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from the editor



Radish editor, Sarah J. Gardner, with Isaac McKinley and his mother, Jen Smith. (Photo by Todd Welvaert / Radish)

I love a good tent. I love the way a bit of flimsy nylon and a handful of metal poles makes a shelter that boasts the whole world as its front porch. I never get in one that I don't think of the poet Louis Jenkins, who describes a tent as "a banner that proclaims / we will not be here very long." In return for that transience, a tent gives us a different view every time we look out its door. What palace built of alabaster or jade could match that kind of extravagance?

It's hard not to feel a degree of gratitude when I consider all the things this humble enclosure has enabled me to see. Dawn over a desert full of agave, their towering stalks of flowers hung like church bells. A mountaintop sky crowded with stars as plump and bright as orchard fruit. A coastal forest grown drowsy as fog filtered in from the sea. I have carried my tent many places, and it has sheltered me well.

What Jenkins tells us of a campsite can also be said of our lives as a whole: we will not be here very long. If my tent is a repository of memories, it is also a reminder that time is always passing. The banner could just as easily proclaim there is more yet to see. That is as true in our own neighborhoods as it is in distant wilderness vistas. Nature surrounds us wherever we are. Often the trick is simply to allow ourselves the chance to really connect with it.

When young Isaac McKinley, 3, visited our studio to appear on the cover, I couldn't help but think of all the discoveries that await him in the natural world. Some of the best moments in a tent happen when we are young and that "tent" is nothing more than a blanket slung over a clothesline. An ant climbing to the wind-tossed height of a blade of grass in our own backyard is no less thrilling to witness than a waterfall deep in a pine canyon. An hour spent observing either enriches our lives a hundredfold.

This month in Radish, in addition to tips on caring for your camping goods, you'll find other discoveries: whitewater destinations in the Midwest, an art gallery thriving within a bakery, computer apps to take your cooking to the next level. Time is always passing, but what rich and wonderful ways we have to spend the hours.

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

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

the grapevine

We love to meet our readers! Thanks to Friends of Radish, you can find representatives of the magazine at the **Seventh Annual Environmental Film Festival**, hosted by the Eagle View Group of the Sierra Club, 10:30 a.m. to 5:30 p.m. Saturday, March 17, in Olin Auditorium at Augustana College, 733 35th St., Rock Island. Pick up back issues, tell us what you would like to see more of in Radish, and learn about efforts toward healthy living in our area.

Read more about this event on page 18. To discover more upcoming events of interest, see the events calendar at radishmagazine.com.

On the Road with **Radish**



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Radish Reads: Check out these free titles!

Looking to curl up with a good book and a cup of tea? Or interested, perhaps, in pursuing a new hobby — something like making maple syrup or raising goats? Radish may have just what you’re looking for. We have a stack of books waiting to be reviewed, and you can request any one of them simply by sending an email to editor@radishmagazine.com. The book is free and yours to keep in return for a short, 200- to 250-word review (about twice the length of this paragraph), which may be printed in a future issue of Radish. Titles are available on a first-come, first-served basis, so get your request in early.

- “On the Future of Food,” by Charles Windsor, the Prince of Wales (Rodale Books, 2012).
- “Maple Sugar: From Sap to Syrup, the History, Lore, and How-To Behind This Sweet Treat,” by Tim Herd (Storey Publishing, 2010).
- “The Backyard Goat: An Introductory Guide to Keeping Productive Pet Goats,” by Sue Weaver (Storey Publishing, 2011).
- “The Non-Toxic Avenger: What You Don’t Know Can Hurt You,” by Deanna Duke (New Society Publishers, 2011).
- “Comfortably Unaware: Global Depletion and Food Responsibility ... What You Choose to Eat is Killing Our Planet,” by Dr. Richard A. Oppenlander (Langdon Street Press, 2011).
- “The Promise of Surfing Rainbows: Opening Your Energy Flow Attracts a Treasured Life,” by P.D.M. Dolce (Balboa Press, 2010).



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12:30 p.m. What on Earth? Climate Change & Severe Weather Safety
Eddy Weiss, storm chaser, author and educator, will teach you about severe weather and severe weather safety with a "twist." His presentation will include preparedness insights and a challenge to change your world.

2:30 p.m. Nature Photography 101
Local nature photographers will teach you tips and tricks of the trade on taking photos of wildlife. They'll also discuss interesting local venues for wildlife photography and show you samples of their work.

All Fair and Workshop attendees are entered into raffles to win Quad Cities experiences and other earth-friendly prizes!

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healthy living from the ground up

features



6 Technical support
How kitchen apps won over an avid cookbook fan.

8 Super spuds
Healthy sweet potatoes make sense at any meal.

10 The Bakery Gallery
A unique partnership helps two QC endeavors thrive.

14 Run the river
You don't have to leave the Midwest to go whitewater rafting.

in every issue

2 from the editor

3 the grapevine

on the cover



Isaac McKinley of Davenport looks forward to the camping season ahead. (Photo by Todd Welvaert)

departments

12 food
Stout it out: A little extra oomph for your cake courtesy of a good brew.

16 outdoors
All geared up: Basic maintenance to keep your camping goods in working order.

18 environment
Free, local film festival makes for an extra "green" St. Patrick's Day.

22 gardens
Bust outta rows: Make the most of a small plot with square-foot gardening.

24 health & fitness
A lady weights: It's time to rethink ideas about women and strength training.

26 health & medicine
License to heal: QC naturopath says better health is within our reach.

28 health & fitness
Sole searching: Minimalist shoes are great — once you find the right pair.

32 food for thought
Begin at home: Finding the power and meaning in household choices.



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An old barn may not fit in a recycling bin, but that's no reason to let all that lumber go to waste. Barns taken down board by board can find new life as architectural elements in homes and businesses. Just ask Lanette Carlson, who owns Carlson's Barnwood Company near Cambridge, Ill., with her husband Jim. "We're saving history," Lanette says. You can read more about their business at radishmagazine.com.

healthy living

Technical support

How kitchen apps won over this avid cookbook fan

By Leslie Klipsch

As someone who delights in curling up with a good cookbook as much as a good novel, I never thought I'd rely on anything but the worn and stained pages of my favorite cookbooks to guide me through my culinary adventures. But then I got an iPad. Now, when it's time to roll up my sleeves and make a meal, I often find my tablet computer is nearly as essential as fresh ingredients, sharp knives and my food processor.

A wealth of helpful guides

It began with a number of blogs that focus on food. My favorites typically include a brief anecdote and a recipe with beautiful (often step-by-step) photography. Such mouth-watering, colorful pictures appear more than inviting on my iPad screen. When David Lebovitz (davidlebovitz.com) posts about baking chocolate persimmon muffins from his kitchen in Paris, I want to jump into the screen for a sample. Instead, I settle for the next best thing: I march straight from my comfy reading chair to the kitchen — my tablet displaying the lovely and instructive websites in hand — and prepare to attempt such magic at home.

Daily posts with new recipes and beautifully photographed food is just the beginning. My iPad also offers convenient access to Google, which my husband and I both find useful in the kitchen. With a bit of trial and error, we've discovered excellent recipes for everything from baked oatmeal to fresh mint ice cream. We've also had great luck with Ethiopian wats — our taste du jour — simply by accessing our favorite search engine from our kitchen table.

And then there's YouTube. Of course, you can access this on any computer (or phone or television) with an internet connection, but a tablet is the perfect size to prop up on the counter and follow along. (Messy cooks can purchase protective covering to shield your screen from spills, such as the Chef's Sleeve.) Though cookbooks often include nicely drawn illustrations meant to instruct, I find that nothing compares to an actual cook demonstrating proper technique right before your eyes. These video tutorials tend to be more precise and straightforward than a half-hour episode on the Food Network and can travel onto your workspace with you.

