bloating you might feel after a pasta dinner, for example, is a result of the slow emptying of the stomach due to poor digestion of gluten, rather than a bad reaction to it.

Fasano adds that marketers are pushing people to eat gluten-free for no reason, turning the diet into a South Beach-like fad.

Avoiding gluten isn't just difficult and inconvenient; it's also expensive. Gluten-free versions of products such as bread and crackers often are three times the cost of regular products, according to a study conducted by the Celiac Disease



Center at Columbia University.

Still, the diet often is touted as healthy because followers tend to read labels diligently, avoid shelf-stable processed foods and eat naturally gluten-free foods. Foods like fresh vegetables, fruits, meat, poultry and seafood contain no gluten as long as nothing has been added, Mitzel says.

She adds that shoppers can find gluten-free foods all over the grocery store, although specialty foods — those that normally would include gluten but instead contain a replacement — are kept in the health section.

She warns, however, that just because a food's packaging says it's gluten-free does not mean that the item is "healthy" in a general sense.

"There are gluten-free cookies and cakes, but it's still a cookie or a cake," she says. "And a lot of times the (gluten-free sweets) are not as healthy as regular (sweets) because they don't have the whole grain."

Wentworth says that adjusting to a gluten-free diet was tough at first, especially since she is the one who shops and cooks for her family, but now she's used to it.

"Whatever meal I make is always something that I can eat. Last night we had grilled burgers, and I just eat mine without the bun," she says. "With pasta dishes, I'll make them with all gluten-free noodles. My family can't tell the difference."

She also says that joining the Quad City Celiac Support Group helped. The group meets once a month to share ideas and support in the Quad-Cities.

*For more information, visit [qcceliacs.home.mchsi.com](http://qcceliacs.home.mchsi.com) or call or e-mail Wentworth at (563) 391-2968 or [wentworth@netexpress.net](mailto:wentworth@netexpress.net).*

*McClatchy Newspapers contributed to this report.*



Brandy Welvaert / Radish

### Lemon Bars

- 1½ cups plus 3 tablespoons gluten-free flour mix (homemade or purchased), divided
- ⅔ cup powdered sugar, plus extra for dusting
- ¾ cup butter or margarine, softened
- 3 eggs, slightly beaten
- 1½ cups sugar
- ¾ cup lemon juice

Combine 1½ cup GF flour mix, powdered sugar and butter with mixer until well blended. Pat into a greased 9-by-13-inch pan. Bake at 350 degrees for 20 minutes.

Meanwhile, in a bowl, whisk eggs, sugar, 3 tablespoons GF flour mix and lemon juice until frothy.

Remove crust from oven. Pour lemon mixture over hot crust. Bake an additional 20-25 minutes or until golden brown.

Cool on wire rack. Dust with powdered sugar. Cut into squares. Makes 3-4 dozen.

*Recipe by Becky Wentworth. Turn to Resources on page 38 for more gluten-free recipes.*



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- 1 Cup Nuts (optional)
- 2 Eggs
- 1 Teaspoon Baking soda
- 1 Teaspoon Hy-Vee gluten-free vanilla
- ½ Teaspoon salt
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- Mix all together, Drop on greased cookie sheet
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healthy living

# Forest-floor finds

## Iowa mycologist makes a life of searching for 'shrooms

By Donna Schill

Damian Pieper's brush with death came one afternoon as he was searching for puffballs, an edible mushroom, in the woods. He stooped down, about to pick a patch growing beside a tree.

"Something made me suspicious," Pieper says. "There was something lumpy about them instead of smooth. I crawled in the grass around the tree and sure enough, there was an amanita."

Amanitai are known as the most toxic mushrooms in the world. The powdery white variety he found that day is known among mycologists as the Angel of Death. The mushrooms he almost plucked for his basket turned out to be mown-down amanitai that regrew to look like puffballs.

Damian R. Pieper, past president of the Prairie States Mushroom Club, is a phantom of sorts. His friends gave him a phone, but most of the time he forgets it exists. He can take weeks to answer an e-mail. He is elusive even to those on his front doorstep; muffled classical music wafts through his windows, but no one seems to be home.

Those who are lucky enough to find Pieper will meet a fascinating life-long bachelor, an expert of random trades (such as keyboard and stained-glass window making), and a mycologist. Pieper is 68 years old and has a white, scruffy beard, and maroon-rimmed glasses.

In 1967 Pieper moved to Iowa City and bought his home with an acre of land and immediately went to work creating an edible landscape. Having taken a course in mycology and read books on the subject, he planted red oak

and box elder trees to house shitake and oyster mushrooms. He set up his mushroom operation and began growing plants for food without herbicides or insecticides.

Amongst his vegetation is a green spiky plant that he says tastes like asparagus but is ten times larger. He now finds deer, tree frogs, ground hogs, skunks and raccoons in his backyard. "This plot was just a mud pit 43 years ago, except for a few wild plum trees," he says wistfully.

His first encounter with mushrooms was in 1946 in the tiny town of Mount Hamill, Iowa, where he grew up — and where his sister and brother still live. It was the wettest year on record, and quite hospitable to mushrooms. That spring, five-year-old Pieper hunted the 120 acres of his parents' farm. "Mushrooms were my favorite toy as a child."