Good apps come in handy

The downside of the blind search is that the sheer amount of information can be overwhelming. This is when finding a few favorite apps is helpful. Epicurious, for instance, has a free app that lists thousands of recipes from sources you've heard of — many from your favorite foodie magazines are archived there. There are also a growing number of well-known food personae (Mario Batali, Jamie Oliver and



Leslie Klipsch prepares an Everyday Cake found on the Orangette food blog, orangette.blogspot.com. (Photos by Paul Colletti / Radish)

Martha Stewart, to name a few) who have their own apps, and more and more popular cookbooks are being formatted into apps as well — the crème de la crème perhaps being “The Professional Chef” by the Culinary Institute of America. This textbook app costs \$49.99 and includes more than 800 recipes, embedded videos, interactive images and notes shared by other cooks using the book.

Apps are also great for inspiration and organization. The Allrecipes “Dinner Spinner” (free) is a fun, time-saving application that helps plan menus. Many apps will help you create a meal using the staples you have on hand and even more will allow you to search by category — be it an occasion, particular time of day or type of cuisine. Some apps are simply practical, such as Kitchen Math (99 cents), which helps with sometimes tricky kitchen conversions, and Smart Chef Substitutions (\$1.99), which might save you from a last-minute trip to the grocery.

I find myself most often using my favorite apps while searching for specialty dishes. Like many, the Whole Foods recipe app (free) allows the user to search for recipes according to diet. With this app I can narrow down recipes that are dairy-free when cooking dinner for my lactose-intolerant daughter and gluten-free when I’m cooking for my friend with a wheat sensitivity.

Something old, something new

And yet the hard copies of my favorite cookbooks are hardly gathering dust. I know that my favorite goat cheese and tomato quiche is bookmarked in “The Joy of Cooking” with a photograph of my son, and I’ve committed to memory the page number of my go-to recipe for blueberry scones (page 640, in case you were wondering). Perhaps I’m sentimental, but pulling these well-worn copies from the shelf and flipping through the yellowing pages brings back a sense memory that I don’t get from swiping at the iPad.

Like many book lovers, I sometimes feel conflicted about my embrace of digital technology, particularly as I worry about the future of print media. But as someone who enjoys learning new things in the kitchen, I appreciate what the latest technology offers.

I take cues from what I know of Julia Child, who was notoriously open to new ideas and culinary conveniences. In fact, Child was quick to embrace the food processor when it was first marketed to home chefs in the early 1970s. She eventually rewrote many of her recipes to include the “wonderful FP machine,” as well as the heavy-duty mixer attachments that were becoming more common in home kitchens as well. You’ll find evidence of this in the later editions of her classic “Mastering the Art of French Cooking,” which, as you might have guessed, is now available as an e-book.

Leslie Klipsch is a frequent contributor to Radish magazine. Find the recipes for Everyday Cake (pictured, left) online at bit.ly/tp2Qf and Basic Buttermilk Quick Bread (pictured, above) at bit.ly/zhjAPU.



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healthy living

Super spuds

Healthy sweet potatoes make sense at any meal

By Erin Alderson

You couldn't call it love at first bite: The first time I ate a sweet potato plain, I don't remember being enraptured. In fact, the more likely scenario is I tried it, made a "I'm not so sure I like this" face, and reached for something else. Then again, when I was younger I thought the only time a person ate sweet potatoes was at Thanksgiving. By rule those sweet potatoes had to be covered in brown sugar, butter and marshmallows. Not exactly healthy eating.

As I matured and moved toward a more balanced, whole-foods diet, one with more vegetarian meals, I began looking for different options as main courses. Sweet potatoes fit the bill. Instead of filling enchiladas with chicken or beef, I began using sweet potatoes and black beans. For breakfast, instead of sausage, I would add roasted sweet potatoes into a quiche. The sweet but not overpowering

flavor of the sweet potato made the perfect swap for meat, adding a little extra heft to the dish. Even my meat-craving friends gave my creations a thumbs-up.

Besides adding a vibrant color to the mix, sweet potatoes are chock-full of vitamin A and beta-carotene. These nutrients help promote healthy eyes, immune system, hair and skin. The sweet potato also has dietary fiber, iron, calcium and potassium. Don't let the slightly ugly exterior of this root vegetable fool you — it can add a punch of nutrients to your dishes!

Versatile. Healthy. A great addition to any meal of the day. The next time you find yourself perusing the produce section of your grocery store, you might want to give sweet potatoes a second look.

Erin Alderson is a food blogger living in central Illinois. Read more of her recipe ideas at naturallyella.com.

Whole Wheat Sweet Potato Gnocchi

Gnocchi:

1 medium sweet potato	1 teaspoon cinnamon
½ teaspoon salt	¾-1 cup whole wheat pastry flour
½ teaspoon black pepper	

Brown Butter:

¼ cup butter	2 teaspoons maple syrup
1 tablespoon fresh rosemary	Salt and pepper to taste

Preheat oven to 425. Pierce sweet potato with a fork, place in oven, and bake for 30-40 minutes or until soft. Remove from oven and let cool slightly.

Cut sweet potato in half, scoop out insides, and mash. Measure out 1 cup to use and save the rest for another time. To that cup, stir in salt, pepper, cinnamon and ¼ cup of the wheat flour. Continue to stir and add flour until the mixture forms a soft dough (the dough might be sticky, just use more flour on your hands and work surface). Divide dough into three balls and roll each out into ropes 1 inch in diameter, then cut into 1-inch segments. Indent gnocchi with the tines of a fork. Repeat with remaining dough.

Bring a pot of water to a boil. Place half the gnocchi in the boiling water and cook for 5-6 minutes (1-2 minutes past when they float to the surface of the water).

While gnocchi cook, melt butter in a skillet and add rosemary. Continue to cook butter until the foam subsides and the butter begins to brown. Remove from the heat and stir in the maple syrup, salt, and pepper. Once gnocchi are done, toss with brown butter and serve. Serves 4.



Submitted



Submitted

Sweet Potato and Spinach Burrito

- | | |
|-------------------------------------|--|
| 2 whole wheat tortillas | ¼ cup green pepper, diced |
| 1½ cups cooked, mashed sweet potato | ½ cup black beans (if using canned, drain) |
| ½-1 teaspoon chipotle powder | 1 large handful of fresh spinach |
| 1 tablespoon olive oil | ¼ cup fresh cilantro |
| 1 small onion, diced | 2 tablespoons lime juice |

Combine cooked, mashed sweet potato with chipotle powder and mix to distribute seasoning evenly. Taste and adjust the chipotle seasoning — use cautiously, it can be hot! Set aside.

In a skillet, heat olive oil over medium heat. Add in onions and peppers; cook for 3-4 minutes or until onions become translucent. Stir in black beans and continue to cook for 2-3 more minutes. Finally, add in spinach, cilantro and lime juice cooking until spinach becomes slightly wilted.

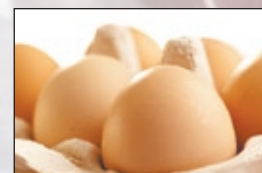
Place ½ the sweet potato mixture in the center of the tortilla and add a few spoonfuls of the spinach/black mixture on top. Roll and place the seam side down on a heated panini press or regular skillet. Heat for 1-2 minutes, flip (if using a skillet), and heat until both sides have slightly browned. Serves 2.

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healthy living

The Bakery Gallery

A unique partnership helps two Q-C endeavors thrive

By Sarah J. Gardner

It's 7 o'clock on a Thursday evening. Armed with a ladder, a pair of carpenter's levels and 240 pushpins, artist Rebecca Ann Rakstad and gallery owner Joseph Lappie work to hang 113 letterpress prints along two walls in preparation for a show featuring Rakstad's work that opens the following night.

While they discuss the best way to position another tier of prints — both the floor and the ceiling slant, making the rectangular prints look askew — a customer

steps into the gallery space. He glances at the art, pulls a wallet from his back pocket, and walks to the cash register in back. He has come to pick up a pizza. Welcome to the Bakery Gallery.

Located in the East Side Bakery at 1330 E. 12th St., Davenport, the gallery is an alternative art space opened by Lappie in late 2009, shortly after he moved to the Quad-Cities. Lappie, himself a print maker and art instructor at St. Ambrose University, had always wanted to run a gallery. When he first stepped into the East Side Bakery, he knew he had found the space he had been seeking. It has long,



From left: Rebecca Ann Rakstad, Joseph Lappie, Justin Schutter and Nikkie LaTray against a backdrop of Rakstad's prints at the Bakery Gallery. (Photos by Paul Colletti and John Greenwood / Radish)

open walls and a wide space in which people could gather. The fact that it was an active bakery made it more, not less, desirable.

"I always wanted to be in an alternative space. Sometimes galleries can be scary for people — it makes them think the art has to be raised up and held in awe," says Lappie. "Art isn't always easily digestible, but here it's in a space that allows people to digest it."

And, yes, having a slice of pizza or a cheese Danish to chew on while looking at the art plays a part in that. It gives people an excuse to linger and look at the art, says Lappie, and, unlike in a hushed museum space, people feel more comfortable talking about the prints in a lively location like a neighborhood bakery.

The baked goods help bring attention to the art, too. "Food is universal," explains Lappie. "Most everyone likes baked goods, so being in a place like this allows the work to be seen by more people."

Among the people who have encountered art in the bakery that they might not have seen otherwise is Nikki LaTray, the East Side Bakery owner. Though she doesn't have a background in art, says LaTray, "It's fun to see the artwork and to meet the artists. I've learned a lot."

LaTray, who has operated the bakery for a little over five years with the help of her two sons, Justin and Quenton Schutter, says the business was born out of a dream of her own. Although she loves it, the bakery is sometimes "more fun than profitable," she says with a chuckle.

Just as the gallery artists have benefited from having their work shown in a bakery, so too has the bakery benefited from the ever-changing displays of art. "We've gained a few dozen customers we wouldn't have had otherwise," says LaTray. "I'm so small, that makes a difference."

"It's been such a wonderful thing. It's just fun to support one another's endeavors," she says.

As part of their arrangement, the bakery doesn't charge the gallery rent, and the gallery doesn't charge commission on the art it sells. "Unless the artist makes more than \$250 — then 10 percent goes to the bakery," says Lappie. Part of what drew him to the idea of an alternative art space was the opportunity to support a small, neighborhood business.

Since opening, the gallery has featured the work of over a dozen artists from across the U.S. and even across the globe — the closest came from the Quad-Cities, the farthest came from Glasgow, Scotland. Their artwork has ranged from small boxes printed to look like Lego sets and tiny, hand-bound books set on shelves, to oversized posters that have blanketed the walls.

The evening after Lappie and Rakstad finish hanging Rakstad's art, groups of people in twos and threes enter the bakery to see the newest offerings and speak with the artist. Soon a small crowd forms. A disc jockey sets up in one corner. A few young children toddle and play between the clusters of visitors sipping punch, nibbling cookies and discussing Rakstad's work.

Rakstad is standing next to a glass case of baked goods, talking about her art and selling small postcard prints. With a grin, she shows a visitor her thumb, blackened from a late night of pressing thumbtacks into the wall. "Isn't this great?" she asks, gesturing toward the crowd with a sweep of the hand. The event could easily pass for a block party. Instead, it's an art opening.

Lappie, standing behind her, nods. "Yeah. This is good."

Sarah J. Gardner is editor of Radish. The Bakery Gallery and East Side Bakery are open from 7 a.m. to 9 p.m. Tuesdays through Saturdays. For information on upcoming artists and openings, visit thebakerygallery.blogspot.com.

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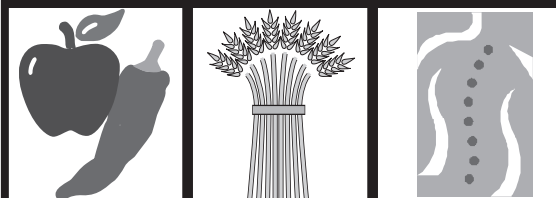
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food

Stout it out

A little extra lift for your cake courtesy of a good brew

By Sarah J. Gardner

There are some things in the kitchen that prove themselves so plain useful, my heart swells just to think of them. The Dutch oven, for example: I can bake a loaf of no-knead bread in it in the morning, roast a chicken in it in the afternoon, and use it to brew up a pot of soup with the leftovers the next day. I shudder to think of my kitchen without one.

I feel the same way about my chef's knife. And my stand mixer. And beer. Granted, that last one is a food item, not a utensil, but in the face of a myriad of cooking tasks it has come in so handy I feel it deserves a special place of honor.

To drink beer, we know, is to consume empty calories. Although beer does contain some beneficial

nutrients — vitamin B6 the most notable among them — so do a lot of other foods that aren't as calorie-rich and fiber-poor. But, bake a little beer into something and it starts to earn its keep.

How? In a heavy batter, beer has an uncanny ability to add a touch of lightness. In fact, beer is one of the oldest leaveners in the kitchen arsenal. This is especially useful to know if you are trying to incorporate more whole-wheat flour into your baking. Beer can give dense doughs some extra oomph to help them rise. It also soaks into all those thirsty grains, transforming formerly dry and crumbly baked goods into products that stay moist for days.

Obviously, this is good news for whole-grain breads, but I confess my favorite way to bake with beer is to sneak it into cake. Stout beer in particular

adds a delicious caramel flavor to sweet treats, a nice compliment to anything that has chocolate or fruit in it. I especially love it in apple cake, where stout can add a depth of flavor to an otherwise dowdy dessert.

Just remember when you start baking with beer to pour it slowly down the side of the measuring cup so that it doesn't foam up. Otherwise you'll have a hard time measuring it accurately. And as you start to incorporate it into other dishes, remember a little goes a long way. The leftover beer can be used to perform any of its other tricks in the kitchen: deglazing a skillet to make a pan sauce, adding a roasted flavor to chili, boiling up brats to keep them moist on the grill. What a useful multitasker!

Sarah J. Gardner is editor of Radish.



Stout Apple Cake

- | | |
|--|---|
| ½ cup (1 stick) unsalted butter, at room temperature | 1 teaspoon baking powder |
| ½ cup granulated sugar | 1 teaspoon baking soda |
| ½ cup dark brown sugar, packed, divided | ¼ teaspoon salt |
| 1 large egg, lightly beaten | 1 tablespoon cinnamon |
| 1 cup whole wheat flour | 1 cup stout beer |
| 1 cup all-purpose flour | 2 large apples, peeled, cored, and coarsely chopped |

Preheat the oven to 450. Grease an 8x8 cake pan.

Cream together the butter, granulated sugar and ¼ cup of the brown sugar. Add the egg and mix well, then mix in the beer. In a separate bowl, mix together the flours, baking powder, baking soda, salt, and cinnamon. Add the dry ingredients to the wet, mix vigorously until batter is smooth (do not worry about overmixing), then fold in the apple chunks.

Pour into the prepared cake pan and sprinkle the remaining ¼ cup brown sugar on top. Bake for 10 minutes, turn the heat down to 400, and bake for an additional 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool in pan before slicing; serve with a dollop of whipped cream.