Pieper's moist front steps and roof look like mushrooms could burst from the surface at any moment. Cardinals flit from trees to perch on a line of old Montaudon champagne bottles displayed on rungs of an old bed frame acting as a wine rack in the middle of his backyard. A path of soggy wood

### The hunt for morels

For those who want to take part in the 'quiet hunt,' Damian Pieper (right) has some tips for success:

- Look for morels from mid-April through May.
- Look around dead elm trees that still have some bark on them.
- A study has shown that black morels grow along the Mississippi and Missouri rivers, but not the Iowa River.
- "Look for something else, such as violets in bloom. I always find what I am not looking for."





chips and leaves wind around the house — a bed for growing mushrooms.

Last March Pieper resigned as President of the Prairie States Mushroom Club, after five years of writing newsletters and leading field trips. He could be found leading a troop with baskets in hand, hunting wild mushrooms on acres of state preserves such as White Pine Hollow, Keosauqua, and Wild Cat Den. Pieper is familiar with over a thousand varieties of native mushrooms. In his many years of experience, not one person he knows has experienced mushroom poisoning.

In Iowa, the wild mushroom most hunted is the morel. Found in the wild in April and May, and known as being impossible to cultivate, morels act as a Midwestern rite of passage into spring. Because of new laws, more people may be turning to the woods with baskets of their own.

Morels no longer can be found in supermarkets in Iowa. As of July 1, 2008, the Iowa Department of Inspections and Appeals updated its food code to match FDA recommendations. The new laws require all wild mushrooms, including the morel, to be approved by a mushroom identification expert. (Wild morels used to have the special status of being exempt from wild mushroom regulation in the state, but no more.)

In Illinois, hunters may harvest and sell morels as long as they handle and label them according to rules set forth by the Illinois Department of Public Health.

Although Pieper's old source of income is gone, his natural affinity for fungus lives on. "I remember bringing two beer coolers of oyster mushrooms down to market, but only a few pounds sold. People are getting more adventurous palettes."

It may be a while before society catches up to Pieper. He rather enjoys eating Myxomycetes, an edible organism closely related to fungi. It's pink and fluffy, and in early stages of development, it crawls around hunting for bacteria to eat.

"If you squeeze one, it explodes and the middle looks like Pepto-Bismol," says Pieper enthusiastically.

You can guess what happens next. For fun, Pieper spreads the fungus on toast for a snack. "It tastes just like peanut butter," he says.

*Want to take a field trip to hunt for morels with mycologist Damian Pieper? E-mail him at [iowafungi@yahoo.com](mailto:iowafungi@yahoo.com).*



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**Date:** Saturday, March 27 (Rain Date: Saturday, April 3)

**Location:** Riverside Park Field, 3300 5th Ave. - Moline, IL

**Time:**

\*Ages 2 & Under: **9:45AM**  
(inside fenced area of the pool)

\*Ages 3 - 6: **10:00AM**  
(west side of the pool)

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homes

# Solar source

## Macomb couple's home feeds into the energy grid

By Erin McCarthy, from GateHouse News Service

For many retirees, the sunny, sprawling communities in Florida and Arizona have appeal, but one Macomb, Ill., couple is working to create a sustainable home nestled in the woods of McDonough County.

Retired Western Illinois University faculty members Paul and Sheila Nollen purchased an 80-acre property south of Macomb in 1974 from an "old bachelor" named Hawk Kruse.

"We were already living in town, but we wanted a place with woods," said Sheila. "We didn't move out here until '92, because it took us that long to agree on a place to build the house."

Over the years, the Nollens have taken several steps to lessen their environmental impact while making the most of what they call "Nollen Park." These steps range from as simple as line-drying laundry and using compact fluorescent lights to installing a geothermal heat pump and restoring an acre of prairie.

"It's an all-electric house, so we've been trying to find ways to conserve," said Sheila.



Retired Western Illinois University faculty members Paul and Sheila Nollen purchased an 80-acre property south of Macomb, Ill., and are creating a sustainable oasis. (Photos by GateHouse News Service)

In September 2008, the Nollens took a giant leap toward reducing their carbon footprint with the purchase of 16 three-foot-by-five-foot solar panels from SunAir Systems in Byron, Ill. After coming nearly \$10,000 under budget with the help of state and federal rebates, and with plenty more room on their roof, the Nollens decided to install eight additional panels in May 2009.

For a total cost of about \$34,000 — or \$18,000 after rebates — the Nollens became the only McDonough Power Cooperative customers with a backwards-running meter.

"Some people get these solar outfits and go off grid, but we didn't want to do that," said Paul. "We worked with McDonough Power, and it was kind of pioneering for them and for us."

On cloudy days or at night, the Nollens' home pulls energy from the grid, but on days when the solar panels create more energy than they consume, it feeds back into the grid.

"It's nice to know that we're actually making power that somebody else can use without burning anything," said Sheila.

In addition to utilizing renewable energy, the Nollens make other efforts to live off the land. Each spring they tap 25 maple trees to make six gallons of syrup in their own sugar shack and raise vegetables in a 120-foot-by-30-foot garden to freeze and can. Outside of the garden, there are pear, cherry and apple trees, grape vines and wild black raspberry patches.

For recreation, the Nollens have created and maintained about three miles of trails throughout the woods and cross-country ski when there is a "decent" snowfall.

"All of this has a lot to do with our religious beliefs," said Paul. "We should have a low impact on the environment, and we've tried to be examples of that through our lives."

The Nollens are currently working to put a conservation easement on their property to ensure it remains undeveloped for future generations.