Photo by Todd Welvaert / Radish



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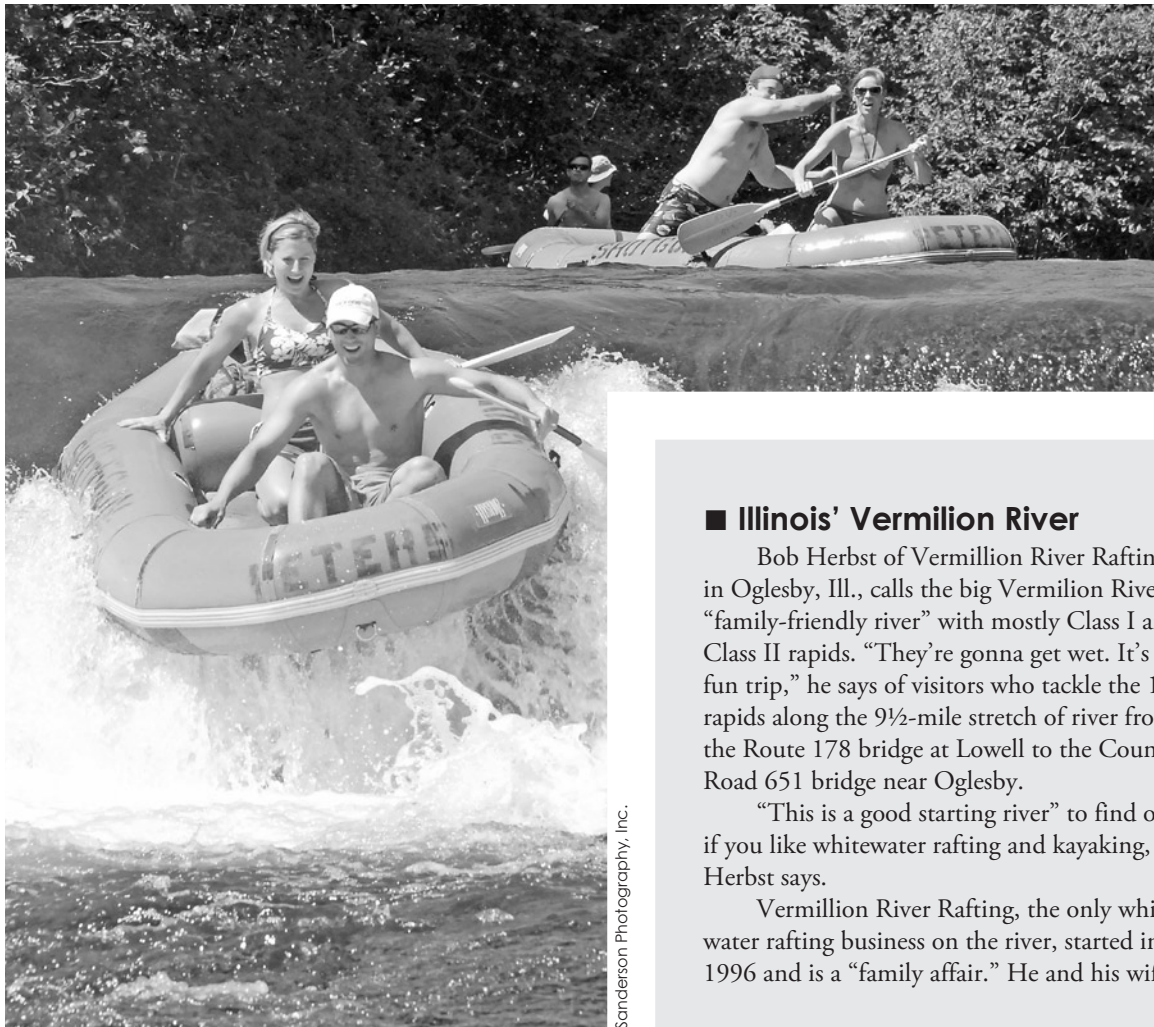
healthy living

Run the river

Whitewater destinations within the Midwest

By Ann Scholl

When it comes to whitewater rafting and kayaking, states like Illinois and Iowa may not come readily to mind. But the fact is there are plenty of rapids to be found in the Midwest. With spring and its promise of swollen rivers right around the corner, it's a good time to begin planning your trip. Not sure where to go to get your heart pounding and your feet wet? Here are a few destinations worth checking out.



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■ Illinois' Vermilion River

Bob Herbst of Vermillion River Rafting in Oglesby, Ill., calls the big Vermilion River a “family-friendly river” with mostly Class I and Class II rapids. “They’re gonna get wet. It’s a fun trip,” he says of visitors who tackle the 14 rapids along the 9½-mile stretch of river from the Route 178 bridge at Lowell to the County Road 651 bridge near Oglesby.

“This is a good starting river” to find out if you like whitewater rafting and kayaking, Herbst says.

Vermillion River Rafting, the only whitewater rafting business on the river, started in 1996 and is a “family affair.” He and his wife

Ruth operate it, and Herbst’s stepson, Brett Hazen, owns it. People come from Davenport to St. Louis, Indianapolis to Chicago to take the unguided, three- to four-hour whitewater rafting and kayaking trips.

“The scenery is beautiful,” Herbst says. “You only see one building the whole time. You’re almost inaccessible during this time.”

Location: 781 N. 2249th Road, Oglesby, Ill.

Cost: \$25 per adult; \$20 for ages 16 and under. Funyak rentals are \$35 per person.

For more information: Visit vermillionriverrafting.com or call (815) 667-5242.

■ Iowa's Cedar River

The Cedar River that flows through Charles City has always been pretty and provided good fishing, but since the town converted a dangerous, 6-foot-high, low-head dam into Iowa's first whitewater park, the river has come alive with activity.

"It's been a real thrill," says Tom Brownlow, city administrator. "It's energized the whole community."

The whitewater park, which opened in June 2011, has three distinct "features," which Brownlow says is unusual to have in one location. "There's nothing like this for 800 miles," he says. "You could spend several days here without getting bored."

Location: Riverfront Park on the Cedar River in Downtown Charles City between the Main Street Dam and the Brantingham Bridge.

Cost: The course is free. Currently, there are no outfitters in town so you will need to bring your own equipment. Tubers, however, may rent inner tubes at Davico Car Wash, 903 Gilbert St.

For more information: Visit ccwhitewater.com or call the Charles City Park & Recreation Department at (641) 257-6300.



■ Wisconsin's Wolf River

In 2009, National Geographic listed Wisconsin's Wolf River as one of the six "must-do" rafting trips, calling it the "prize of the upper Midwest."

Brian Peters operates Shotgun Eddy, the only outfitter on the Wolf River, along with his siblings. The business, which was begun by their late parents, is starting its 40th year.

Shotgun Eddy offers a six-hour course that includes a plunge over Smokey Falls. Because Peters likes them best, the tours are unguided. "No one is telling you to 'paddle, paddle, paddle,'" he says. "You can enjoy your day. You can swim. You can float. You can have lunch. It's a great way to relax and enjoy your family and friends."

Location: Located along the Wolf River, just 25 miles north of Shawano, Wis., on Highway 55.

Cost: Most trips are \$40 during the weekends and on holidays. Weekday prices are \$30 per person. Daily specials are listed on the website.

For more information: Visit shotguneddy.com or call (715) 882-4461 (summer office) or (920) 494-3782 (main office).

Ann Scholl is a frequent Radish contributor. For additional Midwestern whitewater destinations, visit radishmagazine.com.



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outdoors

All geared up

Basic care to help maintain camping goods

By Chris Greene

A leaky tent. A moldy sleeping bag. A faulty stove. Few things can ruin a camping trip faster than problems with your gear. The good news is that regular use is key to keeping it all in tip-top shape.

“Camping gear needs to be used. It deteriorates the longer it sits in the closet,” says Bill Collett, who led many camping trips during his 32 years as the outdoor education teacher for Bettendorf schools. So if you need an excuse to spend a weekend in the woods, well, just tell yourself it’s for the good of your gear.

Collett also suggests investing in quality gear to begin with. “It will pay off in the long run. Plus, it is a safety issue, especially when you are 100 miles out. Your gear needs to be reliable,” he explains.

Once you’ve got the best gear you can afford and are putting it to good use regularly, there are a few other tips that can help extend the life of your camping goods. As with so many things, preventive maintenance is the best way to avoid problems down the road.

The centerpiece of a successful camping trip is often a tent. As your tent ages, it’s important to maintain the seams of your tent, says Matt Ostrom of Active Endeavors in Davenport. “After years of service, you should seal the seams when you notice the seam tape is peeling or bubbling, as this can lead to leaking,” Ostrom says.

Your tent poles also need a little special attention. “You can keep the poles clean and free of sand that can act like glass and tear the cord. Try and keep all of the edges smooth so the sections connect easily,” says Ostrom.

Collett suggests investing in quality gear to begin with. ‘It will pay off in the long run.’

As for sleeping bags, regular washing can keep them fresh and comfortable. “It’s best to wash the bag by hand, or if possible, in a commercial front-loading washing machine,” says Ostrom. “You should use special soap, based on whether the bag is down or synthetic. It’s also best to store them in large cloth or mesh storage bags, or hung at full length. Do NOT keep your bag in a stuff sack, as it will be hard for your bag to regain the loft.”

As for any water filters you use for your trip, Ostrom says care will depend on the amount of water you are filtering based on gallon use. The most important thing campers can do, though, is “make sure they flush their system when they get home, rather than just putting it away,” he says.



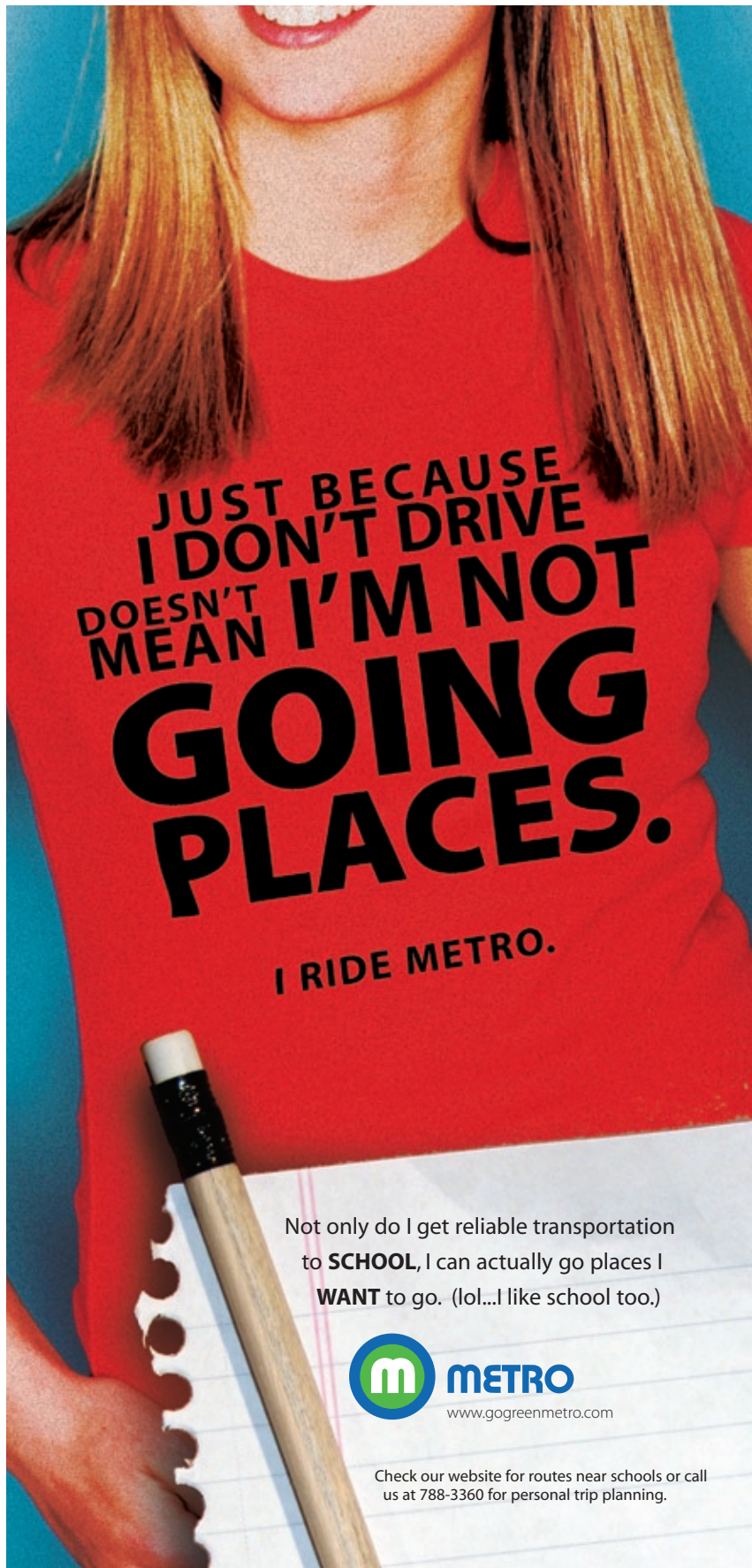
Isaac McKinley, 3, and his mother, Jen Smith, in a tent set up indoors. Doing so allows you to inspect and reseal seams. (Photo by Todd Welvaert / Radish)

Camping stoves and gas containers are often used to cook your camping fare, and these will need to be maintained as well. According to the website for Coleman, a camping goods manufacturer, the more robust stoves can be taken to a car wash and cleaned with a high-pressure hose to remove built-up grime. Using any sort of oven, engine or tire cleaner is not advisable, though, as it can damage your stove.

In addition, annual maintenance kits are available from manufacturers to keep the stove clean and operating at full function, says Ostrom. If you’d prefer a professional clean the gas lines and burners, “most manufacturers offer the opportunity to send the stove directly to them, and they can do maintenance for a modest price,” he says.


Once you are out on the trail, you can keep things running smoothly by packing a few maintenance essentials, including the handyman’s friend, duct tape. “I also always take duct tape wrapped around a bottle,” advises Ostrom, who says it can come in handy for many snafus, including tears in stuff sacks and blisters on your feet.

Chris Green is a regular contributor to Radish magazine.



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environment

Free environmental film festival aims to inform and entertain

By Sarah J. Gardner

No, there won't be a bumper crop of shamrocks or extra dye in the beer, but St. Patrick's Day in the Quad-Cities will be a little greener this year. Why? The Eagle View Group of the Sierra Club will be hosting its annual environmental film festival on March 17.

Though timely, the choice of date wasn't deliberate. Kristen Bergren, chairperson for the Eagle View Group, says they are "just lucky it landed on such a 'green' holiday." Maybe that luck had something to do with the fact that this is the seventh year for the event.

Through the years the group has been hosting the festival, organizers have noticed "the quality and quantity (of environmental films) has improved greatly," Bergren says. And during that time, the group has built up a film library that continues to get used by many who have attended the screenings and are interested in sharing the films they have seen with others.

With new environmental documentaries available each year, whittling them down to just a handful of titles takes dedication. The goal is to find films that will entertain, inform and hopefully inspire moviegoers to be better stewards of the planet. Festival organizers take into account film reviews, trailers, awards and their own impressions previewing the works to make their decision. They also look for titles addressing issues that are relevant to current environmental discussions, like those centered on clean energy or the tar sands controversy.

This year, organizers are excited to be bringing a number of fun and thought-provoking documentaries to Quad-Cities audiences, including "YERT" (Your Environmental Road Trip), a film that follows three friends as they visit each of the 50 states in search of environmental innovators and engaged citizens. Another film, "Vanishing of the Bees," tracks two beekeepers in their quest to protect honeybees. Other titles featured this year are "Burning the Future," "Death of a Forest" and "White Water, Black Gold."

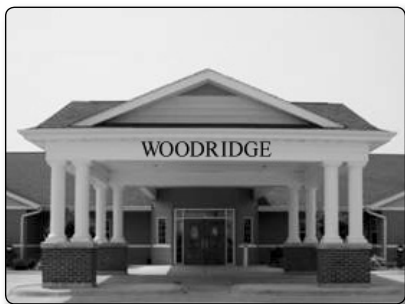
In addition to the main features, the festival also will screen humorous and inspirational short films. Many of these shorts portray youth leaders of environmental projects. "Seeing the dedication and activism of the young caretakers of our planet makes us very hopeful for our future," says Bergren.

As in years past, the film festival is free and open to the public. Movies will be screened from 10:30 a.m. to 5:30 p.m. in Olin Auditorium at Augustana College, 733 35th St., Rock Island. Healthy snacks and beverages will be provided. For more information and a complete schedule of films, visit augustana.edu or contact organizer Kathryn Allen at kasavelie@aol.com.