"It's not big enough for the state or nature conservancy to do it, nor have we found anything endangered enough that lives out here," said Paul. "I guess we just want people to know that this level of conservation can be done."



The Nollens recently installed a number of solar panels, resulting in a backwards-running energy meter.



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body, mind & soul

# The eyes have it

Irises provide subtle clues about your health

By Rita Melissano, Ph.D.

When I lived in Northern Italy in my early twenties, I was already into an alternative lifestyle: I practiced yoga, meditation and strict vegetarianism. In my living space, I had cabinets full of herbs, and I would make teas and tisanes for any possible ailment. I cooked earthy, vegetarian meals from scratch, used tofu, made my own yogurt daily, and made various cheeses. If I had a headache, I would do a particular yoga asana, and the headache would go away. My friends and family were at times amazed, at times horrified, but always intrigued by my choices, acquired knowledge and lifestyle. They knew I was a very healthy and health conscious young woman.

Since I had to have a physician, I made a choice congruent with my lifestyle: I chose an iridologist.

The science of iridology is based on the premise that there is a map of our organs and various systems in our irises. The iridologist looks into your irises, gets a close-up picture of them, and studies any marks, minuscule lesions and spots that the irises show. My Italian iridologist would not only promote a vegetarian diet, but also would start any patient with a detoxification raw diet: fresh fruits, vegetables, and nuts for four months — as well as a week of fasting with just apples and daily fresh lemon juice and water.

An example of my iridologist's suggested natural remedies was to tie a scarf with whipped ricotta cheese to my neck overnight to eliminate a sore throat or laryngitis. It worked! Another common remedy was to wrap mud or green clay on the belly overnight to decrease any inflammation of the digestive system and tone the abdominal muscles. It worked, too!

Soon my family, friends and colleagues followed my lead and took the iridologist as their primary care physician, as well. They had great experiences with iridology. They lost weight and obtained the desired results for their health and healing “the natural way.”



iStockphoto

When I go back to visit my family in Southern Italy, I still see an iridologist for a consultation from time to time. Any of my iridologist's natural/herbal remedies, nutrition advice or healthy habits have become part of my daily life. Right away I know what herbs or essential oils to use for most health issues. One of my favorite remedies, for example, is taking propolis — bee pollen, a natural antibiotic secreted by the bees — for an upper respiratory infection.

Without your disclosing anything, an iridology consultation can tell what health problems you have had, you are having, and you may develop in the future.

Since I came to the U.S. in 1985, I have been looking for an iridologist in the medical community. No one seemed to know what I was talking about! In Italy, iridology is a medical specialty. You have to be a medical doctor in order to become an iridologist.

This year, in fact, I finally learned that one of the professional and spiritual teachers I revere the most is also one of the foremost iridologists in the

country: Karyn Mitchell, ND, Ph.D. Mitchell is also an international teacher and speaker, a naturopathic doctor, a vegetarian, a holistic psychologist, a reiki master teacher and the author of several books.

As an iridologist, Mitchell takes a snapshot of each of your irises and thoroughly studies it to make a diagnosis about your health problems. People who have had an iridology consultation find it to be a most rewarding experience.

## Try, learn all about iridology

Satva Center, Rock Island ([satvacenter.com](http://satvacenter.com)), will provide Iridology Certification Level I. Class meets from 10 a.m. to 5 p.m. Saturday, March 6, and Sunday, March 7. The cost is \$300 per person, and registration is due March 4.

Iridology consultation is offered at Satva Center, too. The cost is \$175 for diagnosis, or \$225 for diagnosis and recommendations for detoxification. For an appointment, call (309) 793-7881.



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environment

# The watchman

Art Norris is the Quad-Cities' waterkeeper

By Lindsay Hocker

It's fitting that the Quad Cities Waterkeeper's office is just a few yards from the Mississippi River — one of the waterways that he seeks to protect.

Waterkeeper Art Norris of East Moline, Ill., said that the purpose of the Quad Cities Waterkeeper is to be the “eyes and ears of the river.” His duties include looking for water pollution issues, specifically those that impact the Mississippi River as it runs from Clinton to Muscatine, Iowa, or any part of the Rock River, and finding ways to address problems.

Norris, who has been a waterkeeper since July 2009, opened an office at 101 Main St., Port Byron, Ill., in August, and recently hired a staff member to write articles and grants. If things go well, Norris said he eventually may employ several paid staff members.

The Quad Cities Waterkeeper is affiliated with the Waterkeeper Alliance, an organization that unites almost 200 waterkeeper groups — independent nonprofits funded by donations and grant money, not the Alliance or taxpayers. The next closest waterkeeper is located in St. Louis.

To become a waterkeeper, Norris had to submit a proposal that showed an understanding of the local watershed and threats to it, according to Marc Yaggi, director of global programs for the New York-based Waterkeeper Alliance.

“Art has a tremendous passion for his waterway,” Yaggi said. “He has the energy and passion” to take on any challenges.

“Waterkeepers have to wear a lot of hats,” Yaggi said, including scientist, investigator and community advocate. The “ultimate goal is to ensure their community’s right to clean water is upheld.”

While it doesn't provide money, Norris said the Waterkeeper Alliance supplies access to scientists, biologists and other experts, and in the case of an environmental emergency in Illinois, he could draw on those resources when figuring out how to address the issue.

Norris said he would be happy to share resources with other local environmental groups. He considers his office “an environmental hub for all like-minded environmental organizations to use if it is needed.”

The local group has a three-member board comprised of Bob Zesiger, a former Silvis, Ill. alderman; Danielle Diamond, an attorney for Illinois Citizens for Clean Air and Water; and Susan Allison, a retired Silvis police dispatcher.

*Visit the QC Waterkeeper's Web site at [quadcitieswaterkeeperuppermississippi.org](http://quadcitieswaterkeeperuppermississippi.org).*

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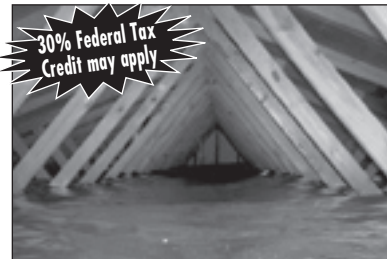
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## environment

# Backyard Abundance: Modeling human communities after healthy ecosystems

By Elizabeth Janicek

Before Fred Meyer founded Backyard Abundance, he already was leading an eco-friendly life. Or he hoped he was. He recycled, cleaned up roadways, planted trees, and supported environmental organizations.

"But I wasn't sure if anything I was doing was actually effective," he says.

Determined to help improve the natural world, Meyer found what he was looking for in a land design approach called permaculture. Esteeming both permanence and culture, permaculture "is a way of creating human communities that are modeled after healthy ecosystems," Meyer explains.

In practice, permaculture plays out in many different ways, from rain gardens to bees to edible shrubs and beyond. All embody natural patterns such as interconnectedness and self-sufficiency, says Meyer, and end up creating spaces that are abundant, resilient and often beautiful.

Backyard Abundance, Meyer's Iowa City-based organization, helps people integrate permaculture's principles into their yards, neighborhoods and communities. This spring, Backyard Abundance is holding a series of permaculture workshops, starting with a March 12-14 spring kickoff.

The Spring Kick-Off Event features speaker Dave Jacke, author of "Edible Forest Landscapes," and includes a Friday night keynote presentation and weekend experiential workshop.

Dave Jacke's presentation, "Regenerating Communities, Ecosystems and Landscapes by Design," will explore the "whys" of permaculture. It is open to the public and will be held at 6:30 p.m. Friday, March 12, in the University of Iowa Pomerantz Center, 200 N. Capitol St., Iowa City. Tickets are \$10 — it's free to University of Iowa students — and can be purchased at the door or in advance online.

The event continues with a two-day experiential workshop on the "hows" of permaculture, led by Dave Jacke and ecological landscape designer Chris Jackson.

The weekend workshop, the first in Backyard Abundance's "Create Abundant Landscapes" series, will be held from 8:30 a.m. to 6 p.m. March 13 and 14, also in the University of Iowa Pomerantz Center. The cost is \$125 and includes lunch and snacks. Registration is required and limited to 90 participants.

For more information or to register, visit [BackyardAbundance.org](http://BackyardAbundance.org) or call (319) 325-6810. For more information about Dave Jacke, visit [edibleforestgardens.com](http://edibleforestgardens.com).



Fred Meyer uses a level to find the contour of a hill for a rain garden. (Submitted)



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# Loving laziness

How doing nothing can make life better



By Leslie Klipsch

I love lounging on the couch covered with newspaper, sipping coffee at leisure. There is little that satisfies me more than sitting stationary on the floor for great lengths of time, watching my two young sons push cars as I gaze on. I frequent coffee shops with a simple agenda of staring out windows, daydreaming, and ignoring phone calls and invitations to chat. One might think this ability to happily do nothing would alter my ability to maintain relationships. One might even pity my poor family. But rest assured, our house is (mostly) clean, our children fed, and I have a few friends on speed dial to my credit. However, on my best day, I barely break a sweat.

As a mother of young children, I have shed my insecurities that this lackadaisical attitude might inhibit my sons' chances of socializing successfully or someday getting into a top-notch college. In fact, I actually believe that this posture of nothingness is my best, most productive parenting strategy. My children and I stay at home whenever possible to paint, cook or sort clothes from the dryer. A walk to the park, if we feel ambitious, suits us fine. We dance in the dining room to our favorite tunes, call it "Music and Movement with Mama," and consider it a private lesson that we don't have to change out of our pajamas for. All three of us love "unstructured free time,"

an important sounding name for "You Do Your Thing and Mommy Will Watch from the Couch."

I've spent years trying to get over the idea that busyness equals success, as it does in many realms of American life, and recently looked to Dr. Betsy Rippentrop, an Iowa City psychologist and yoga instructor, for reassurance.

"Overstimulation is a problem in our culture. And honestly, kids are better than any of us at just being," she told me over the phone. "What we try to impose on them are all of these activities and things to do and places to be instead of allowing them to be present and be a kid. We're breeding the problem that's inherent as adults: We go all of the time, we never slow down, we never give ourselves breaks."

There is, of course, nothing wrong with being involved in activities that we enjoy. But I do believe that we can all benefit from staying quiet a bit more often. I keep reading about the "Secular Sabbath" — a day where Blackberries are silenced, laptops kept out of sight and Facebook left unchecked. These days of uninterrupted relaxation can inspire both a healthy sigh of relief and some of our best thinking.

"It's about honoring one day to rest," Rippentrop says of the Sabbath experience. "It's an important step in trying to quiet down your life and your mind so that you can start to look inside yourself."