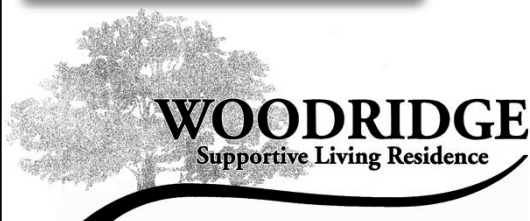
Sarah J. Gardner is editor of Radish.



YERT director Ben Evans. (Submitted)



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11 - 12 Vanishing of the Bees

www.vanishingbees.com (57 min)

Honeybees have been mysteriously disappearing across the planet, literally vanishing from their hives. Known as Colony Collapse Disorder, this phenomenon has brought beekeepers to crisis. Commercial honeybee operations pollinate crops that make up one out of every three bites of food on our tables.

12:30 - 1:00 Burning the Future

www.burningthefuture.org (30 min)

Burning the Future: Coal in America, writer/director David Novack examines the explosive conflict between the coal industry and residents of West Virginia. Confronted by emerging "clean coal" energy policies, local activists watch a world blind to the devastation caused by coal's extraction. Our heroes demonstrate a strength of purpose and character in their improbable fight to arouse in protecting their mountains, saving their families, and preserving their way of life.

1:20 - 2:20 White Water, Black Gold

www.whitewaterblackgold.com (57 min)

White Water, Black Gold" is an investigative point-of view documentary that follows David Lavalley on his three-year journey across western Canada in search of answers about the activities of the world's thirstiest oil industry: the Tarsands. In the course of his journey he makes many disturbing discoveries that put nature and people at risk. The upgrading of this oil threatens multiple river systems across Canada and the tailings ponds containing the waste by-products of the process threaten to befoul the third largest watershed in the world.

2:40 - 2:55 Death of a Forest

www.wildandscenicfilmfestival.org (15 min)

With global warming evident in many places around the world, the forests of North America are undergoing huge changes. The pine beetle and pine trees have co-evolved together and until the past 2-3 decades, the numbers of beetles have been kept in check by very cold winters that would kill the beetles, thus limiting their lifespan and ability to reproduce. However, with warmer temperatures during the winters, the beetles are surviving in astounding numbers and are killing the forests of the western US and Canada. To date millions of acres of forests and billions of trees are dead and there is no end in sight.

3:15 - 5:10 YERT or Your Environmental Road Trip

www.yert.com (113 min)

YERT (Your Environmental Road Trip): 50 States. 1 Year. Zero Garbage? Called to action by a planet in peril, three friends hit the road - traveling with hope, humor, and all of their garbage - to explore every state in America (the good, the bad...and the weird) in search of the extraordinary innovators and citizens who are tackling humanity's greatest environmental crises. As the YERT team layers outlandish eco-challenges onto their year-long quest, an unexpected turn of events pushes them to the brink in this award-winning documentary. Featuring Bill McKibben, Wes Jackson, Will Allen, Janine Benyus, Joel Salatin, David Orr, and others.

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For more information about Eagle View Group, Sierra Club go to:

<http://illinois.sierraclub.org/eagleview>

For more information on films and directions go to:

www.augustana.edu/x12049.xml

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gardens

Bust outta rows

Square-foot gardening packs produce in a small space

By Farah Marklevits

In the middle of seed catalog-inspired dreaming last winter, I received an offer for a free trial from the online garden planner, GrowVeg.com. As I started planting cyber broccoli and tomatoes to plan my plot, I noticed an alternative tool on the site for something called “square-foot gardening.” My curiosity was piqued.

Two summers ago had been a different story. When I signed up for a 10-by-10-foot plot through the city of Davenport’s urban gardening program, I didn’t plan how I would use that space. Instead, I stood in front of that borrowed soil with seed packets at my feet and recalled the long rows of my mother’s garden. The expansive quiet of summer days spent weeding her garden, though a lovely memory, didn’t map well onto the much smaller space in front of me.

Instead, I copied my urban garden neighbors. Like them, I divided my plot into two sets of short rows separated by a narrow, roped path. If I weeded from the path and outer edges, I would be able to squeeze in more rows than my mother could in her large space. This short-row design reaped plenty of rewards, but harvest had me thinking about next time.

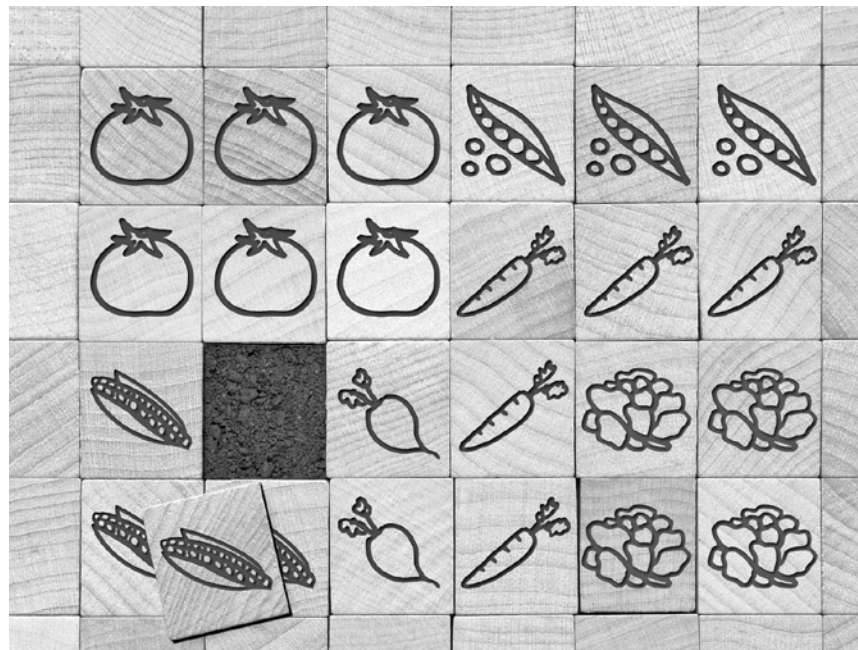
This led to my adventure in plotting a garden online. Even though I knew the short-row method had produced good results, on screen those rows felt limiting. The tantalizing prospect of being able to plant more veggies in the same space inspired me to investigate the square-foot garden option.

Mel Bartholomew describes in his book, “Square Foot Gardening,” how he drew upon his engineering background 25 years ago to tinker with traditional garden design. In his method, rows are out. The basic building block of a garden is instead a 1-by-1-foot square. Bartholomew found that arranging these blocks in 4-by-4-foot grids allowed him to use small spaces more effectively and efficiently.

In square-foot gardening, you disregard row recommendations and use only the space suggested to separate individual plants. Each 4-by-4-foot area is more occupied by plants than bare soil or mulch. Bartholomew claims closer spacing crowds out weeds and saves water because it is easier to direct it to the plants themselves. Also, Bartholomew’s encouragement to plant different varieties of flowers, herbs and vegetables, rather than filling the area with 1-foot squares of the same plant, is supposed to draw beneficial insects and discourage pests.

When I began to fill my grids with a variety of plants in my computer-screen garden, I quickly grasped the appeal. In the spring, I tied together 4-foot-long bamboo stakes to make a visual grid inspired by Bartholomew’s lathe models. I planted flowers along one side and a variety of vegetables and herbs — real this time — in the remaining squares. The grids created a satisfying landscaped effect.

As the vegetables and flowers grew into maturity, the contrast of color and texture was an even more happy sight. The garden had an unruly order: zinnias branched over neighboring snapdragons, the few Brussels sprout plants hulked over beet greens and carrot fronds, and more butterflies than I remembered from



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the summer before floated above it all. Visually, square-foot gardening paid off beyond my dreaming. And it certainly provided a bounty of vegetables and flowers to take home, too.