So far my idle attitude hasn't caused much turmoil for those I love. Despite his short resume, my oldest got into a good preschool, and the neighborhood public school has no choice but to accept us for who we are: Laid-back homebodies with, I believe, a bit more imagination than what we might have otherwise developed. (All that "unstructured free time" is supposed to do wonders for a kid's creativity.)

Rippentrop actually encouraged me to slow down even more by taking a step towards formal meditation practice. "To really know lasting happiness and find contentment in your life," she says, "you have to look inside. There are formal practices that have been around for thousands of years that show us the way to know ourselves. Starting a formal meditation program or trying some yoga is important for people's development and their evolution as a human being."

A good time to start? March 15 is National Napping Day. With the approach of this nationally recognized day, why not give it a shot? As Rippentrop says, "By doing nothing and by finally trying to quiet ourselves, we can start to move inside and really connect with our true essence, our higher self, or perhaps something even larger."

It seems to me that this nothing amounts to a very important something after all.



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## rooting around

### It's maple syrup time in Iowa

The Indian Creek Nature Center, Cedar Rapids, will host its 27th annual Maple Syrup Festival from 8:30 a.m. to 12:30 p.m. March 6-7. Festival-goers can see the tapping of trees for syrup collection, gather sap and learn how sap is processed into delicious maple syrup. Advance tickets for the event are \$6.50 for adults and \$3.50 for ages 3-12. At the door, tickets are \$7 for adults and \$4 for kids. Ticket holders also are entitled to a full breakfast with pancakes, sausage, juice, milk, coffee and real maple syrup. There will be live music, too. To order tickets or ask questions, call the Indian Creek Nature Center at (319) 362-0664. The center is located at 6665 Otis Road, Cedar Rapids. Its Web site is [indiancreeknaturecenter.org](http://indiancreeknaturecenter.org).

Also this month, the Wapsi River Environmental Education Center, 31555 52nd Ave., Dixon, Iowa, will host a maple-syruping demonstration with naturalist Tom Greene at 1 p.m. March 6. Greene will discuss the history and procedure for tapping trees for syrup. To register, call (563) 328-3286.



Syrup drips from a spile in a maple tree. (File)

### Iowa City to make sustainable changes in Riverfront Crossings District

The Riverfront Crossings District in Iowa City, Iowa, has been selected as one of five sustainable communities pilot projects in the United States as part of a partnership between EPA and the Department of Housing and Urban Development and the U.S. Department of Transportation. The goal of the project is to clean up and redevelop the area, which is a mix of student housing, auto-oriented commercial businesses and industrial sites. Iowa City plans to revitalize the District by developing walkable urban neighborhoods that will provide a mix of affordable housing, ground-floor retail and office space, pedestrian-oriented streetscapes, entertainment and recreation facilities, public open space, trails, and other open-space amenities along the Iowa River.

### Three ways to make a birdhouse

Want to add a birdhouse to your winter and spring landscape? You have three opportunities this month. First, the Hurstville Interpretive Center, 18670 63rd St., Maquoketa, Iowa, will host a birdhouse workshop at 1 p.m. March 7. Cost for the event is the cost of materials for each birdhouse. Houses are \$5 for wrens; \$7 for bluebirds; and \$16 for kestrels. Call (563) 652-3783 to register in advance.

Later in the month, The Wapsi River Environmental Education Center, 31555 52nd Ave., Dixon, Iowa, will hold two birdhouse workshops — from 1-4 p.m. March 20 and at 6:30 p.m. March 25. The March 10 workshop will teach participants to build houses for wrens, chickadees, nuthatches, swallows, bluebirds, martins, wood ducks, owls and kestrels. Fees are \$5 to \$30 depending on the house you make. The March 25 workshop will teach how to make houses for bluebirds, wrens, kestrels or wood ducks. Fees are \$5 to \$25. To register for either Wapsi class, call (563) 847-7202. Register for the March 25 class by March 20.



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## rooting around

### Cat unveils first electric drive tractor

Caterpillar Inc. has unveiled a first-of-its-kind electric drive track-type tractor. The new D7E tractor uses significantly less fuel than other mid-sized tractors. And although it costs about 20 percent more than its conventional counterpart, the D7E does more work while consuming less fuel and fewer parts, "providing customers with lower owning and operating costs," says Caterpillar CEO Doug Oberhelman. "The environmental impact has never been more in the public eye," Oberhelman says, "and that's the way it should be."



Caterpillar's new D7E tractor. (GateHouse)

### Learn about lighthouse at Winter Glow

The Hurstville Interpretive Center, 18670 63rd St., Maquoketa, Iowa, will host a Winter Glow event from 3 to 7 p.m. March 14. The day begins at 3 p.m. with a program about the Rock Island Lighthouse, a lighthouse located at the northern tip of Door Peninsula, Wis. The program will be presented by Bill and Wendy Hainstock and Rich and Mary Hayward, who have spent several vacations serving as volunteer guides and lighthouse keepers there. A soup supper will be served from 4:30 to 7 p.m. Guests should bring their own place settings to save 50 cents on admission. During the event, the Friends of Jackson County Conservation will host a silent auction from 4 to 6 p.m. The program is free, but the dinner requires tickets. Cost for the meal is \$7 for adults and \$5 for ages 5-10. For more information, call the Hurstville Interpretive Center at (563) 652-3783.

### Henry Farnam Dinner to benefit River Action

The 2010 Henry Farnam Dinner will be held March 12 at the i wireless Center, 1201 River Drive, Moline. The seventh annual dinner will celebrate the sesquicentennial of the 1860 foundation of Augustana College, Rock Island, and the Weyerhaeuser & Denkmann Lumber Company. The event will begin at 5:30 p.m. with cocktails and displays, with dinner at 6:30 p.m. and a program at 7:30 p.m. Tickets are \$40 per person. A reserved table of 10 is \$375. Reservations are due March 9. Reservations and payment may be mailed to River Action, P.O. Box 963, Davenport, IA 52803. For details about the event, call River Action at (563) 322-2969.



Henry Farnam (File)



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## Urban chickens: Learn to raise 'em at New Pioneer

Thinking about raising chickens in your backyard? You can learn the basics at New Pioneer Food Co-op, 1101 2nd St., Coralville, Iowa. Events are free and open to everyone. From 6 to 7:30 p.m. March 2, Misha Goodman of Iowa City Animal Services will outline what is needed for a suitable chicken house, laying nest boxes and backyard enclosure. She will provide tips on chick sources, proper feeding, keeping the hens safe from predators, and taking care of chicken waste. Then, from 6 to 7:30 p.m. March 11, Stacey Driscoll and Alicia Diehl of IC Friends of Urban Chickens, will take a light-hearted look at the joys and challenges of raising hens within city limits. For more information, call New Pioneer at (319) 358-5513.



File

## Hop online for a winter 'farminar'

It's too cold to head into the field for a seminar, so the Practical Farmers of Iowa are hosting a series of winter Web-based "farminars" from 7 to 8:30 p.m. Tuesdays, March 2-23. The March 2 program will feature pastured poultry. Farmer Tim Daley, who produces and markets poultry on pasture, will share his extensive knowledge with beginning farmer Cheryl Ness. The March 9 presentation on vegetable production will feature farmer Gary Guthrie of Growing Harmony Farm, known as the "Carrott King" of Iowa. On March 16, you can learn about vegetable marketing from farmer Susan Jutz of ZJ Farms, who grows vegetables on her farm near Solon, Iowa. Finally, on March 23, you can log in to learn about grass-fed beef with grass-based livestock expert Doug Gunnink of Gunnink Forage Institute. To sign up for a farminar, e-mail Luke@practicalfarmers.org or visit practicalfarmers.org/farminar.



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All produce grown on our organic family farm. Members pick up their shares at pre-arranged sites in the Quad-Cities and surrounding area including the Davenport Freight House Farmers Market, May through October.

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## rooting around

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### Trudi Temple presents 'Order + Creativity = Economy' at QC Botanical Center

The Quad City Botanical Center, 2525 4th Ave., Rock Island, will host a garden program from 2 to 4 p.m. March 14. The presenter will be Trudi Temple, whose one-acre garden in Hinsdale, Ill., has been featured on "The Victory Garden" on PBS. At 73 years old, Temple still does all of the planting and most of the garden's maintenance. During the presentation, Temple will share gardening advice, including her secret to compost. Admission to the program is free. For more information, call the Botanical Center at (309) 794-0991.

### Iowa Expo is the place for all things green

Internationally known horticulturist Dan Heims and garden designer and author Stephanie Cohen will speak this month during the All-Iowa Horticulture Exposition. The event will be held at the Bridge View Center, 102 Church St., Ottumwa, Iowa. Exhibit hall hours will be 11 a.m. to 4 p.m. March 19 and 9 a.m. to 2 p.m. March 20. The event will include more than a dozen educational presentations and demonstrations on vegetables, nuts, lawn care, hypertufa troughs, lilies, unusual plants and butterflies. Admission is \$10 for adults for one day, \$15 for two days, \$5 for students and free for kids 12 and under. For more information, visit the Iowa State Horticultural Society's Web site, [iowahort.org](http://iowahort.org).

### Annual Illowa Orchid Show moves to Wallace's Garden Center

It's all about orchids at the Illowa Orchid Society's annual Orchid Show. This year's exhibition will be held at Wallace's Garden Center, 2605 Devils Glen Road, Bettendorf, Iowa. Hours will be 9 a.m. to 5 p.m. March 27 and 28. At 10:30 a.m. March 27, Craig Hignight will talk about keeping orchids and houseplants, as well as pest solutions, propagation and general plant care. The Orchid Show is an annual tradition that includes displays, sales, orchid information and presentations by top orchid experts. Admission is free. For more information, visit [illowaorchids.org](http://illowaorchids.org).



## Butterflies and rain gardens at Horticulture in the Heartland at Bickelhaupt Arboretum

The Bickelhaupt Arboretum will host Horticulture in the Heartland, a seminar, at Clinton Community College in Clinton, Iowa, on March 6. Registration is from 8:30 to 9 a.m. The \$30 admission fee includes continental breakfast and lunch. Each participant will receive a packet of horticulture information. The day will be divided into three breakout sessions, in which attendees can learn about butterflies, rain gardens, new annuals and perennials, edible plants (including weeds), insects in woody ornamentals, conifers, crabapple trees, bird diversity and habitat, and more. Keynote speaker Jeff Iles, chair of the department of horticulture at Iowa State University, will present "The Best Shade and Ornamental Trees for Iowa" at 11 a.m. For more information, call the arboretum at (563) 242-4771. An event registration form is available online at [bick-arb.org](http://bick-arb.org).