I did find a few drawbacks, though I don’t know how much blame goes to the gardening method and how much to the weather’s tricks or my own foolishness. A trellis design I used from Bartholomew withstood serious wind in summer storms and resulted in a large crop of speckled cranberry beans, but I would suggest a taller trellis to accommodate the vigorous climb and sprawl of pole beans. Japanese beetles and groundhogs were not confused by the nontraditional garden design and ate their fair share of my plants. Most importantly, there were still weeds to fight, and it was challenging to weed the center squares from the edges. I did happen to plant some colossal vegetables in center squares whose full-grown leaves did shade out much of the weeds. However, those leaves also shaded out some neighboring vegetables, resulting in a somewhat reduced harvest.

As the saying goes, though, live and learn. This year I’ll know better what vegetables make good neighbors in the grid. Overall, my experience has me dreaming in squares, and, especially if you have limited space, you ought to consider dreaming in that direction, too.

Farah Marklevits, a first-time Radish contributor, teaches at Augustana College.

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health & fitness

A lady weights

Time to rethink ideas about women and strength training

By Rachel Morey Flynn

A few months ago, a photo of Cameron Diaz in a bathing suit popped up on my web browser — it was one of those uninvited pop culture articles that expect you to follow like a dog on a leash. So I did. In the photos, Diaz appeared calm and lean walking across the beach. But the accompanying article put a different spin on it: “Does Cameron Diaz look too manly?” the headline sneered.

It was such a disconnect it took me a moment to digest the idea. I thought she looked strong. They said she looked unfeminine. Nor were they alone. Other celebrity news sites had taken the photo of Diaz and come to their own derogatory conclusions. Calling Diaz “brawny,” the Daily Mail advised, “After seeing these pictures, the 38-year-old actress may want to consider toning down her punishing daily workouts.”

I glanced down at my own moderately flabby arms and thought, “Now these are arms that have never taken a workout too far.” I know for sure that Diaz didn’t get that body at a once-a-week yoga class. Later that day, while my kids played at the park, I borrowed a chunk of the monkey bars and attempted to pull myself up. As I was struggling to bend my elbows even ninety degrees, it occurred to me that I was out in the open, with my ultra-feminine arms, trying to do one pullup, and failing. Perhaps yoga twice a week would be helpful.

As it turns out, the emerging trend in fitness, especially among women, is strength training. With slogans like “Strong is the new skinny,” this way of thinking seems to have a health-conscious element to it that many other fitness trends lack. One such movement, called “Girls Gone Strong,” is a leader in the female strength revolution. “Throw away that scale!” they insist. For this, I love them. Their advice is to master your own body weight — essentially, be able

to lift your body in a full range of basic poses — before you move on to additional challenges. This comes as a relief, because mastering your own body weight is a big deal in yoga, and I’m happy there. I was afraid they were gonna tell me to run.

The backlash against constant cardio is strong, too. When I bring up the notion of training with weights to the running crowd, I get, “Just run! It’ll melt the pounds off!” Some of them are running 15 hours a week (that’s a part-time job). But my awe over the physical fitness of the dedicated runners in my life wanes as I realize most of them can’t do one pullup, either.

After working my still somewhat flabby arms up to one pullup, I decided to join a gym. During the tour of my new workout facility, my guide waved casually at the free weights and commented, “Those are the free weights. You won’t use those.”

I almost choked. “Why?” I asked in my best innocent voice. “Girls aren’t allowed?”

He laughed, “Well, they are ... but they just don’t. I mean, unless you ... ha ha ha ... wanna look like a dude. Light resistance training will tone you up.”

I could almost hear Nancy Chavez Johnson, Fitness Catalyst, as I remembered something she said, “What you probably think of as ‘toned’ muscles are merely muscles which are not hidden by a lot of body fat ... there is no reason why you should waste your time on the stupid little weights when you could be getting tough and strong.”

With those words swirling around in my head, and at the risk of making the tour guide at my gym cringe, I now regularly attempt two consecutive pullups in the forbidden free weight area. It’s a process. Someday soon, I will pick up a kettleball.

Rachel Morey Flynn is a mother of two and a regular contributor to Radish.



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License to heal

Q-C naturopath says better health is within our reach

By Ann Ring

In her book, “Simple Ways of Healing: A Textbook of Natural Therapies,” Pamela Taylor, states: “The longer I practice, the more I see that if my patients would incorporate a few steps toward healthy living, they would need little else in the way of health care intervention.” You may think that’s quite a statement. But according to Taylor, who practices in Moline, healing is believing.

Years ago while living in Arizona she contracted a systemic infection from a chance scrape with a cactus. She was prescribed massive doses of erythromycin, which helped with the resulting musculoskeletal pain and periodic blindness, but at a price: erythromycin is toxic to the liver. Ultimately, it was a homeopathic treatment that helped Taylor remedy the resulting side effects.

Born in Chicago, Taylor moved with her family to the Quad-Cities in 1951 when her father set up a dentistry office. Some years after receiving an undergraduate degree, she went back to school, eventually moving to Portland, Ore., to earn a four-year doctorate degree at the National College of Natural Medicine, the oldest accredited naturopathic medical college in North America. There she studied minor surgery, lab work, body manipulation, botanical medicine and homeopathy before moving back to Illinois.

Homeopathic medicine, one of the practices used by naturopaths, was once prevalent in the United States. During the 19th century, there were over 20 homeopathic medical schools, 100 hospitals and 1,000 pharmacies in the U.S. Then a turf battle arose between the American Institute of Homeopathy and the American Medical Association. For a number of reasons, American homeopathic practice greatly declined.

Today, only 17 states license naturopathic physicians (NDs), which frustrates Taylor. Licensing NDs can protect consumers in many ways, including regulating minimum standards of education and practice. Shockingly, many NDs in unlicensed states like Illinois and Iowa have degrees from mail-order correspondence schools (such as Clayton College), says Taylor. As one can imagine, there are major differences between these programs and a four-year program (or more) offered by accredited naturopathic medical colleges.

Taylor, who co-founded and is past president of the Illinois Association of Naturopathic Physicians, points out that she is “the only licensable ND between Chicago and Iowa City.” Taylor went through four years of rigorous training at a brick-and mortar school, chalking up 4,000 academic hours and 1,500 supervised clinical hours to receive her degree. Taylor advises that patients who are seeking an ND should ask where and how that person earned his or her degree.

She notes that in the Quad-Cities, client growth has been slow, although more and more people are becoming dissatisfied with conventional medicine. “Those with insurance, it was cheaper for them to go to an MD,” explains Taylor. But with more people lacking insurance, the rising cost of co-pays and deductibles,



Pamela Taylor in her Moline office. (Photo by Todd Welvaert / Radish)

and other frustrations — prescription side effects, medicines made overseas, medical errors, and patients feeling unheard and dissatisfied — a resurgence toward alternative medicine has grown tenfold since the 1970s, she says.

Naturopathic medicine is based on a philosophy that natural (non-drug) therapies work best in treating illnesses, with an emphasis on a holistic approach. People come to Taylor to seek relief from skin conditions, autoimmune deficiencies, chronic back pain, the side effects of cancer treatment, infertility, allergies, ADD and ADHD, menopause and depression, among other complaints.

“There’s a lot of stuff you can do in your own life to stay healthy without (spending) a lot of money,” she says. That is one reason why, even though it took her 10 years to finish, she wrote a 500-page book for the general public. “I wrote it so people can be independent,” says Taylor. “I don’t want people to feel helpless or hopeless. I want people to teach people how to be healthy.”

In spite of her frustrations and Illinois’ current stance on ND licensure, Taylor does not rule out a place for conventional medicine. “I’d like to think we could all work together.”

Frequent Radish contributor Ann Ring works as a full-time grant writer for Christian Care, Rock Island. For more information on Pamela Taylor’s book, visit pamelataylornd.com.

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Sole searching

Minimalist shoes are fun — once you find the right pair

By Laura Anderson Shaw

Whether I am out exploring or playing bean bags in a friend's backyard, my Vibram FiveFingers let my feet be my feet. And they're as close as I can get to being barefoot without being asked to leave stores and restaurants. I'm a big fan. But it wasn't always that way.