## Making fun of food gets kids to eat veggies

Mini-review: "Bean Appétit: Hip and Healthy Ways to Have Fun With Your Food" (Andrews McMeel Publishing, Feb. 2010, 208 pages, \$14.99 in hardback)



Bean Appétit, a cookbook and activity book, is geared for parents with young children and a healthy tolerance for silliness. The author's aim is not to disguise healthy food in acceptable forms, like shredded carrots in meatloaf, but to present these foods front and center, in ways that are fun and attractive to kids. Games and crafts, discussion questions and helpful hints are interspersed with healthy recipes. The recipes are very simple, often showcasing unique presentations of basic foods. One that caught my eye was Campfire Crunch, a simple display of grapes, cheddar cheese, carrots and pretzels staged to look like a fire ring filled with leaping flames.

The book includes goofy instructions that are likely to annoy most adults. (I tried to ignore them.) In Ready to Roll Ups, an egg-and-spinach pesto breakfast recipe, the instructions suggest making a "noise like an alarm clock" while spraying the baking pans. Instructions for the otherwise delicious Fla-Mango Soup instruct kids to pretend to surf and hula-hoop while running the blender. Hmm, no thanks.

Despite the ridiculousness, however, the book contains good ideas for encouraging kids to try healthy foods.

— Terri Nestel, Bettendorf, Iowa

## Home Grown Challenge Boot Camp

The University of Illinois Extension — Rock Island County will host its Home Grown Challenge Vegetable Gardening Boot Camp from noon to 5 p.m. at the Milan Community Center, 2701 1st St. E., Milan, Ill. Participants will learn the basics of vegetable gardening in this intensive, five-hour class. Cost of admission is \$15 per person. To register, call the extension at (309) 756-9978 or visit [yourextension.org](http://yourextension.org).



Submitted

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**Tuesday – Saturday 11 am to 9 pm & Sunday 11 am to 2 pm**

Due to the home cooking, some lunch and dinner items may be limited due to preparation times. Dinner menu starts at 5pm

## resources

### STOCK UP AND COOK!

(Story on page 8)

What do you need to stock a pantry? Here are the basics for Asian and Southwest cooking.

**Asian pantry:** Peanut oil, soy sauce, sesame oil, garlic, onions, chili sauce, cornstarch, dried mushrooms, sake (or dry sherry), egg noodles, rice, fish sauce, garlic, ginger root, hoisin sauce, oyster sauce, and sesame seeds.

**Southwest pantry:** Dried beans, rice, chipotle chilies in adobo sauce, dried chilies, jalapenos, tomato sauce, beef stock or broth, garlic, onions, cumin, oregano, saffron, corn meal, hominy, masa harina, jack cheese, eggs, vegetable oil, lemons and limes, honey, vanilla, tequila, and unsweetened chocolate.

### HOP, SKIP AND JUMP

(Story on page 16)

Looking for a Nia class? Here's where to find one in the Radish region.

- A Clover on Main, 205 S. Main St., Galena; (815) 402-4243.
- Galena Territory Owners Club, Galena; (815) 777-2000.
- City Ballet of Iowa, 700 S. Dubuque St., Iowa City; (319) 855-3500.
- First Christian Church, 900 Lincolnshire Place, Coralville, Iowa; (319) 337-7995.
- Body and Soul Wellness Center and Spa, 2728 Asbury Road, Dubuque; (563) 556-9642.
- Mercy Fitness Center, 5264 Council St. N.E., Cedar Rapids; (319) 221-8877.
- Tall Pine Studio, 1940 185th St., Fairfield, Iowa; (641) 472-9244.
- Argiro Student Center, on the campus of Maharishi University of Management, Fairfield; (641) 472-9244.

### GETTIN' THE GLUTEN OUT

(Story on page 18)

#### Gluten Free (GF) Flour Mix

Whisk together 2 parts white or brown rice flour,  $\frac{2}{3}$  part potato starch flour, and  $\frac{1}{3}$  part tapioca flour. Store in an airtight container.

#### A.M. Delight Muffins

2 cups GF flour mix (homemade or purchased), or 2 cups GF flour plus 1 teaspoon xanthan gum	$\frac{1}{2}$ cup vegetable oil
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup milk
2 teaspoons baking soda	1½ teaspoons pure vanilla
1½ teaspoons cinnamon	2 cups apples, peeled and chopped
$\frac{1}{2}$ teaspoon salt	2 cups grated carrots
3 eggs	$\frac{1}{2}$ cup flaked coconut
	$\frac{1}{2}$ cup raisins
	$\frac{1}{2}$ cup sliced almonds (optional)

In large bowl, combine GF flour mix (or GF flour and xanthan gum), sugar, baking soda, cinnamon and salt. Whisk until well blended. In another bowl, beat eggs. Add oil, milk and vanilla, and mix well. Stir wet ingredients into dry ingredients just until moistened. (Do not over-mix.) Fold in apples, carrots, coconut, raisins and almonds. Fill greased or paper-lined muffin tins three-fourths full. Bake in a preheated 375-degree oven for 20-25 minutes. Makes 18 muffins.

*Recipes by Becky Wentworth*

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## Lock onto creativity with plastic 'robots' designed locally

**What it is:** Lockrobots are plastic toys that look like angular gingerbread men. The bright, solid-color pieces lock together in numerous ways, letting kids design and build almost anything they can dream up.

**Who can use it:** Lockrobots are for kids of all ages. Small children can use the toys to hone fine motor skills and to learn colors, shapes and counting. Older kids — even teens — can design structures with the toys.

**Other good stuff:** Lockrobots are the invention of Mike Teel of New Windsor, Ill., who sketched the initial design in 1999 and made

some wooden, palm-sized prototypes with a scroll saw. A manufacturer in Viola, Ill., made a mold for the toy, and now they are manufactured in Tennessee.

**What it costs:** There is a 15-piece set for \$10, a 30-piece set for \$19, a 70-piece set for \$34 and a 150-piece set for \$59. Each set has an equal number of each color: green, blue, yellow, orange and red.

**Where to get it:** Lockrobots are sold online at [lockrobots.com](http://lockrobots.com) and by phone at (309) 667-2425.

— Reported by Anthony Watt



Gary Krambeck / Radish



## Arts, culture and science at the Children's Discovery Museum

**What it is:** The Felix Adler Children's Discovery Museum, 332 8th Ave. S., Clinton, Iowa, is a place where kids can play and learn about the arts, culture and science through exhibits, displays and special programs and events.

**Fun stuff:** Kids can let loose their inner designers in the Kapla block corner, which has more than 10,000 of the French-style wooden building blocks that let kids build structures from simple to intricate. The museum also has a dress-up station, a treehouse and an exhibit in which kids can envelop themselves in a giant soap bubble. There's a lot to see and do here, and parents often have just as much fun as the kids.

As for special events, Fun Time Fridays for preschoolers starts at 10:30 a.m. each Friday. Each session will give kids a project to do as they learn about nature, conservation and other topics.

**Good to know:** Admission is \$4, \$3 for ages 65 and older, and free for children under 2. A family membership is \$60, and members get in free.

**Good to go:** The Felix Adler Children's Discovery Center is open 10 a.m. to 4 p.m. Wednesdays through Saturdays and 1 to 4 p.m. Sunday. The center is closed Mondays and Tuesdays. The phone number is (563) 243-3600, and the Web site is [adlerdiscoverycenter.org](http://adlerdiscoverycenter.org).

Have an idea — an eco-friendly toy or a great place — to share with "for your family?" E-mail it to [editor@radishmagazine.com](mailto:editor@radishmagazine.com).

food for thought

# Relishing every bite

To eat with reverence, we must let go



By Janet Darmour-Paul

Food is beautiful. As a child I remember watching my mom cut open a whole watermelon. Its prettiness snuck up on me — luscious pink with black seeds, white and green rind. I remember the delightfulness of its colors as well as its flavor. I think strawberries are ecstatically beautiful, too. I know people who have kitchens in the motif of watermelons or strawberries. The cups and plates and wall hangings are blossoming with fruit. Is it nostalgia? Do people collect memories of food experiences because of a love-sickness? Maybe it's a longing for the whole event of a late summer's watermelon, being in relationship to the earth and its readiness. We get attached to the whole emotional event and want these delights available to us at any time. We may even feel entitled to gorgeous watermelon all year round.

By studying yoga I came to understand the practice of letting experiences go. The yoga moral principle of “aparigraha” (non-hoarding or not coveting) makes sense. One easily can recognize the coveting of things. But what about the hoarding of food experiences? Today's Tree Pose will not be yesterday's Tree Pose. Awareness and balance are different each day. Similarly, if I ate shipped-in asparagus all winter long, would I recognize, let alone savor, the event of an asparagus shoot in May?

Part of a delicious tomato season or peach crop is letting it pass, not getting attached. Let it come around next year. I am not expecting a luscious tomato in March. I must learn to wait for it. I do indulge in fruits and vegetables out of season. Yet, I am observing an earthy appreciation when I eat what is truly ready, local, in season, and ripe.

It is harder and harder to differentiate seasons of the year by looking at the grocery store produce section. Sure, we know in winter that oranges appear in the stores. Do I even know when avocados are in season, or celery? They seem to be there year round. This autumn I truly appreciated greens from the farmers' market. I was encouraged (by Dr. Oz) to try kale and chard and spinach. He's right. They are tangy and full of flavor. I cooked eggplant for the first time in years because we purchased a share in a CSA farm, and they offered eggplant in our weekly cooler. The love of the earth came to me as a summer squash like I have never known before. I bowed to Mother Earth and relished the offering even of a turnip. (Don't worry — I won't become nostalgic and start collecting cups and plates in a turnip motif!)

When we feel entitled to a delicious cantaloupe all year long, we are caught in a type of bondage. The earth offers us its gifts in a seasonal rhythm. Spring will roll through with the tastes of asparagus

and tart rhubarb. Local cantaloupe will arrive near summer's end.

Because we are in this mutual relationship with the earth, we wait for the gifts, the donations nature provides. Expectation puts “me” first. I want a fresh strawberry now. Out of season? I don't care. But no amount of ingenuity can force the flavor and beauty of a June berry like one from your yard, offered effortlessly. We can learn to open our capacity to receive what is being offered here and now, in this place. It's a give and take with nature.

As many people suggest, we need a new relationship to food. I think that involves being amazed and surprised by the growing seasons. By letting go of attachment to previous food delights, we taste with a beginner's mind what is offered this day. We eat with reverence.

In her book, “Animal, Vegetable, Miracle,” Barbara Kingsolver asks, “Why do we eat so much bad food on purpose?” And she guesses it's because of alienation. We have no feeling for the whole process, the planting and nurturing of food. We've lost relationship. This leaves us hungry for something more, or something we remember tasting so good.

I believe the satisfaction of our hunger and our longing lies in being in relationship with what the earth offers in this season, in this place, with this very bite.



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