According to the FiveFingers' website at vibramfivefingers.com, the shoes strengthen foot and lower leg muscles, reducing the risk of injury; improve the range of motion in ankles, feet and toes; stimulate neural function by passing varying terrain information to the brain; and lower the heel to more evenly distribute body weight, which promotes proper posture and spinal alignment.

There is no other way to say it, though: they look funky. I admit it took some nudging from my husband to get me to try a pair. Even though Chris has worn the shoes for months and raved about them, I have short, wide feet, so I wasn't sure if I would be able to wear them.

When we visited REI during a trip to Chicago, I decided to try some on. Chris told me how they should fit — snug, but not tight, almost like an extension of the foot. The employee fit me for my size — 37 or 38, based on the length of my foot — and I tried a pair.

Putting them on for the first time was a struggle, especially with a helpful but hovering employee. I felt like Cinderella's awful stepsister. The more I tried, the

more flustered I got. Finally, I told the sales guy they didn't fit.

Back in the Quad-Cities, we tried again at Active Endeavors in Davenport. This time, I took my time. I followed my husband's instructions in my head: Put your foot in the shoe, then put your foot on the ground. Scrunch and extend your toes, edging your foot forward. Once your toes reach into the slots, pull down on the shoe while pushing your foot further in. Then, slip the shoe over your heel.

On it went! I stood up, walked around and was sold. Walking in these shoes is definitely a treat. You connect with the surface you're walking on — you can feel wet grass, rocky pavement, the mush of sand or dirt between your toes. The only drawback to this is that you have to watch where you walk. (It's not as bad as stepping on a rock completely barefoot, but it isn't fun! Ouch!)

Running in these bad boys is a different subject entirely. I'm not much of a runner or jogger, but if you are, you definitely need to build up wear time in these shoes. My husband runs in his shoes without a problem, but according to the FiveFingers website, "slowly building your mileage is critical as your body needs time to build the necessary lower leg strength for forefoot running."

If you're ready to take the barefoot plunge, take your time and do your homework. They aren't for everyone, but they definitely are for me!

Laura Anderson Shaw is a regular Radish contributor.



Photo by Paul Colletti / Radish

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Merrell Barefoot: The feel and benefits of barefoot footwear in a more standard-looking sneaker. These also come in "life" versions, which look more like casual and dress shoes versus sneakers. These shoes, too, according to the Merrell website, offer aligned posture, a balanced landing and an efficient cadence. For more information, visit merrell.com/barefoot.



New Balance Minimus: These have a similar "barefoot" idea, but with a 4 millimeter-raised heel, or 4 millimeter "drop." Drop is the difference between heel height and toe height. A new design of the NB Minimus called Zero will hit the market soon, and offer the same barefoot feel as the FiveFingers. For more information, visit newbalance.com/nb-minimus.



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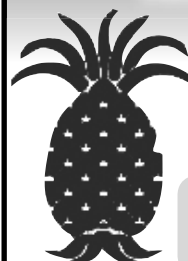


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By Kelly Coyne and Erik Knutzen

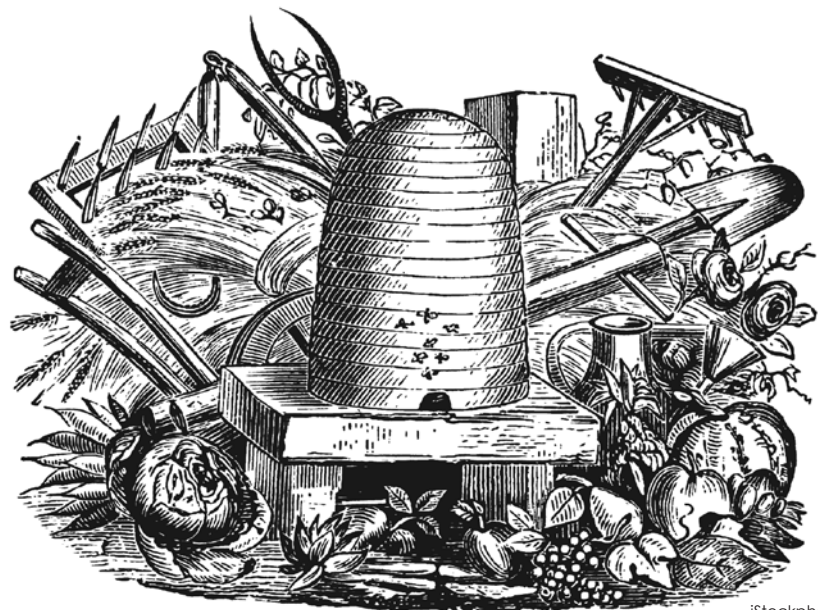
Last June, we got a call we'd been expecting for weeks. It was from our beekeeping mentor, Kirk Anderson. He said, "I've got a shop vacuum full of 4,000 bugs here for you. Are you ready?" We were ready. We wanted to be beekeepers. To do so, we'd have to pass through a rite of initiation: transferring the contents of a feral beehive built in a derelict shop vacuum into our waiting hive boxes. It wouldn't be a pretty process — bees rarely take well to having their hives chopped to pieces — but this procedure, called a cutout, would not only save the bees from the exterminators wand but also give us a backyard source of raw, organic honey and beeswax. It would be worth a few stings.

Soon after that call, we found ourselves standing in our backyard in sparkling white bee suits, surrounded by an enormous cloud of unhappy bees. Thankfully, Kirk was there with us, wielding a butcher knife like a surgeon, his practiced calm the only thing standing between us and chaos. Both of us were thinking that of all the crazy things we've done, this had to rank right up there among the craziest. And yet we'd never felt so alive. Staring into the golden heart of that cracked-open hive was like staring into the fierce, intelligent eye of Nature herself.

The acquisition of bees was one of a string of ongoing adventures that have gradually reshaped and reformed our lives and our home over the past decade. For the most part, our adventures play out in the domestic sphere, in our kitchen and yard. We find fascination in these most ordinary spaces. In the compost heap, our garbage transforms magically into soil. In the garden, seeds sprout and flourish and turn back to seeds. In the kitchen, flour, water, and bacteria mix to make bread. And in the dark recesses of our cabinets, apple juice becomes vinegar and honey becomes wine. Each of these processes raises challenges and questions that lead to more exploration and further adventures.

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We didn't start all of this with a particular agenda. The way we live now is the result of a series of actions rising out of seemingly random decisions that, in retrospect, followed a logical path. And that path was dictated by the things we were learning. To turn Zen for a moment, you could say we didn't shape the bread loaf, the bread loaf shaped us. As did the chickens and the bees, the vegetable bed and the worm bin, the laundry line and the homemade soap. Once we discovered the pleasure of making things by hand and the enchantment of living close to the



natural world (even though we lived in the heart of an urban area), there was no going back to our old ways.

For the longest time, we didn't understand that our various activities — baking, gardening, brewing — were parts of a whole. They were just things we liked to do. Only after we began to blog about our experiments did we form a unified theory of housekeeping. We realized we were practicing old-fashioned home economics — not the sort of home economics that made for an easy elective in high school, but its original, noble form, in which the household is a self-sustaining engine of production. Instead of buying our necessities prepackaged, we produced them. Our guideline principle is the adage that all change begins at home. The larger forces of politics and industry may be beyond our control, but the cumulative effects of our everyday choices have the power to transform the world.

The economy and elegance in these interconnecting relationships are poetic and, for us, reassuring. The compost heap and the beehive remind us of our place in the world. We're not free agents, floating above it all, but integral parts of the system — us and the chickens and the worms and the nettles and the sunshine.

Excerpted with permission from "Making It: Radical Home Ec for a Post-Consumer World" (2011, Rodale Books, 310 pages, \$19.99 paperback) by Kelly Coyne and Erik Knutzens. For more on this book, visit RodaleBooks.com.

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